



# Crispycoaching Portfolio



# Hi, nice to meet you!

crispycoaching trainings and coachings

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This is your training portfolio with lots of different training formats to select from – choose your preferred topic and join us for the next training!



crispy

# Your Leadership Academy

All our live trainings and coachings are bookable as individual formats or as journeys. The trainings are conducted by experienced, certified trainers. Standard Language of our open trainings: English. All modules can be booked in combination with each other or individually – no matter in which order. The courses take place approx. once every 2–3 months (current days are displayed on [www.crispycoaching.com](http://www.crispycoaching.com)).

## Topics to choose from:



## Mix & Match our formats:

-  Core Modules (2 days)
-  Masterclasses (1 day)
-  Individual Coaching & Self Learning
-  Bonus days /Team Building

Our trainings and coachings are focused on individual reflection, growth and business applicability. Our holistic approach to self- and team-leadership offers you a systematic approach for your personal and leadership development.



# All our formats at a glance

## Starting Leadership

Learn the essentials of leadership. Ideal for new and emerging leaders who want to take on their role with confidence and ability.

## Advanced Leadership

Develop a value driven & efficient leadership approach that matches your current business reality & challenges. Balance the stretch between simultaneously running & changing the business.

## Communication & Feedback

For individual contributors that want to improve their interactions with their colleagues, leaders & stakeholders. Focus lies on clear, mindful and constructive communication at work.

## Leader as a Coach

This training focuses on coaching tools that are useful for challenging leadership situations. Trained by certified coaches, obviously :)

## Psychological Safety

How can we make sure people speak their minds, stick their necks out, bring in ideas or concerns? The answer lies in psychological safety.

## Hybrid Leadership

The last two years have accelerated the move away from fully co-located working spaces, bringing with it a host of new challenges. Learn new tools, models to help tackle these challenges!

## Hypergrowth Leadership

If you are a leader in a fast paced organisation: learn tools to deal effectively with core challenges that this unique environment brings.

## No Burnout!

Training on Self- and Stressmanagement. Our modern work environment is more and more stressful every day, so how can we protect the health of our team members and ourselves? By being healthy leaders!

## Starting Sales

Accompany the entry into your new sales role with a training on the essentials of sales. Ideal for newcomers with up to 3 years of sales experience.

## Boost Motivation

How exactly does motivation work? Without systematic understanding, we often feel like its a hit-and-miss endeavor. We will change that :)

## Conflict Management

There is productive and unproductive conflict. We aim to help you deal with the unproductive kind and facilitate productive conflict.

New

## Me, my team & AI

Integrate AI tools like LLMs and ChatGPT into your team's workflows. Learn strategies for reducing fear of new technologies, integrating AI tools into team routines, and creating effective prompts.

## Individual Coaching Sessions

Individual coaching sessions with focus on personality and competence development that make the leader successful in the long term. Focus can also lie in sparring specific challenges the coachee is facing.

## Online Self Coaching Lead\_yourself

Get to know yourself better and define your goals to actively shape life and your job the way you want them to be. Manifest your goals and to grow beyond yourself, and embark on your own authentic way of life.

## Personality Assessment & Evaluation

Online-assessment & 2-hour debrief. Using the research-based HOGAN personality assessments, our licensed practitioners support you with reflecting on your strengths, pitfalls and core drivers.



# Starting Leadership

## Starting Leadership

Learn the essentials of leadership. Ideal for new and emerging leaders who want to take on their role with confidence and ability.

**2 day core module | leadership level 1**

**Leadership role | LEAD framework | Setting goals | Delegating tasks | Giving feedback | Team culture**

### For whom?

This management training serves young leaders and those who want to become leaders with valuable insights on the essentials of leadership that accompany their entry into the new role.

### Why is this interesting?

Because starting in a leadership position can be like driving a car for the first time - in some cases without ever having seen a car from the inside. Where do you even start? And sure, no one *needs* driving lessons - with enough time you could figure it out. But that will take longer and involve a lot more accidents ;) Avoiding rookie mistakes, asking the right questions the first time, reflecting on your own leadership values, etc. This and more is why this training is crucial for first time leaders.

