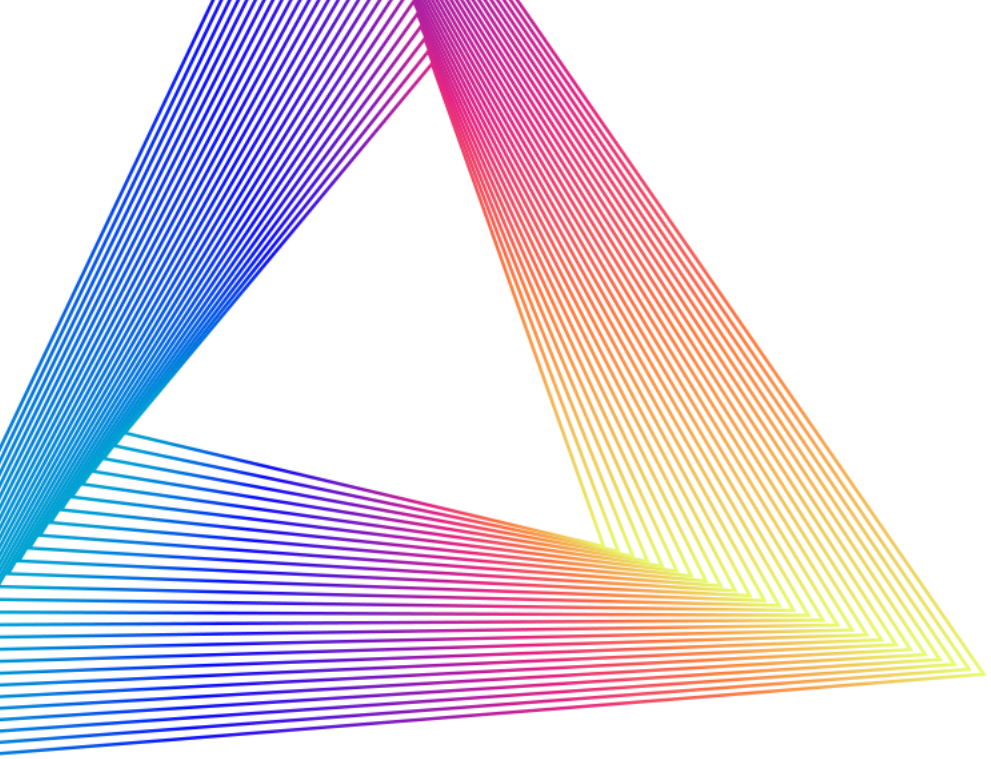


ACTIVATING TRANSFORMATIONAL POWER.

As a team, we have specialized in tailor-made, state-of-the art mindset trainings & inspirational impulses for performance, self-efficacy and transformational power.

Our approach is based on high-performance methods from sports and psychology as well as Japanese Zen, Ki-Jutsu and music.

With a great sense of humour, thousands of hours of practical experience and the best from the east and the west, we have guided more than thousands of leaders on their journey to daily excellence, mastership and great collaboration. **On the spot. For the top.**



PROF. DR. JANA LEIDENFROST

Psychologist, former successful athlete, hypno-systemic coach and trainer specialized in team- and organizational development and taylormade leadership programs.

She focuses strengths and works towards tapping the full potential, while sharing impulses for efficient communication and collaboration. Therefore she completes her approaches with analogies from top sports, modern brain research and hypno-systemic work.

Her recent book „Naturally performing better“ highlights athlete‘s secrets of success and its transformational power for leaders. She lecturers at various universities and is mother of a daughter. With high clarity she loves excellence, laughs dearly and makes co-creative growth happen!



NATHALIE HAUSSMANN

Nathalie Haußmann is a leader in the medical technology industry and an expert in transformation and change. As a trained engineer, she combines analytical thinking with a strong focus on execution. She is driven by the question of “why” — behind processes as well as behind people.

Known as a catalyst for new ideas, she connects people, knowledge, and perspectives in a purposeful way. Curious, observant and powerful, Nathalie supports transformation not just conceptually but through action — pragmatic, bold, and always moving forward.



JAMILON MÜLDERS

He has achieved remarkable success both as a player and coach on the international stage, making him one of the few figures in hockey to win world titles both on the field and from the sidelines.

In 2002, Mülders was part of the German men's national team that won the World Championship in Malaysia — a highlight of his playing career. His impressive coaching journey began after transitioning to the sidelines. His greatest achievements include leading the Dutch women's national team to gold at the 2022 Hockey World Cup, followed by contributing as an assistant coach to the German men's team's World Championship title in 2023. Previously, he guided the German women's national team to a European Championship gold medal and a bronze medal at the Rio 2016 Olympics. Another milestone in his international coaching career was securing bronze with the Chinese women's team at the 2018 Asian Games.

In 2024, Mülders played a key role in the German men's silver medal win at the Paris Olympics, adding another chapter to his success story. As a consultant and mentor — including supporting the U.S. women's team at the 2023 Pan American Games — he remains a driving force in international hockey.



