

# **MIRJAM ANNA CASELLA - BURCH**

## **Social Worker (BSc) · Author · Founder of the Practice Field:**

Embodied Feminine Self-Leadership – Grounded in Congruence

Swiss citizen working between Switzerland & South Africa

## **PROFILE**

Swiss-trained Social Worker (BSc), author and founder of the practice field *Embodied Feminine Self-Leadership – Grounded in Congruence*.

Since 2018, I have been working independently in long-term mentoring, psychosocial practice, writing and practice-based framework development. My work strengthens inner clarity, decision-making capacity and embodied congruence in contexts of responsibility, transition and complexity.

I integrate professional social work ethics, leadership experience in public institutions and independent practice grounded in reflective and nervous-system-aware practice. My approach is trauma-informed and rooted in clarity, integrity and responsibility.

## **FIELD OF PRACTICE**

### **Embodied Feminine Self-Leadership · Grounded in Congruence**

Core focus:

- Inner clarity and decision-making capacity
- Self-leadership in complex personal and professional contexts
- Identity development in transition
- Nervous-system-aware reflective practice
- Leadership grounded in integrity rather than performance

This work integrates psychosocial expertise, leadership experience and practice-based framework development.

## **CORE COMPETENCIES**

- Programme & project coordination (qualitative, learning-oriented)
- Psychosocial assessment and case work
- Leadership and supervision of interdisciplinary teams
- Organisational development and structural clarity
- Reflective mentoring and long-term accompaniment
- Concept and framework development
- Practice-based research, analysis and documentation
- Cross-cultural and international collaboration
- Writing and discourse contribution
- Independent project management and financial responsibility

## **PROFESSIONAL EXPERIENCE**

### **Independent Practice · Mentor & Founder, Social Worker (BSc)**

2018 – present | Switzerland & International

Development of the practice field *Embodied Feminine Self-Leadership*

- Long-term 1:1 mentoring in contexts of responsibility and transition
- Psychosocial accompaniment grounded in social work ethics
- Integration of nervous-system-aware reflective practice
- Writing, editorial publishing and podcast hosting
- Concept development and institutional collaboration
- Strategic programme and offer development
- Independent financial and structural management

### **Social Worker & Supervisor · Temporary Assignments**

2019 – 2020 | Cantons of Basel & Uri, Switzerland

- Case work, counselling and crisis intervention
- Professional supervision
- Temporary support during high-complexity phases

### **Head of Social & Health Department**

2016 – 2018 | Regional Social Service Uri Ost, Switzerland

- Leadership of interdisciplinary teams
- Organisational development and quality assurance
- Liaison with political authorities and child protection services (KESB)
- Responsibility for staff supervision and decision-making processes

### **Social Worker & Deputy Head**

2014 – 2018 | Regional Social Service Uri Ost, Switzerland

- Case management in family, health, financial and psychosocial contexts
- Interdisciplinary coordination with schools, healthcare providers and public authorities

### **International Social Work Assignment**

2014 | Chance e.V., Berlin-Neukölln, Germany

- Community-based outreach social work

### **Youth Worker**

2012 – 2013 | Municipality of Schattdorf, Switzerland

## **EDUCATION**

### **Bachelor of Arts in Social Work (BSc)**

Lucerne University of Applied Sciences (HSLU), Switzerland 2011 – 2015

Bachelor Thesis:

Psychosocial and legal impacts of adult criminal proceedings on female survivors of intra-family sexual abuse

### **Gymnasium (Matura)**

Kantonsschule Willisau | 2008 – 2011

### **Continuing professional development (2018–present)**

- Trauma-informed and nervous-system-aware practice
- Reflective supervision and systemic integration
- Leadership and decision-making under complexity
- Practice-based integration methods

### **WRITING, DISCOURSE & PRACTICE DEVELOPMENT**

My written and audio work extends the practice field of *Embodied Feminine Self-Leadership – Grounded in Congruence* into public and intellectual discourse.

#### **She Leads with Soul – Podcast (Host)**

Long-form conversations and reflective monologues on feminine self-leadership, responsibility and embodied congruence.

Available on YouTube and major podcast platforms.

#### **Soul to Go – Editorial Platform**

Essays and practice-based reflections on clarity, decision-making and integrity in complex personal and professional contexts.

[www.mirjamannacasella.ch](http://www.mirjamannacasella.ch)

#### **Book Projects (in development)**

*Die funktionierende Frau ist nicht gesund* (working title)

*Dear Mama, Dear Grandmama – I would love to know more about you* (working title)

Both projects explore feminine identity, generational imprinting and self-leadership beyond performance and adaptation.

#### **Practice-Based Framework Development**

Conceptual development of applied models including:

- The Embodied Congruence Model
- The Congruence Cycle

These frameworks articulate congruence as a structured practice of perception, differentiation, decision and responsible action.

### **LANGUAGES**

German (native)

English (fluent)

French (basic)

Professional experience in: Switzerland · South Africa · Germany (Berlin)

### **REFERENCES**

Available upon request.