### What do I get?

Two days of training with other first-time leaders in a trustful environment. You will get an overview of what it means to be a leader, reflect on your own mindset, values and personality. We will look at foundational skills like delegation, feedback, communication and expectation management so that when you come back to your team you have more self-confidence in who you want to be as a leader, and more competence in your leadership skills. Truth be told, you will also realise that leadership is a huge and complex array of skills, and two days can only cover so much. So we hope that this is only the start of an exciting learning journey for you!



**Your Coach: Eva Resch**

### Reflect

Know yourself and identify the values and drivers that guide your behaviours

### Learn

Understand the challenges of your new role and learn applicable tools for managing a team

### Apply

Become an inspiring and effective leader who knows how to lead and motivate others

# Advanced Leadership

## Advanced Leadership

For experienced leaders who want to challenge their leadership style and get more strategic and reach the next level of impactful leadership.

**2 day core module | Leadership Level 2**

**Leadership style & values | Modern leadership frameworks | Stakeholder management & politics | Managing manager | Your department | Team culture**

### For whom?

This training is aimed at experienced leaders who want to sharpen their leadership skills and challenge their managerial style. The focus shifts from operational leadership directly with the team to guiding other managers and addresses the stretch in sandwich positions as well as the strategic orientation of one's own department.

### Why is this interesting?

Do you feel trapped in well-practiced leadership habits? Would you like to challenge your established leadership style and values? Start experimenting with new approaches and behaviours and position your department strategically.

As you advance up the career ladder, the focus shifts from operational leadership directly with the team to guiding other managers and addresses the stretch in sandwich positions as well as the strategic orientation of one's own department. As the old adage goes: "What got you here, won't get you there". But we will ;) Become the leader you wished for when you were starting your career.

### What do I get?

A two-day training designed to help you constructively examine your established leadership practices to see which ones still work great and which ones need to be adapted for a new context. This is followed by an in-depth look at modern leadership frameworks, looking especially at forms of self-organisation within teams. Finally, stakeholder management, both internally and externally, will be focused on to make you a more effective player in your organisation.



**Your Coach: Svenja Haus**

### Reflect

Question yourself critically and consider how you can sharpen your leadership skills

### Learn

Learn the latest leadership approaches and methods and benefit from external feedback

### Apply

Experiment with new techniques and behaviours and stay on top of mind



# Communication & Feedback

## Communication & Feedback

Are you tired of outdated communication theories and models? In theory it all sounds reasonable and at the same time you can't express what you actually want to say and admire others for their rhetorical skills? Learn how to express yourself in a pointed and positive way to achieve what you really want.

### 2 day core module

**Asking the right questions & sincere listening | Improving clarity and reducing misunderstandings | Feedback Mindset | Feedback skillset | Feedback culture**

#### For whom?

This training is aimed both at individual contributors who want to improve their communication and at people with leadership responsibility who want to improve their skills, especially in conversational situations.

#### Why is this interesting?

Communication is so natural and automatic - we cannot *not* communicate - and at the same time so difficult and powerful. Listening genuinely as well as targeted, thoughtful communication are the most powerful tools we have to achieve what we want and inspire change in others. At the same time, communication can be a source of conflict, delay, misunderstandings, hurt feelings and lots of wasted time and energy.

Similarly, feedback is a prerequisite for effectively adapting to your environment, be it tasks or people. Lack of feedback means we are in the dark about what we need to change.

#### What do I get?

In this training, the focus is both on useful models that help you structure your thoughts and insight around communication and feedback, as well as ample practice to try out, experiment and experience. Experiment with different communication hacks in role play simulations and get direct feedback. Through various exercises you can perceive and improve subtleties in your communication and at the same time create "aha moments" for others. You will leave this training with practical and applicable communication hacks and will have a sharpened awareness of communication in general.



