



KEYNOTE SPEECHES - TOPICS

Introduction to stress management: *Understanding stress and dealing with it*

Stress isn't inherently the enemy; in fact, it can sometimes have its advantages. The key is managing it effectively. This presentation will clearly explain how stress arises, what happens in the body and brain, and when it becomes dangerous and when it isn't.

You will gain a basic understanding of stress and initial tools to cope better with stress during everyday life.

Contents:

- What stress is – and what it isn't
- Stress response in the body: What actually happens when we are stressed?
- Early warning signs: How do we know when stress is becoming dangerous?
- Immediate relief for acute stress moments
- Small changes with a big impact: Reduce stressors & strengthen resources

Ideal for: Teams & managers, as an introduction to the topic or as inspiration for health days

Mental stress management & inner drivers: *How we stress ourselves out*

Stress isn't something you have, it's something you create? Rumination, perfectionism, self-criticism, the feeling of "I should be doing more...". Mental stress can be incredibly exhausting, even if everything seems "normal" on the outside. In this presentation, we'll examine internal drivers (e.g., "Be perfect," "Please everyone") and how they amplify stress. You'll learn mental strategies to reduce pressure, think more clearly, and avoid constantly pushing yourself further.

Contents:

- Mental stress amplifiers: Rumination, catastrophizing, all-or-nothing thinking
- Identifying inner drivers: Which thoughts run "automatically"?
- From inner critic to inner coach: Self-leadership instead of self-stress
- Tools for mental relief: Reframing, gaining distance, mental breaks (without esoteric nonsense)

Ideal for: Roles with high responsibility, demanding teams, anyone who has "a lot on their mind"

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Understanding and overcoming procrastination: *Let's not put it off until tomorrow!*

Procrastination is rarely laziness. Often, there's something else behind it: feeling overwhelmed, insecurity, perfectionism, lack of clarity, or simply mental exhaustion. This presentation is about understanding the mechanics of procrastination and getting back into action without motivating yourself with pressure or guilt. You'll learn realistic strategies for busy workdays and numerous to-dos.

Contents:

- Why we procrastinate: Emotions, stress, perfectionism & feeling overwhelmed
- Recognize the "postponement loop" and break it at the right point.
- Clarity instead of chaos: Define tasks in a way that makes getting started easier.
- Small steps that work to get things implemented
- Dealing with inner resistance: Motivation follows action (not the other way around)

Ideal for: Knowledge worker, teams with a high degree of personal responsibility

Resilience & Inner Strength: *Remain stable without becoming rigid*

Resilience doesn't mean "taking everything in stride." Resilience means realistically assessing challenges, recovering more quickly, remaining capable of acting, and taking good care of oneself. In this presentation, we'll look at what resilience truly entails and which factors make a difference in everyday work life.

You will receive practical tools to activate resources, to build resilience in the long term and thus feel more stability even in stressful phases.

Contents:

- What resilience is and how it can be trained.
- Overview of the pillars of resilience
- Dealing with setbacks: psychological "first aid" and changing perspectives
- Strengthening resources: social support, meaning, self-efficacy in everyday life
- Micro-habits for greater stability

Ideal for: Teams undergoing change, leadership & employees

Perfectionism: *When good is good enough*

Perfectionism often feels like a powerful engine, but it can secretly become a constant burden: excessively high standards, too much overthinking, too little "finished" work. This presentation isn't about abolishing standards, but about managing them intelligently: when perfectionism is beneficial, when it holds you back, and how to achieve results without burning out. We'll examine typical patterns of perfectionism and develop pragmatic alternatives.

Contents:

- Recognizing perfectionism: helpful vs. harmful forms
- The cost of trying to be perfect: time, energy, team dynamics, decision-making gridlock.
- A culture of learning from mistakes vs. fear of failure
- Dealing with self-criticism: reducing internal pressure, maintaining quality
- Practical strategies: prioritize, delegate, decide, close.

Ideal for: High performers, managers and teams with high levels of responsibility

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Self-doubt & Imposter Syndrome: *Becoming more confident*

Many competent people know the feeling: "Eventually, they'll realize I can't do it at all." Imposter syndrome and self-doubt are common, and they drain energy, focus, and sometimes even career opportunities. This presentation aims to help you better understand self-doubt and develop a more resilient way of dealing with it. The goal isn't to never be insecure again, but rather to act effectively despite uncertainty—and to assess your own competence more realistically (and with more compassion).

