

NEED A NEW APPROACH TO PEAK PERFORMANCE?



Our Mission

We believe that today's success, health, and happiness@work is increasingly at risk. Stress, uncertainty, the commodities of a modern lifestyle and a high paced environment require companies to rethink and redefine their strategies, cultural rituals and practices for employee wellbeing. New pathways to a thriving future include a better combination of business success with personal wellbeing, purpose and both mental and physical health.

Our mission is to equip leaders and their teams with extraordinary know-how, tools and individual data to protect their physical and mental health and boost personal excellence, happiness, and team success.

We are partners, advisors and coaches that work for the advancement of corporations and individuals. We inspire and empower people to live and work **SMART**, ideally equipped for new work and modern life.

We believe that corporate happiness, diversity and employee wellbeing is the new paradigm for future success.

GOOD HEALTH. GOOD WORK. GOOD LIFE.

SMART Services

Hexagons are ancient symbols of balance, strength and mutual relations. They are often found in nature due to their efficiency and resilience under pressure. For us hexagons marked the inspirational start of a journey re-examining the factors of successful leadership in times of change, increasing pressure, stress and unpredictability. 6 core areas of innovative services, all of them essential for future endurance and success, are the result of this journey. All modules are available on- and offline.



6 SMART Success Modules

SMART Health

This module combines the newest findings of neuroscience, medicine and mindfulness in order to protect and enhance personal health and wellbeing. It is a powerful and proven, three-dimensional approach to boost energy and protect the human body from the negative consequences of the modern lifestyle, stress and high demands of work. **SMART** Health provides you with action oriented, easy to implement strategies for physical activity, personal nutrition and mindfulness. Learn the powerful secrets of smart nutrition and experience with us motivation that goes far beyond discipline. Avoid mental fatigue and burn out and learn how to focus and relax no matter how crazy life is at the moment. All our tools are highly personalized and can easily be transferred into everyday life. **SMART** Health helps people to understand and utilize the 7 cornerstones of good health for personal wellbeing. Find out how easy it is to protect your health, boost your mental capacities, reduce stress and strengthen your resilience and conflict resolution skills.

SMART Happiness

Newest science shows that happiness and a feeling of belonging are important factors for corporate success and future readiness. Therefore, many companies are looking for ways to evolve and transform their existing culture, values and organizational procedures. Benefit from our **SMART** Happiness tools and experiences for deeper emotional connections, team innovation, purpose and corporate performance. Learn how to connect personal happiness with corporate success and utilize the power of different perspectives to motivate yourself and others on deeper levels than ever. Reflect on your values, beliefs and leadership style and level up your personal excellence. You and your team will be ideally equipped to cope with today's high demands on flexibility, focus, resilience and emotional stability.

SMART Communication

The mastery of personal and corporate communication has become crucially important for today's sales success, customer loyalty and employee motivation. Latest science has revealed many new aspects of the human brain and language that has a deep impact on how and what we should communicate. As of today, this knowledge remains still largely unused in the corporate world and we intend to change that. Learn the newest and most powerful communication strategies and techniques, combined with the latest neuroscientific insights that will help you increase your communicative success, negotiation skills and empathy. Utilize the most powerful and highly effective ways of messaging, presenting, and fighting stage fright. Discover your authentic communication and presence style and learn how to effectively lead live and virtual meetings.

SMART Networking

In a world that is getting more and more complex but also digitally connected, it is essential to understand the power of networks and learn to fully utilize them for your personal and corporate life. Learn the driving factors of successful networking, create your personal networking strategy, identify value creators and time consumers, understand the power of politics and avoid mistakes that can ruin your reputation. With our **SMART** Networking tools and techniques, you will learn highly successful ways of effective networking that combine different communication channels and create value for all parties involved.

SMART Diversity

Diversity can be much more than a political statement or a new part of your HR strategy. When applied and integrated wisely, diversity can become the cornerstone of modern leadership and the transmission belt for innovation, excellence and increased profitability. Our **SMART** Diversity module will help you understand and utilize the real business case of D&I. It will show you how to create an open and inclusive working environment that fosters and embraces different perspectives to increase team and business

success. Experience with our industry experts how to recognize and change deep-rooted unconscious biases and preferences. Learn from powerful best practice examples and find your individual way to create a value-oriented corporate culture that connects people emotionally, especially in times of social distance and mental strain.