Your Coach: Felix Krahe

#### Reflect

Create awareness of your own communication style and the others'

#### Learn

Learn to use simple frameworks that make your communication and feedback more effective

#### Apply

Use communication hacks in role simulations and benefit from direct feedback

# Boost Motivation

## Boost Motivation

Your job as a leader is to create a motivating environment, but how exactly does that work? In the absence of systematic understanding, we often feel like motivation is a hit-and-miss endeavor with little structure or method. We would love to help change that!

### 1 day masterclass

**The two kinds of motivation | Two kinds of tasks & performance | Blame Bias | Putting it into practice**

### For whom?

Anyone who plays a role in motivating others. That could be as a leader, as someone who designs the compensation or performance management system, defines role descriptions or is tasked with shaping a motivating culture in your company.

### Why is this interesting?

Because if we are honest, most of us have not been taught a systematic understanding of motivation. Most of what we know is almost mythical - stories we tell each other and are passed down to us from those (leaders) before us, who got it from those before them and so on. But like most myths, upon closer inspection the amount of truth in these stories is often not as high or straightforward as we hoped.

### What do I get?

A systematic, research-based understanding of the building blocks of motivation and how they relate to different kinds of performance. Based on that we derive changes in your leadership style (such as goal setting or task design) and potential changes in the systems you all work in (such as incentives, team collaboration, role design, career models etc.). At the end of the training you can answer questions such as "When is a bonus-based compensation system a good idea and why?", "How should I set goals so they are motivating?" and "How useful are praise and punishment?".



Your Coach: Felix Krahe

### Reflect

Know your what adds to and harms your own motivation

### Learn

Understand how motivation affects performance and what you as a leader can and cannot influence

### Apply

Become able to purposefully create a motivating culture in your area of influence



# Starting Sales

## Starting Sales

Join this training and you will be equipped with the latest methods and tools as well as learn from the successes and failures of other companies. Learn how to be truly customer-centric, apply in a safe space and receive feedback and leave the program with new inspirations and tools.

**Your role and responsibilities as a sales person | Conduct successful sales conversations | Psychological Tools to establish valuable relations with clients and to increase sales success| Get to know and practice the tools SPIN & MEDDIC**

### For whom?

This training is aimed at anyone who needs to start selling: sales reps, new entrepreneurs, individual contributors. The training is suitable for newcomers and sales employees with up to 3 years of sales experience from companies with a focus on new business.

### Why is this interesting?

Because our Coaches have real sales experience and will provide you with applicable tools and best practices. This is not just another, boring online zoom class with someone who has never worked in sales.

### What do I get?

Contents include the complete sales process from prospect generation to pipeline creation to closing the deal. We will present you the latest methods used by leading digital companies in the field and offer you many opportunities to reflect and practice.

Register now and join the live training in our beautiful loft in Berlin Mitte. Your Coaches will be Bastian, Senior Sales Expert and Eva, Psychologist and Communication Expert. You will meet peers, take home tons of practical tools, listen to war-stories and best practices and will have lovely snacks and coffee :)



**Your Coaches:  
Bastian Schulz & Eva Resch**

### Reflect

how to build trust and your customers' challenges

### Learn

methods to understand your customers' true needs and how to gain their buy-in

### Apply

communication and negotiation skills and take home applicable tools to boost your sales success!

# No Burnout!

No  
Burnout!

Burnout has become the most discussed topic in the workplace, and since the pandemic at the latest, the number of cases has increased dramatically. Mental health is crucial for the well-being of entire organisations and business success. And despite the increased awareness, many busy professionals do not know how to strengthen their resilience and prevent burnout in themselves and their teams.

## 1 day masterclass

**Understanding the problem | Holistic approach to burnout | Building resilience | Mental health and well-being in the workplace**

### For whom?

This training is aimed at all those busy professionals who want to strengthen their resilience and prevent burnout for themselves and their teams. Mental health is a topic we all deal with at one time or another during our careers. It is therefore important to recognize the first warning signs in yourself or others early on and to take them seriously. This training is helping individuals, teams and leaders to build resilience in fast paced environments and thrive at work.