Contents:

- What self-doubt is (and why it is not automatically a sign of incompetence)
- Impostor mechanisms: typical thought and behavior patterns
- Strengthening self-efficacy
- Dealing with feedback: don't reject it, don't overthink it – use it constructively.
- Tools for greater inner stability: self-compassion, inner attitude, reframing

Ideal for: Young professionals

Setting healthy boundaries: Goodbye people pleasing

Many people say yes when they mean no and then wonder why they feel tired, irritated, or emotionally detached. Setting boundaries isn't an ego trip, but rather self-management: it protects your time, energy, and focus. In this presentation, you'll learn why setting boundaries is often so difficult (fear of conflict, need for harmony, sense of responsibility) and how to communicate them respectfully and effectively. We'll use concrete examples and typical everyday situations.

Contents:

- Understanding People Pleasing: Motives, Patterns, Hidden Costs
- Recognizing early warning signs
- Practical limitations: time, tasks, availability, emotional boundaries
- Communicate clearly without being harsh: Phrases that work
- Dealing with guilt and the pressure of "But you have to..."

Ideal for: Teams with a high willingness to help, management & employees who have "too much on their plate".

Optimism & Positive Psychology: Activating Resources

Optimism isn't about smiling away problems. It's about broadening your perspective: What's still going well despite everything? What can I influence? What's the next sensible step? In this presentation, we'll use tools from positive psychology that have been proven to strengthen resources. The goal: greater mental agility, more energy from what's already there, and small habits that provide stability.

Contents:

- Positive does not mean naive: Differentiation from "toxic positivity"
- Attention control: why the brain loves problems – and how to counteract them.
- Practical exercises: Gratitude, Best Possible Self, Using strengths
- Making good days more predictable: small interventions with a big impact
- Team effect: How positive rituals can improve collaboration and atmosphere

Ideal for: Teams in stressful phases, cultural and health initiatives, managers who want to strengthen resources within the team.

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Mental Health Awareness: Recognizing Warning Signs & Responding Appropriately

Mental health issues are common and often remain invisible for a long time. This presentation focuses on recognizing early warning signs (in yourself and your team), breaking the taboo surrounding the topic, and maintaining the ability to act. Leaders, in particular, find themselves caught between caregiving, responsibility, and setting boundaries. You'll gain guidance: What are typical signs? What can/should I address? And what are the next sensible steps?

Contents:

- Mental health at work: classification, common stress patterns
- Warning signs: Behavior, performance, communication, withdrawal, irritability, sleep/recovery
- Burnout, depression, anxiety: what you should know (without giving diagnoses)
- Communication skills: sensitive, clear, without pressure – with helpful phrasing.
- Limits & Responsibility: What Leadership Can (and Cannot) Achieve

Ideal for: managers and team leads

Psychological safety in teams: Leadership that fosters trust

Psychological safety means that people feel comfortable asking questions, voicing concerns, addressing mistakes, and contributing ideas without fear of being judged. This is a true foundation for learning, innovation, sound decision-making, and healthy collaboration. In this presentation, we'll explore what psychological safety is, which leadership and team behaviors foster it, and how you, as a person, can create the necessary conditions.

Contents:

- Definition & Misunderstandings: Psychological safety ≠ a soft approach
- Why it improves performance: Learning, error culture, quality, innovation
- Effective leadership behavior: Listening, asking questions, acknowledging, inviting.
- Team communication: how to make meetings safer (and not just louder)
- Dealing with mistakes & criticism: “blame” vs. responsibility
- Practical tools: Check-in/Check-out, learning questions, debrief, clear rules of the game
- The quick reality check: how to tell if your team feels safe

Ideal for: managers and teamleads

The most important information:

Who are the lectures suitable for?

- Employees
- Management
- Employers / HR / People & Culture

What you'll take away (benefits):

- Fewer breakdowns and more stability in everyday work
- More focus, better concentration, and healthier productivity
- Stronger cooperation & team spirit
- Strengthened leadership – empathetic, clear and confident
- Positive corporate culture and a more attractive employer brand

How do we work together?

1. Non-binding initial consultation & needs assessment
2. Planning & Implementation (presentation online or on-site)
3. Follow-up (materials, recording if necessary)

Most important Infos:

- *Format:* Online or in person
- *Languages:* German or English
- *Location:* Germany-wide (travel expenses/ costs to be covered by the client)
- *Facilitator:* Amelie Schomburg-Bohl (Psychologist M.Sc.) in person; network option available if fully booked.
- *Materials:* Handouts/documents included (recording possible upon request)

Prices

- Lectures from €450 net
- Package deals available

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