SMART Adaptability

Change is a constant in life we can not change- all of us have heard that over and over again but still many people and corporations have severe problems with successful adaptability, agility and transformation. Often the complexity, speed and impact of change creates rather the opposite: Fear, insecurity and avoidance. Our experts show you proven ways to successfully deal with change while empowering yourself and others to optimally respond to any development. Strengthen your resilience, agility and inner peace in order to thrive no matter what the circumstances are. With the right mindset, you can stretch your barriers, overcome old habits, change perspectives and even create a win win situation. Get back in the driver seat and learn all there is to know about the art of mastering change.

Our Formats

Our formats are learning-intensive, safe, fun, interactive and fast paced. They have been created for your individual need, availability, budget, and goal. Let's discuss which format serves your success best. You can choose between trainings on the full range of topics or can book every **SMART** Module separately.

SMART X Leadership Academy

- The **Personal Leadership** Program is about the manager her/himself, her/his leadership style and her/his team
- The **Corporate Leadership** Program is designed for experienced managers and/or those who work in complex organizations

Digital Masterclasses

- Designed for groups that prefer a modern, highly effective training without travel time
- Weekly interactive 60 -90 min. live sessions
- Up to 12 participants. Larger groups can be defined.

Trainings & Online Seminars

- Adaptable to any group, be it board members, Senior Executives, Junior Managers or mixed teams
- Onsite, offsite, or online
- For up to 100 participants or more
- Using Zoom or any other digital platform

Executive Coaching & Mentoring

- Designed to help you achieve your goals
- Compassionate and transformational 1:1 sessions, highly confidential
- Executed by our founders and experts in the areas of personal excellence

Education & Certification

- Education and certification for members of your staff to become a DStressYourself, **SMART** Nutrition or Corporate Happiness Coach.

Keynotes, Events & Retreats

- Powerful, inspirational, change-oriented keynotes
- The ideal inspirational opener, online or offline
- For retreats, team meetings, conferences, boot camps, management meetings or any other special occasion

For our open programs, please check our Website:

<https://www.smartleadershipinstitute.com/smart-programs>

Happy to serve

50 years of combined leadership experience and the dedication to help you master the waves of modern biz. As businesspeople, we know exactly where you come from because we have been there ourselves. All our real-life, pragmatic solutions are executed by like-minded experts that have one goal: Your success, health, and happiness. We are proudly working with international experts and board members that ensure integrated, state of the art solutions, highest quality standards and lasting results.



"Welt am Sonntag", a leading German newspaper, describes her as "Germany's top communication expert" and many know her from TV when she comments on US presidential elections. **Kerstin Plehwe** is a sought-after communication and leadership speaker who literally changes lives and perspectives. She is an award-winning entrepreneur, TEDx speaker and best-selling author with a passion for personal excellence, transformation, and maintaining a positive mental attitude, especially in times of adversity and stress. As a compassionate, down to earth personality that has worked with Olympic athletes, political leaders, international corporations and students alike she empowers her clients to boost their resilience, overcome limiting beliefs and take the responsibility for personal excellence, health, and success into their own hands.

KP is a highly inspiring expert on the new demands of leadership and corporate wellbeing championing the ideals of mindfulness, resilience, and healthy eating. KP is cofounder of the **SMART** Leadership Institute and board member of the Voice of Women Foundation. She holds an IIN degree in Integrated Nutrition, is a passionate wildlife enthusiast, and believes that food can literally change lives.

Kerstin Pramberger is an international Leadership Expert and Sports Enthusiast. She is a true bundle of energy that sweeps along and inspires others. She advises companies, coaches managers, motivates and inspires teams and brings individuals to peak performance. She has more than 20 years of international leadership experience, has established and expanded cooperations, successfully managed key accounts and extensive restructuring and change situations.

Kerstin is a passionate nature and health hiking guide, sports trainer and skiing instructor. Her approach to use all senses and include outdoor elements in her business trainings makes her unique in that space. Due to her long-standing commitment to diversity and inclusion, Kerstin Pramberger was voted among the top 10 of "Germany's Top 100 Out Executives" in 2018. She is cofounder of the **SMART** Leadership Institute, member of the Board of Trustees at the Peace Research Institute Frankfurt (PRIF) and volunteers as tutor for digital products and applications in an internet cafe for people 60+.



Ready to level up your success, health, and happiness? Get in touch with us today.

We understand where you come from because we have been there ourselves.

We are here to make things better for you and your team.

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