

**IF YOU BOOK JAN ESSWEIN
FOR YOUR EVENT, YOU GET:**

- An interactive performance, which is completely without Powerpoint
- Captivating stories and best-practice examples by the most widely read author on mindfulness in Germany
- The rare combination of facts, emotionality, depth of content and strong impact on the audience.
- Quick-Win-Tools, which listeners can immediately use in their everyday life
- Professional handling from the initial enquiry to the presentation documentation

**EFFECT**

The lectures of Jan Eßwein are eye-opening and have an experience character. Besides interactive passages, moments of silence and focus are decisive elements. After the lectures the listeners are awake and activated, but at the same time fully concentrated. Some participants still use the Quick-Win-Tools years after attending a lecture.

FACTS AND FIGURES

Duration: 20-60 minutes, depending on your event format

Suitable for: Executive meetings, conferences, MICE industry events or health days

Audience: 10-2,000 listeners

Language: German or English  

THE KEYNOTES

1. THE MINDFULNESS CODE 4 IMPULSES FOR A NEW QUALITY OF WORK

2. WAIT A MINUTE! STOP RUNNING, BECOME MINDFUL, ACHIEVE MORE

3. HIGH PERFORMANCE LEADERSHIP WHY EXCELLENT LEADERSHIP IS MINDFUL

1. THE MINDFULNESS CODE

4 IMPULSES FOR A NEW QUALITY OF WORK



Collaboration is not only modern, chic and fun. It is indispensable in the new world of work. Modern products and services are so complex that they can only be created through genuine collaboration. But how does the much-praised collaboration succeed? And why is it often not enough to introduce agile methods in order to work together successfully?

In this lecture, Jan Eßwein shows the basic prerequisites for truly successful teamwork. In order to be fit for the demands of modern cooperation, team members need a good self-perception and excellent self-management. And in order to work effectively and efficiently in meetings and discussions, the organization needs a communication culture that is both goal-oriented and respectful.

In his inspiring keynote, Jan Eßwein shows how listeners can become even fitter in the new world of work through an attentive attitude, an open communication culture and healthy leadership. They receive impulses that they can apply immediately to become more focused, more creative and more successful together.

FACTS AND FIGURES

Target group: Companies that deal with digitisation & agile work techniques, that focus on personal responsibility and self-organisation, and that increasingly work in projects alongside the line.

Benefits: The listeners take concrete impulses with them, with which they immediately improve their project and team work and raise the results to a new level.

Price: On request

2. WAIT A MINUTE!

STOP RUNNING, BECOME MINDFUL, ACHIEVE MORE



Digitalization, the trend towards agile project work and the need for constantly changing customer needs at all times – being up to date poses a great challenge to companies: as an organisation, they must be open to everything that comes their way. But if structures don't adapt as quickly as the market demands, employees come under pressure.

They will reactive and try to help

themselves with multitasking. This in turn creates mistakes and increases the inner tension of everyone involved.

In this inspiring keynote Jan Eßwein conveys the healthy alternative to multi-tasking. He shows what intelligent handling of digital media looks like, teaches techniques for focusing and self-control and shows how mindfulness helps to concentrate on the essentials and to master everyday life more calmly - even and especially in times of digitalisation. In addition it gives Quick Win Tools and practical tips to the listeners, which help to reduce stress to develop resilience and strengthen the health.

Expect an authentic, interactive and motivating presentation that inspires and encourages action.

FACTS AND FIGURES

Target group: Companies that are in the middle of digital transformation or that want to provide their employees with tools to cope better with stress and strain in challenging times.

Benefit: The listeners recognize that stress begins in the head and receive effective and techniques that can be implemented immediately in order to sustainably reduce the self-made pressure and to deal better with the real pressure.

Price: On request

3. HIGH PERFORMANCE LEADERSHIP

WHY EXCELLENT LEADERSHIP IS MINDFUL



The targets are set high. Customer orientation comes first. For a positive balance top quality at highest speed is required. Companies that achieve such goals are in a good position. The only question is: What is the price that managers pay for this? With the degree of responsibility that top executives have carried over the years, personal issues, inner balance or self-esteem come into play. This

subliminal burden has a negative impact on the relationship with employees and makes managers less effective than they could be.

This presentation shows: When leaders are mindful of themselves, they become also more attentive to their employees. They listen better, develop an honest interest for their counterpart and thus receive much more information than usual. A mindful leader is therefore the best sensor for budding mistakes or conflicts. The earlier a boss can take countermeasures in these situations, the more relaxed, confident and successful he will be. And the healthier he leads his crew.

FACTS AND FIGURES

Target group: Top executives who, through their strong role as role models, have a great influence on employee satisfaction, employee retention and the commitment of entire departments and teams.

Benefits: The listeners become aware of their enormous impact and take concrete quick-win tools with them, with which they can immediately improve their awareness of themselves as well as their impact on employees and customers.

Price: On request