### Why is this interesting?

What actually is burnout? A buzzword or an excuse when the workload becomes too heavy? Burnout is an officially recognised mental illness with an enormous impact on personal well-being as well as organisational success. It is important to understand burnout holistically and to be able to distinguish between causes and symptoms. Because this disease is far more complex and multi-layered than we often think we know. With resource-oriented measures and a holistic view, prevention measures are discussed to strengthen resilience in oneself and others.

### What do I get?

A science backed toolkit as well as a holistic view and deeper knowledge of burnout and how to beat it. Based on the newest research and practical experiences from working with the challenges of remote teams, we will equip you with a deep understanding of what burnout really is and what it is not. As well as, concrete actions you can do for yourself and others to prevent it and build resilience in your team. Identify sources of stress and learn how to create positive change.



Your Coach: Svenja Haus

### Reflect

Understand the different layers of burnout and reflect potential stressors for yourself and others.

### Learn

Identify early signs of burnout and ways how to build resilience for yourself and others.

### Apply

Transfer the knowledge to your context and implemented concrete measures directly.



# Conflict Management

## Conflict Management

Conflicts are unavoidable. But conflicts do not have to be shouting matches or a long chain of avoidance and grudges. In fact, some conflicts are even desired, because they help us come up with better solutions.

### 1 day masterclass

**Where do conflicts come from? | Preventing unproductive conflicts | Moderating unproductive conflicts | Encouraging productive conflict**



### Your potential Coaches

Felix Krahé | Eva Resch | Svenja Haus

### For whom?

Anyone who wants to become better at dealing with conflict. Both at a personal level (communication during conflicts, mediation) or at a team level (prevention of unproductive conflicts, creating more willingness to engage in productive conflicts).

### Why is this interesting?

Because not all conflicts are created equal. There are many which just cause pain and do not serve any productive purpose. These are conflicts we want to prevent, and if we cannot, to mediate as quickly as possible. But there are also conflicts that are useful, because they serve productive purposes, like intellectual disagreements about the next product or strategy. The art of conflict management therefore lies in reducing, preventing and mediating unproductive conflict, while encouraging productive conflict in safe contexts.

### What do I get?

A one-day dive into current thought on conflict management. Models and research that help you better understand where unproductive conflicts tend to come from, which forms the basis of analysing your team and processes for potential conflict triggers. At the same time, we will give you concrete tools and exercises you can implement with your teams to encourage more productive conflict in areas where you and your team need it. We will also look at mediation and communication techniques to help you solve conflicts - whether you are a conflict party yourself or a neutral party.

### Reflect

Know where your personal “buttons” are and where those of others may be

### Learn

Practical models to guide your thinking and actions for conflict management and prevention

### Apply

Practice mediation skills, encourage useful conflict and prevent unnecessary ones

# Psychological Safety

## Psychological Safety

How can we make sure people speak their minds, stick their necks out, bring in ideas, questions or concerns? How can we create a space where we and others feel comfortable to bring all of ourselves to work - not just the part we think "fits in"? The answer lies in psychological questions - or the lack thereof.

### 1 day masterclass

**What is psychological safety and why should we care? | What causes it? | Fostering a psychologically safe environment**

#### For whom?

Especially leaders, since you have an outsized influence on the level of psychological safety in your team compared to your team-members. If you feel like people in your team don't speak up, admit errors or ask each other for help - then it is very likely that you are missing psychological safety in your team.

#### Why is this interesting?

The absence of psychological safety can inflict emotional wounds, neutralize performance, paralyse potential and make innovation extremely difficult. And without any of these, both teams and organisations risk their own economic future. Of course, they are also not exactly the greatest place to work at.

#### What do I get?

You will learn what psychological safety means, why it matters and how you can go about fostering it with intent. We will also look at what not to do - i.e. how you can harm psychological safety, so you do not accidentally destroy what you painstakingly built.