RAINER KIEFER

Rainer Kief er, Master of International Studies in Sport Sciences, born in the Black Forest in 1986, is keen to learn in a variety of fields of sport. His primary interest is to combine movement with useful transfer through networking. As holder of the only Cross-Country Skiing Academy in Germany he is convinced of the benefits this combination offers. This becomes obvious in his technical teaching of sports, in educating trainers or in the work with world-class athletes as sport psychologist at the Olympic-Training-Center in Freiburg.

Consequently recreational and top-level sport offers a versatile range of analogies to business and ideas. For example, the fields of stress and recovery or structural planning of training are often used to underline this chance of transfer. Organizations such as Daimler AG, German National Team of Biathlon as well as Curling, University of Constance in a teaching position, SC Freiburg and other federations or companies benefit from this concept.



TOBIAS HAUG

Tobias Haug, born in the Black Forest in 1993, was a professional Nordic Combined athlete and a member of the German National Team for 8 years. From childhood on he has always been fascinated about skiing. When he was 9 years old, he quickly found his passion in ski jumping and cross-country skiing. In 2014 he qualified for the Olympic Games in Sochi. After a serious injury, that could have ended his career, he successfully fought his way back and eventually finished runner-up in a World Cup event.

The aim of a professional athlete is always c lear: to become better day-by-day. In order to handle high-pressure situations and to perform competitively in tough conditions, mental and physical strategies are needed. These days, Tobias shares his personal experiences and knowledge in work- shops with globally-leading companies such as Daimler. Additionally, he studies Sports Science at the University of Freiburg, Germany.



SOPHIE-LUISE RESCHKE

Sophie-Luise Reschke arbeitet an der Schnittstelle von Musik, Pädagogik und Leistungssport. Als Dirigentin, Sängerin und Gesangspädagogin beschäftigt sie sich mit der Frage, wie Führung, Kommunikation und Leistungsfähigkeit jenseits von Sprache funktionieren.

Aus der Praxis von Ensembleleitung, Probenarbeit und Auftrittsvorbereitung sowie aus sportwissenschaftlich inspirierten Ansätzen entwickelt sie Impulse zu Fokus, Präsenz, Teamdynamik und mentaler Stärke – besonders unter Druck. Ihre Perspektive verbindet künstlerische Erfahrung, wissenschaftliche Reflexion und körperliches Wirken.



DR. GERT HINSENKAMP

Dr. Gert Hinsenkamp, born in 1961, unifies decades of corporate leadership and engineering expertise with more than 40 years of experience in a variety of martial arts. He is bearing 6th Dan (great master belt) in Ki, Aikido and Ki-Jutsu (“Ki” being the Japanese expression for the universal energy common to all of us, “jutsu” meaning “to exercise”).

Core approach of Dr. Hinsenkamp as leadership trainer is to merge both worlds in simple and often surprising exercises thus creating space for new insights and experiences and leading to a new self awareness and mind centering, especially in agile VUCA environments.

Ever since 2006, Dr. Hinsenkamp teaches martial arts in leadership development on team- and organisational level for companies such as Daimler AG, Deutsche Bank AG, Siemens AG and other large-scale global companies.



THOMAS FRANK

Leader, innovator and creator, travelling across countries and cultures, equipped with music instruments, surf gear and a big portion of feel good vibes.

The background of this multitalented MBA with a severe driven-to- win-mentality is a 15 years leadership experience within the automotive sector whilst cultivating a deep passion for people development and innovation culture.

Thomas combines the art of music with the art of business and by that helps people to find their own sound. To think different, unleash potential and disrupt with high speed.

His motto:
Listen to your own sound and be brave enough to follow it!



DR. JINGJING WANG

Since 2002, I have lived and worked in the West, primarily in Germany, with studies and business trips to the USA, India, Southeast Asia, Africa, and the Middle East. I am married to a German man, and we have a daughter.
My passion for sustainable education began during my bachelor's studies. With an additional degree in computer science from my university in Beijing, I developed computer-based languagelearning programs.

Asia, especially China, has experienced significant economic growth. However, there is little knowledge about Chinese leadership and the interaction between Western and Asian leadership styles. My doctoral research at the University of Bayreuth aimed to bridge this gap.

With extensive experience in project management and leadership in sales & marketing,digitalization, innovation, and entrepreneurship, I have expanded my coaching and training froma focus on leadership to broader areas of organizational development, such as strength-based corporate culture and high-performance management systems.



NORMANN FREISINGER

Several years of leadership experience in research and development

Further training in personality development, leadership, and change management

Winner of the 2012 Research and Innovation Award (Daimler AG - internal)

Several years of experience as a boxing coach at SG Stern Stuttgart

DOSB C-license for competitive sports in boxingSeminar on applied sports psychology at the Olympic Training Center in Heidelberg



LISA FORNHAMMAR

She is a performer, educator, and inspirational force for innovation, grounded in both theoretical knowledge and extensive practical experience.

