Frauke Meyer was born in Dresden before the fall of the Berlin Wall and was drawnto music and art at an early age. She studied music theater directing at the University of Music and Theater Hamburg. She then worked at the San Francisco Opera, followed by her first steps as a stage director at the Theater Basel, where her first steps as a stage director followed. From 2005 to 2013 she was engaged as Scenical Director at the Deutsche Oper Berlin, where she developed various productions. At the same time, she began working as a freelance director for the Theater Dortmund and the Winter Opera Potsdam, for example, and was internationally responsible for opera takeovers in Montpellier, Istanbul and Luxembourg.

From 2013 to 2014, she was the Head of Academy of the musikFabrik ensemble, which led to the establishment of the musikFabrik Academy. A program that bundles all education activities of the ensemble musikFabrik and aims to appeal to non-professionals and professionals, young and old, as well as associations and institutions.

Since 2013, she has been working as a freelance director and project developer at opera houses and institutions such as the Deutsche Oper Berlin, the Bayerische Staatsoper, the Royal Opera House, the Cologne Festival of Early Music, the Theater Bonn, the Cologne Baroque Orchestra, the Klangkunstfestival bonnhoeren or as part of the BTHVN2020.

Frauke Meyer holds an Executive Master in Arts Administration from the University of Zurich. In her work as artistic project manager and activist Frauke Meyer works at and on the structures and interfaces that make art possible. In the context of the Frauenkulturbüro Nordrhine-Westfalia, she fights for equal rights for female artists in the political environment.

In times of change and great transformation Frauke Meyer supports organisations and ensembles to rethink their structures and content, to define their core purpose and to find and position themselves in the political and social context.

Frauke Meyer teaches dramaturgical project development in the post-graduate studies "Music Education- Music in Context" at the Anton Bruckner Private University Linz, regularly provides coaching on presence, appearance and language in companies and supports young ensembles and performance groups in their scenical and dramaturgical development, for example in the context of the west.off festival for young talents.