

Curriculum Vitae

Margaretha Bessel was the very first person to join Essence Training when it began in Germany in 1995. She is Dean of the Inner Work School as well as being a senior teacher in it. She is also the director of the Essence Energy Balancing Certification Program and co-leads the new Essence Teachers Apprenticeship Program.

Margaretha is a certified Essence Energetic Coach, Essence Individual Trainer, Essence Group Leader, and has completed the Essence Energy Therapist Training. This training taught a broad range of the energy-based skills that make up Energy Therapy including: Energy Diagnosis, Magnetic and Radiatory Healing, Systemic Family Therapy after Hellinger, NLP Practitioner certification, and Voice Dialogue facilitator training with Hal and Sidra Stone.



In addition to being an accomplished therapist and healer, Margaretha has a parallel career in the world of music where she is a solo-soprano and gives concerts in Europe and abroad. She holds master degrees in choir-/orchestra conducting and church music as well as in voice and vocal pedagogy (Frankfurt, Karlsruhe). Beside her official studies she was trained as a Breath-Therapist in „Bipolar Constitution“ (R.Alavi Kia, Vienna) from 1994 to 1998. From 1996 to 2008 she took private lessons in "Bel Canto"-Technique with the pioneer of new vocal science Cornelius L. Reid in New York City. She has pioneered a new voice training modality that combines energy work and vocal training, and currently leads "Free your Voice & Sing your Song" workshops in Germany and the USA.

Since 1997 Margaretha has offered lectures and workshops in various universities and educational centers. She has held advanced vocational training (in English) for companies like Procter & Gamble and Braun, supported and trained „women in business“ (Hessischer Landtag, Mentorinnenprogramm S.E.T. und IFLA) and she coaches "people on the path" throughout the world.