

*New leader awareness for the opportunities in the new world of work*



## Existential Leadership by Mindtrain

**Impulses for today's leaders**

### **Existential leadership - is that something new again?**

No. Existential leadership is the most natural form of leadership. Good leaders have always practised it. In some places, this form of leadership has given way to 'command and control' leadership as a result of industrialisation and globalisation.

### **And now existential leadership is coming back to life.**

Existential leadership clarifies the relationship between the manager and their inner and outer world. This releases energy. Energy that is converted into powerful decisions. A leadership approach that is holistic and understands the organisation as a system in its entirety. A new leader consciousness as a basis.

Healthy, resilient managers, satisfied employees, a corporate culture that provides stability.

**And ensures economic success with satisfied customers.**

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## Contents - modular structure

### Who am I?

- My topics
- Journal management
- SOURCE model
- Value system
- My leader personality
- My mindset
- My brain
- Going into relationship

### The Vision

- The human system
- My passion
- My leadership vision
- My vision board
- Vision visualisation
- Mindfulness
- Breathing
- Stimulate

### The Strategy

- My resources
- My obstacles
- My potential and hidden reserves
- My risks
- Actionboard
- My positive mantra
- Execute

### In everyday life

- Self Leadership
- Workplace analysis
- Leader as coach
- Mastering everyday life
- Making decisions
- Focussing
- Steering & coaching

### Transformation

- Personal behaviour in change
- Dealing with conflicts
- Leader as conflict manager
- Renewing

### Endurance Training

- What do I enjoy?
- Work-Live-Blending
- Resilience & Stress
- Circle of Interest vs Circle of Influence
- Dealing with emotions
- Thriving

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## 7 Leadership Keys

**DIRECT**

Have and share a vision. Clear communication. Freedom in the execution. Consider different points of view. Develop a shared sense of meaning and purpose. Behaving as you expect others to behave.

**STIMULATE**

Inspiration. Being passionate about what we do. Giving undivided attention to the team. Helping others to see work more positively. Showing appreciation. Lifting the mood in the team.

**INNOVATE**

Encourage curiosity at work. Support the team to develop and improve their ideas. Be open to other views. Encourage seeking ideas outside the field. See mistakes and failures as opportunities to learn.



**RELATE**

Self-reflection. Relationship with yourself. Creating trust. Strengthening lasting relationships. Around employees. Being there for others. Acting authentically at all times.

**EXECUTE**

Remove obstacles. Helping the team to focus on the essentials. Detailed participation without micromangement. Make expectations clear. Improve yourself based on experience and mistakes. Hand over responsibility.

**COACH**

Das Team befähigen, sein Potential zu nutzen und die Leistung zu verbessern. Mitarbeitende nach Stärken einsetzen. Ehrlich und konstruktiv in Entwicklungsgesprächen. Gegenseitiges wohlwollendes Feedback.


**THRIVE**

Fun at work. Life in balance (live balance). Focussing on what you can control. Control negative emotions so that they have no impact on your environment. Taking the positive out of mistakes and setbacks.

### *Basics of existential leadership*

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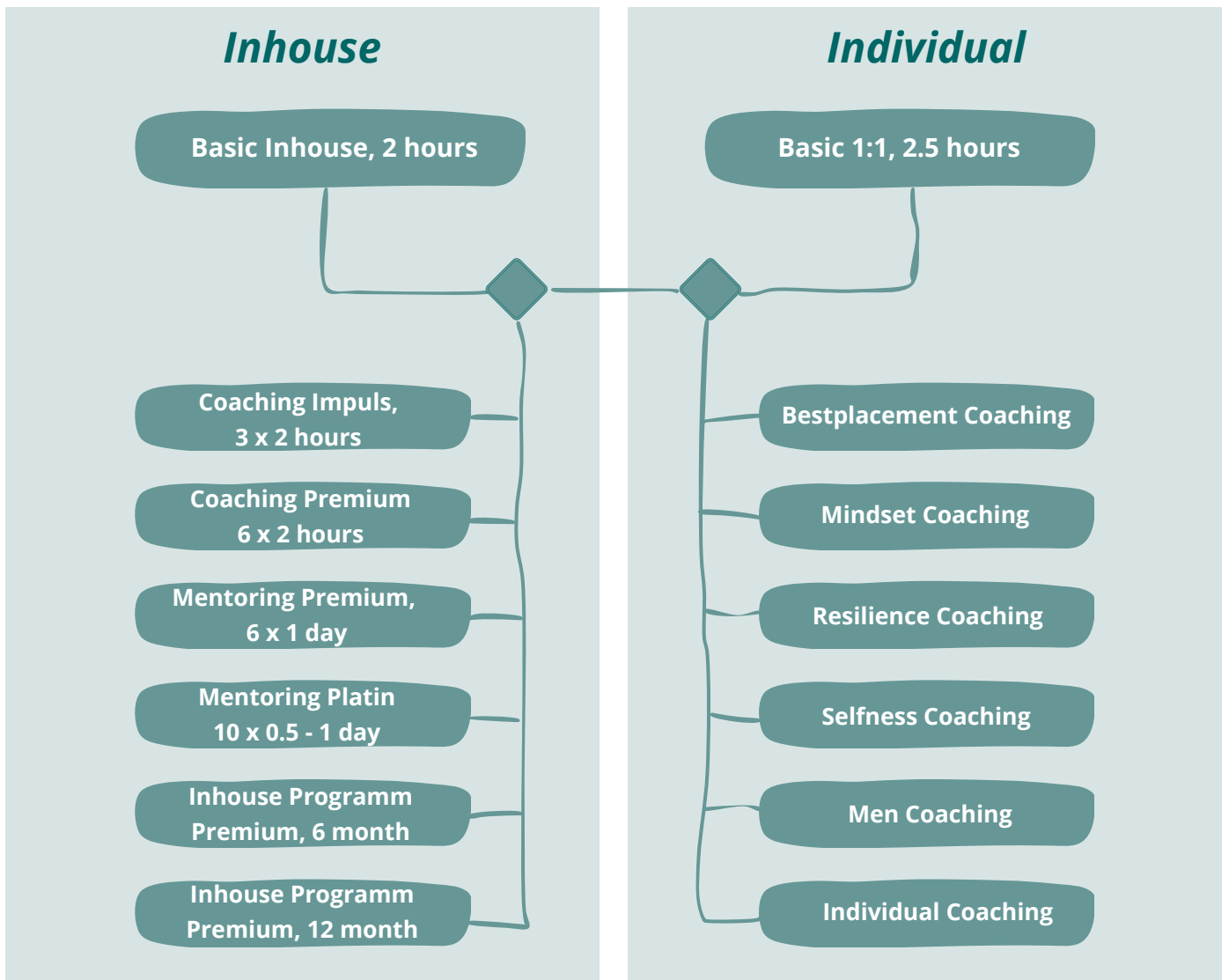
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## Overview modules

*Individual and in-house solutions*



*Combinable development paths with Mindtrain*

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