She brings broad leadership experience from artistic, academic, and institutional contexts. Alongside her work as a freelance singer, she serves as a guest professor for innovative vocal techniques and interpretative approaches in contemporary and new music at the Carl Maria von Weber University of Music Dresden. She also holds the position of Vice-Rector for the Third Cycle, Professional Development, Research, and International Affairs, where she is actively involved in shaping artistic research, doctoral studies, and international collaboration.

Her artistic and pedagogical practice explores the voice as a versatile, expressive, and experimental instrument. She is particularly interested in the intersection of artistic research, performance practice, and creative development, supporting singers and ensembles in expanding their artistic identity and expressive possibilities.



FABIAN RIEßLE

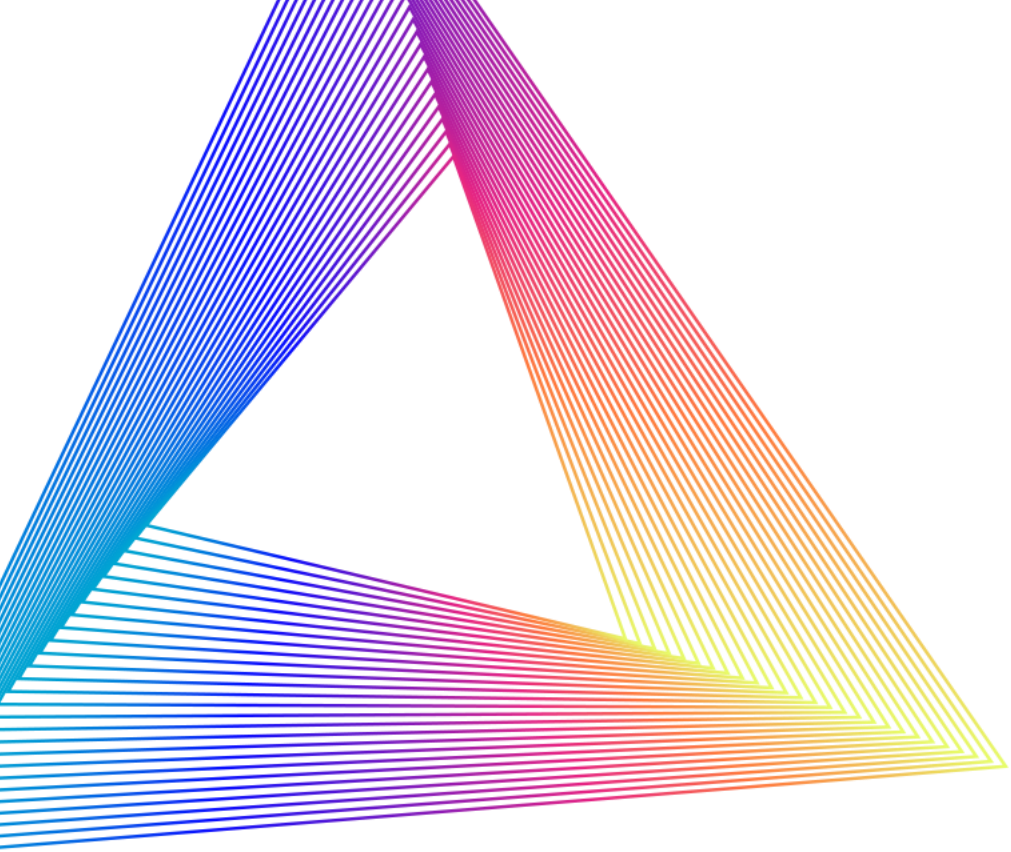
Olympic champion and world champion in Nordic combined, knows the situation “Is there still something left in it?” from countless competitions. Nordic combined thrives on the challenge of having to deliver peak performance at the decisive moment in two very different disciplines. That means pressure—a lot of pressure. And yet, within this very challenge lies the ultimate opportunity. When Rießle was behind after ski jumping, he would pull off the unthinkable and turn the cross-country race into gold or silver. Not because he was stronger than the others, but because he was more strategic, more determined, and more mentally present when it mattered most. He knew: leadership emerges in moments of uncertainty. And it becomes clear that success is not determined by the absence of complexity, but by the ability to shape it productively: momentum – mindset – team. Where clarity, attitude, and team spirit come together, a new level of performance emerges—carried by people who believe in themselves, in one another, and in their shared future.



HANNA KLEIN

Mental trainer (asp), certified Mental Coach (BSI), systemic coach, hypnosis and wingwave coach, and sports scientist. She has successfully worked with European and World Championship medalists, participants in the Olympic Games and Youth Olympic Games, national football players, Tour de France riders, and Four Hills Tour na ment participants, as well as athletes from 23 different sports.

Until last fall, she was a high-performance athlete in the Olympic discipline of Mountain Bi ke Cross-Country, balancing sports and education since her school days. Her greatest achievements include two World Championship medals — silver in 2005 (Juniors) and bronze in 2013 (Team Relay). She was the German runner-up in the Marathon in 2014, runner-up in MTB Cross-Country in 2015, and won the overall standings of the International Bundesliga (Elite Women) in 2016.



JL JANA LEIDENFROST
Psychological Mentoring GmbH

0049-175-1867470
jl@janaleidenfrost.com