At the end of the training, you will be able to answer questions such as "Why should a business care about psychological safety?", "Why do low levels of psychological safety make unsafe, unethical and antisocial behaviour more likely?", "What can I and you do to improve psychological safety?".



Your Coach: Felix Krahe

#### Reflect

Know how your own behaviour changes between psychologically safe and unsafe environments

#### Learn

Understand what makes you & others comfortable taking risks like challenging the status quo

#### Apply

Become a leader who can foster a psychologically safe environment in a more productive and humane culture



# Leader as a Coach

## Leader as a Coach

A good leader is like a coach - empowers a process where people can grow and thrive. Of course, there are more responsibilities for leaders that sometimes require tough decisions. But when it comes to people development, it makes sense to build coaching skills and develop a coaching mindset.

### 1 day masterclass

**Coaching mindset | Coaching tools & techniques | Boundaries and differences to leadership | Asking really good questions | Systemic coaching & positive psychology**

### For whom?

This masterclass is aimed at all leaders for whom leading means more than just telling others what to do. If you want to develop people holistically and unleash the best in your team members, then you've come to the right place. Of course, a leader is not 100% equivalent to a coach, but you can take a lot from coaching into your leadership practice.

### Why is this interesting?

Rapid, constant and disruptive change is the new norm in which we live and work. Therefore the good old management approach of command & control does not work for leaders anymore - because it's simply impossible to have all the answers. Besides the expectations of new generations for a modern leadership mindset, science also shows that a coaching leadership style leads to greater well-being, productivity and innovation.

### What do I get?

Clarity - about what you can and cannot achieve as a coaching leader. You will reflect on your image of humanity and your values as a leader and develop a new inner attitude. You will be trained in your own communication skills and the language of others. Simple coaching methods and hacks will help you to be effective as a coach in your leadership role. Your awareness and perception will reach a new dimension and you will be given concrete recommendations that you can implement immediately. And last but not least: you will be more aware and able of how to ask really good questions.



Your Coach: Svenja Haus

### Reflect

Challenge your inner attitude and your communication style.

### Learn

Experience concrete coaching methods and questioning techniques.

### Apply

Try out your new skills in simulations and play roles.

# Hypergrowth Leadership

## Hypergrowth Leadership

A rapid growth context demands a different skill- and mindset from leaders. Decisions have to be made faster with less information, new people onboarded nearly every day, the team and yourself have act under more pressure and so on. We want to help you with all of these challenges!

### 1 day masterclass

**Stress, Empathy & Emotional Intelligence | Taking Decisions under Pressure | Delegation Board 3.0 | Integrating new People – Onboarding rituals | Unavoidable - Dealing with Conflicts**

### For whom?

Leaders in companies that are undergoing a phase of strong headcount growth. Symptoms may include: structures that struggle to keep up with the increased headcount; your team gets new team members every week / has to split / is newly formed; big decisions have to be made quickly with little information; difficult trade-off between speed and quality; lots of pressure with less guidance, etc.

### Why is this interesting?

If you are in a hypergrowth scenario, we don't really need to tell you why having tools to deal with these unique challenges are helpful. But let's do it anyway: The tools and ideas we cover help you and your team cope with the stress and particular challenges. It helps you use the available resources more effectively and get new resources online quicker.

### What do I get?

A one-day masterclass that focuses on the specific challenges of being a leader during hypergrowth. Tools that help you take better (not perfect!) decisions under pressure, more effectively onboard new people in the limited time available, manage own emotions under pressure so you can better stabilise your team, and de-escalate the inevitable conflicts that arise during hypergrowth.



Your Coach: Felix Krahe

### Reflect

On your main challenges as a leader during rapid growth

### Learn

Skills and models that help you be effective under pressure

### Apply

Perform risk analyses, identify useful decision patterns, develop onboarding practices etc.



# Hybrid Leadership

## Hybrid Leadership

Half your team is co-located, and the other half is distributed all over the globe? Welcome to hybrid leadership.

