



## **JL JANA LEIDENFROST**

Psychological Mentoring GmbH

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**Passing the Fire On.**

# **ACTIVATING TRANSFORMATIONAL POWER. UNLEASING ENERGY.**

It begins with a spark. An inner passion that becomes tangible – and spreads to others. This is where my work comes to life: supporting talents, teams, and organizations in reigniting their energy, sharpening their focus, mastering transitions and activating transformational power. When new connections form - between the inner and outer worlds - well-grounded solutions for sustainable growth emerge.

Through elite sports, I early learned how to access potential, grow beyond limits and deal constructively with failure. The dynamics of success have fascinated me ever since. Across a wide range of industries, I combine insights from elite sports, management development and extensive expertise as a PhD psychologist, mentor, lecturer, consultant, keynote speaker.

Many years of experience in leadership and talent development within international companies such as Mercedes-Benz AG, Bosch GmbH, Jenoptik AG, as well as in medium-sized enterprises, consistently show one thing: when strong connections turn into a shared fire, excellence emerges. Power is translated into performance.

Holistic, interdisciplinary, impactful: together with original network partners, I create spaces for clarity, inspiration and flow. Analogies from elite sports, Zen, music and martial arts open up new perspectives, foster a healthy understanding of performance and spark enthusiasm for growth. Especially under challenging conditions motivation, focus, mental strength, regeneration and resilience are essential. We make them tangible and experiential.

**SUMMITS, KEYNOTES & TEAM DEVELOPMENT | 1:1 COACHING & MENTORING FOR LEADERSHIP, CAREER & TRANSITIONS | TALENT DEVELOPMENT & ACADEMY PROGRAMS | WOMEN IN LEADERSHIP | SUCCESSION & ORGANIZATIONAL DEVELOPMENT | ENERGY, RESILIENCE & PEAK PERFORMANCE**