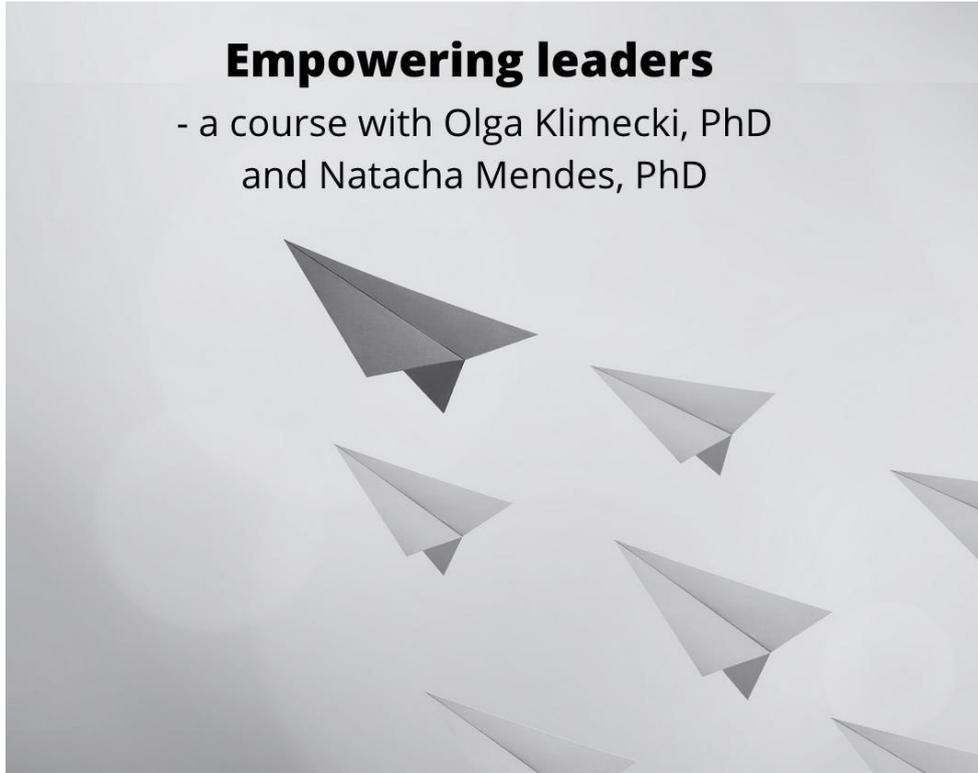


## **Empowering leaders**

- a course with Olga Klimecki, PhD  
and Natacha Mendes, PhD



*“Be the leader you wish you had.” — Simon Sinek*

As a leader you inspire others and help them grow. This includes dealing with challenges, stress, conflicts, and top-down pressure. Leadership can be overwhelming at times and teams may face serious challenges or conflicts. Meeting these challenges with the right tools can empower you and your teams and make you grow together! Key tools that can empower you include clear attention, presence, and emotional balance.

We offer an evidence-based coaching to empower leaders to:

- Increase awareness
- Implement mindfulness in leadership
- Build resources and resilience in oneself and the team
- Balance emotions
- Set healthy boundaries
- Work in a trauma-sensitive way
- Evolve through failure and adversities
- Lead teams through uncertainty, difficulty, and change
- Manage conflicts
- Promote secure and inclusive teams that celebrate diversity
- Shape your individual leadership style.

In this course we provide impulse lectures and discuss your case examples so that you can learn how to apply the tools you learn in your setting. You will leave with a toolkit that empowers you to develop your full potential as a person and leader. This contributes to maintain resilience and cohesive teams in the challenging times our society is currently facing.

## What others say

*“Once again, a big thank you! Both the keynote lecture and the practical exercises in the afternoon workshop were an outstanding success. A highlight this year that we can hardly outperform.” - Stefan Gross, Novartis, Global Senior OD Leader - Agile Team*

*“It was really a pleasure to work with you, and your knowledge is so valuable to share.” - Natalie Alexander, United Nations, Coordinator, Knowledge & Learning Commons*

## Target Group

- Executive leaders
- Emerging leaders
- Scientific leaders
- Managers
- Female leaders
- Directors of enterprises
- Entrepreneurs
- Team leaders

## The Course

**When:** Mondays, September 19th - November 14<sup>th</sup> 2022; 6 pm - 8 pm (Berlin time)

**Where:** Online via zoom.

**Course Material:** You will receive a toolkit for life and course material in the form of a pdf script and workbook. You will also receive a certificate at the end of the course.

To promote accessibility to leaders of different levels, we offer a sliding fee:

**Senior leaders:** 750 EUR (early bird fee registration 700 EUR)

**Junior leaders:** 550 EUR (early bird registration is 500 EUR)

Early bird fees apply until August 15<sup>th</sup>, 2022.

The training is limited to the first 16 participants for the quality of the coaching. As we only have a limited number of places, the principle of first come - first serve applies.

We ask you to register by 5<sup>th</sup> of September 2022.

For registration, more information, and reduced fees contact: [info@olgaklimecki.com](mailto:info@olgaklimecki.com)

Invest in yourself and reach your goals!

## The Trainers



**Olga Klimecki, PhD** is a neuroscientist and psychologist. She leads an international team of researchers and was guest professor in psychology at Technische Universität Dresden, Germany. Her research shows that targeted trainings promote wellbeing, conflict resolution, and social cohesion. She is an internationally renowned scientist, trainer, and public speaker. She has been leading teams since 15 years, with up to 100 persons simultaneously. In parallel, she has been training executives in unlocking their potential since 2013 and is consulting start-ups and multi-national organizations and companies.



**Natacha Mendes, PhD** is the founding scientific coordinator of the Max Planck School of Cognition in Leipzig, Germany. She has 18 years of leadership experience at the Max Planck Society in scientific and research management contexts. She is dedicated to Research Management since 2013 and skilled in leading diverse teams. Natacha is dedicated to empower others to manage their mind, create a clear vision of their life and achieve it.

Natacha is a certified coach by I-empower Coaching and a member of the Life Coach School since 2019.