### 1 day masterclass

**"Sorry, we can't hear you" - Communication in hybrid work environments | Building and maintaining Connection | Coordinating across time and space | Building and retaining your cul in hybrid settings**

### For whom?

Leaders who find themselves in an environment that will stay hybrid for the foreseeable future and who are looking for new ideas for creating an engaging workspace in this new context!

### Why is this interesting?

The receding pandemic reveals a situation that – while still very much in flux – looks neither fully co-located nor fully remote. Instead, most of us will have to lead and work in a hybrid environment! But how can we forge cohesive teams in these conditions? How can leaders build and sense the necessary trust – and help team members do the same? How can we foster creativity? How do we coordinate?

We want to level with you: thanks to the chaos wreaked by the pandemic there currently isn't as much generalisable and robust data on what does and doesn't work in hybrid leadership as we would like. So "best practices" are – for the time being – necessarily "good practices" or "reasonable practices".

### What do I get?

One day of looking at what the field of HR and leadership has figured out about hybrid leadership so far. We will cover the most important challenges that the hybrid environment brings: how to adapt communication so that it works for both co-located and remote team members, how to coordinate across time and space, how to build and maintain a sense of connection and social cohesion, and how to build/retain/adapt company culture for hybrid.



### Your potential Coaches

Felix Krahe | Eva Resch | Svenja Haus

### Reflect

On your main challenges as a remote leader

### Learn

What current good practices in hybrid leadership are

### Apply

Develop formats to take home and try out with your team and team members

# Me, my Team & AI



How can I overcome fear of new technologies and promote curiosity within my team? How can I start integrating AI tools into my team's workflows and collaborate effectively with team members during the process?

## 1,5 days masterclass

**Understand AI and its potential | How to create a culture of innovation in the workplace  
Integrating AI Tools in Team Routines | Prompts and Personalization | Ethics & Responsibility**



**Your potential Coaches**  
Felix Krahé | Eva Resch | Svenja Haus

### For whom?

for young professionals and team leads who want to integrate AI tools like LLMs and ChatGPT into their team's workflows. Leaders and team leads will learn strategies for reducing fear of new technologies, integrating AI tools into team routines, and creating effective prompts and personalized experiences.

### Why is this interesting?

Most recently, AI has become a hot debated topic thanks to the launch of ChatGPT. But from a leadership perspective, little is known about how to integrate these AI Tools in our workflows and how to manage the usage within the team effectively.

How can I create effective prompts and personalized experiences using ChatGPT and other AI tools, while ensuring ethical use? What are the real-world case studies and best practices for selecting and implementing AI tools? Let's explore this new exciting field together and get acquainted with this new (and lets be honest, a little spooky) team member.

### What do I get?

Through models and tools based on latest developments in AI and practical, hands-on tips and tricks to get started, our training program can help you stay ahead of the curve in this rapidly evolving field no matter whether you're a startup, a scaleup, or an established organization. Live testing of selected tools is also integrated in this training to enhance the training experience. One of the biggest challenges of integrating AI tools into teams is the fear of new technologies. That's why we'll dedicate a significant portion of our training program to address this issue. We'll discuss the common fears and misconceptions surrounding AI and provide strategies for overcoming these fears. Our trainers will also guide you on how to create a culture of curiosity and experimentation that encourages innovation in the workplace.

### Reflect

on your point of view towards new technologies and what to do with this

### Learn

about key change factors to integrate AI tools effectively in your and your teams worklife while ensuring ethical use

### Apply

Make first steps by getting to know different tools and by testing prompting live in the training

# Individual Coaching Sessions

## Individual Coaching Sessions

Behavioural changes take time and applying new methods and approaches requires practice. Training can only provide the nudge by creating "aha" moments, curiosity and food for thought. After each training, participants tell us how much they love the content, but now it's about applying it and integrating it into their daily lives. This is the moment when coaching kicks in.



