



JL JANA LEIDENFROST

Psychological Mentoring GmbH

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Passing the Fire On.

ACTIVATING TRANSFORMATIONAL POWER. UNLEASING ENERGY.

As a professor and PhD psychologist, I work at the intersection of academic research, leadership practice, and personal development. My teaching integrates evidence-based psychological and organizational frameworks with experiential knowledge drawn from elite sports, business and the arts. I teach at national and international institutions including the University of Music Franz Liszt Weimar, the Hasso Plattner Institute Potsdam, the Bertha von Suttner University of Applied Sciences St. Pölten, the Zurich University of Applied Sciences (ZHAW), Department of Social Work, and HHL Leipzig Graduate School of Management. These diverse academic contexts shape my interdisciplinary perspective on leadership, performance and transformation. The aesthetic side of leadership is my favourite space to discover!

My academic focus lies in leadership and organization, self-leadership, and intra- and interpersonal competencies. Core themes include resilient leadership, mindset, personal mastery, ambition, and transformational leadership. I understand leadership not as a set of techniques, but as a developmental process full of resonance — at the individual, team, and organizational levels. In my teaching, I aim to create learning environments that foster clarity, reflection and sustainable performance. My goal is for students and executives alike to not only understand leadership and collaboration conceptually, but to experience, integrate and translate them into practice with responsibility, focus, and long-term impact. With a cool mind, a warm heart and strong energy they are going to be ready to master today and the future.

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