

JL JANA LEIDENFROST
Psychological Mentoring GmbH

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ACTIVATING TRANSFORMATIONAL POWER. SETTING ENERGY FREE.

As a professor and PhD in psychology, I work at the intersection of academic research, leadership practice and personal development. In my lectures, I integrate 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 College of Music „Franz Liszt“ Weimar / Germany, Hasso-Plattner Institute Potsdam / Germany, Bertha-von-Suttner University of Applied Sciences St. Pölten / Austria, Zurich University of Applied Sciences (ZHAW) - Department of Social Work / Switzerland and HHL Leipzig Graduate School of Management / Germany. These diverse academic contexts shape my interdisciplinary view on leadership, performance and transformation.
The aesthetic side of leadership is my favourite space to discover.
My academic focus lies on leadership and organisation, self-guidance and intrapersonal as well as interpersonal skills. Core topics 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 — on an individual level, as a team and within an organisation. In my teaching, I aim at creating learning environments that foster clarity, reflection and sustainable performance.
My goal for students and executives alike is not only to understand leadership and cooperation 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 the present as well as the future.

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