### Your potential Coaches

Felix Krahe | Eva Resch | Svenja Haus

### For whom?

Coaching is useful for everyone and should be made possible for all human beings. However we coach mainly leaders, but also professional and individual contributors. And as Bill Gates and Eric Schmidt have already correctly pointed out, everyone needs a coach.

### Why is this interesting?

Sometimes you just need someone who is fully focused on your specific context and listens to you very carefully. One good question can lead to more insights than 10 management trainings. Many challenges and problems fail not because of a lack of knowledge, but because of a lack of implementation. With coachings in combination with trainings, desired behavioural changes can be achieved in a targeted way.

### What do I get?

Uninterrupted and intensive work with a crispy executive coach in a 1:1 coaching session. This session usually lasts between 1-2 hours, depending on the need to talk, and always deals with a specific question. In coaching, we follow a systemic coaching process and focus on the solution of issues. In most coaching sessions, we will use a variety of exercises and interventions to work through complex issues and encourage a change of perspective and the activation of resources.



# Personality Assessment

## Personality Assessment & Evaluation

To deepen your self-reflection, we offer the HOGAN Personality Assessments for leaders, to identify your strengths, behavioural risk factors and values.

**3 online tests | potentials indicators, derailers & values | personal evaluation and coaching sessions with certified coach**

### For whom?

If you are looking to understand yourself better, analyse your behavioural patterns, see where your pitfalls tend to be and where your strengths lie, Hogan Assessments (and the subsequent debrief) are ideal for you.

### Why is this interesting?

We all want to work in organisations and positions that allow us to use our strengths to the fullest, and where our pitfalls and weaknesses are less relevant (e.g. someone who is very flexible but doesn't love detailed planning probably won't be very happy or effective in a role that requires a lot of project management). We also want to find ways to deal with our pitfalls (e.g. someone who tends to be indecisive under pressure). Hogan Personality Assessments offer a research-based perspective on exactly that.

### What do I get?

Three different Assessments that cover 1) your personality when you are at your best 2) your strengths that become performance risks under stress, boredom or uncertainty 3) your values, drivers and interests that guide what we desire and strive towards. You also get a detailed debrief of your results reports together with your coach, to help make sense of and interpret the findings, relate them to real life and derive learnings. This can (but of course doesn't have to) form a great basis to start a personal coaching journey.



**Your Coach: Felix Krahe**



# Self Coaching LEAD\_yourself

Online Self  
Coaching  
LEAD\_yourself

The LEAD\_yourself Coaching Journey is a 4-week online course we designed for you. In this journey, we gathered all our tools and knowledge to support you in finding more meaning in your professional and private life.

**4 weeks | workbook | videos | live-Q&A sessions (online) | optional: one-on-one coaching sessions**

## For whom?

Do some of these questions ring a - potentially uncomfortable - bell? "Do you feel stuck somehow?", "You are unhappy but don't know what to change?", "You have ticked all the boxes and don't know what to do next?"

At the same time, you want to tackle these questions at your own pace and in privacy. Then this is for you.

## Why is this interesting?

Because most of us have not been well equipped for tackling the bigger questions in life. Quite often we aspire to status, prestige, success (however you define it), more responsibility, a career etc. because we have been taught that these things are worthwhile in themselves or will make us happy. Turns out, they are not and do not, at least not for everyone.

This self-coaching journey equips you for forging your own path and finding your own answers. We provide the structure, tools and materials!

## What do I get?

Complete daily exercises in your beautifully designed and comprehensive workbook. Weekly live Q&A sessions with one of our coaches. Exclusive video content to deepen your knowledge and dig deeper into topics. Receive personalised email content to support you and keep you accountable.



Your Coach: Eva Resch





# Bonus Days

Coaching  
Day at the  
Lake

Crispy  
Leaders  
Dinner

Our bonus days are events with a focus on networking, recreation and fun. They are not mandatory for the crispy leadership certificate, but offer a great opportunity to exchange ideas with likeminded people in a different setting. We offer bonus days on a regular basis, depending on demand.



## For whom?

For anyone looking to connect with leaders from other companies in a context that isn't one of these awkward networking events. If you need quiet time for reflection and coaching in nature. If you want to treat yourself :)

## Why is this interesting?

Because connecting with others and ourselves is one of the most important ingredients for a fulfilled life. Learning from others, getting to know their challenges and their solutions can be as helpful as any training - and sometimes even more so.

## What do I get?

1) A day of in-depth coaching somewhere in nature (somewhere outside Berlin), be that at the water, in a forest or a park, whatever is a relaxing place for you. We offer different Group Coaching Formats where we go out into nature. Changing our surroundings and getting in touch with nature helps us changing perspective...

2) ...and for the crispy dinner you will get a lovely multi-course dinner with a bunch of interesting people like yourself, so you can connect outside your organisation, get new input, new ideas and great conversations :). Discuss challenges, form bonds and enjoy an evening of non-awkward networking.





# Invest in your team & yourself

## FOR LEADERS

You can make a difference. People will stay or leave the company because of you. Our modular training approach will allow you to train your skills on a regular base, gain clarity in your role and boost mind- & skillset!



## FOR TEAM MEMBERS

You don't have time and budget to plan internal development journeys for your staffs' diverse development needs. Our modular approach allows max. flexibility for your team members development.



# Start your Learning Journey...

...with a 2-day Core Training



## **Starting Leadership.**

Learn the essentials of leadership. Ideal for new and emerging leaders who want to take on their role with confidence and ability.

## **Advanced Leadership.**

Develop a value driven & efficient leadership approach that matches your current business reality & challenges.

## **Starting Sales.**

Accompany the entry into your new sales role with a training on the essentials of sales. Ideal for newcomers with up to 3 years of sales experience.

## **Communication & Feedback.**


For individual contributors that want to improve their interactions with their colleagues, leaders & stakeholders.

# Continue your Learning Journey...

...with a 1-day Masterclass



**Boost Motivation!** How exactly does motivation work? Without systematic understanding, we often feel like its a hit-and-miss endeavor. We will change that :)

**Me, my Team & AI.** Integrate AI tools like LLMs and ChatGPT into your team's workflows. Learn strategies for reducing fear of new technologies, integrating AI tools into team routines, and creating effective prompts. 

**No Burnout!** Will be relaunched soon!

**Conflict Management.** There is productive and unproductive conflict. We aim to help you deal with the unproductive kind and facilitate productive conflict.

**Leader as a Coach.** Will activate your Coaching Mindset & deepen your Coaching Skills. A skill very needed for Retention and a happy team.

**Hypergrowth Leadership.** Learn tools to deal effectively with core challenges that a fast paced environment brings.



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**Hybrid Leadership.** The last two years have accelerated the move away from fully co-located working spaces, bringing with it a host of new challenges. Learn new tools, models to help tackle these challenges!

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# Your Training Location

We are located in the heart of Berlin, 10 Minutes away from the Berlin Hbf. Our spaces are fully equipped for great trainings in a calm and welcoming atmosphere. Because it is important to us to provide you with an overall positive and inspiring experience.



Location: crispycoaching, Chausseestr. 116, 10115 Berlin



# The Trainers & Coaches

We want you to become a better leader. No matter if you are working on leading yourself, your team or a whole organisation.  
We combine our own experience from the business context with many years of training and coaching experience.



**Bastian Schulz**

**Eva Resch**

**Svenja Haus**

**Felix Krahé**

Quick Intro:

Eva | Founder of crispycoaching | Leadership Trainer & Coach

Svenja | Knows what needs to happen when Startups grow very quickly | Trainer & Coach

Felix | Expert in Psychological Topics | Trainer & Coach

Bastian | Software Sales Pro | will teach you how to set up sales properly

Contact us to learn more about our trainers and their approaches.



# GET IN TOUCH

crispycoaching

Coaching and Training for leaders and international minds

ZukunftsLAB  
Chausseestr. 116  
10115 Berlin



(+49) 0173 59 31 796



hello@crispycoaching.com



www.crispycoaching.com

crispy