

BUILDING AUTHENTIC LEADERS THROUGH MIND AND BODY

YAN MASCHKE

Yan Maschke is an award-winning executive & team coach, speaker, and author of the book ***Leadership Unlocked: Unleash the Power of Your Body for Impact and Fulfillment.***

For over 20 years, Yan led strategy and execution in Fortune 500 environments and managed multiple \$100 million-plus global businesses. Now, she coaches leaders and teams worldwide so they can achieve more and do less in a style that feels authentic and inspiring.

Yan is known for her experiential style that actively engages the Mind and Body to deliver deeper insights and faster results. Industry authority International Coaching Federation (ICF) selected Yan as the only coach in North America featured in its video success stories in 2020.



▶ EMBODY YOUR AUTHENTIC LEADERSHIP PRESENCE

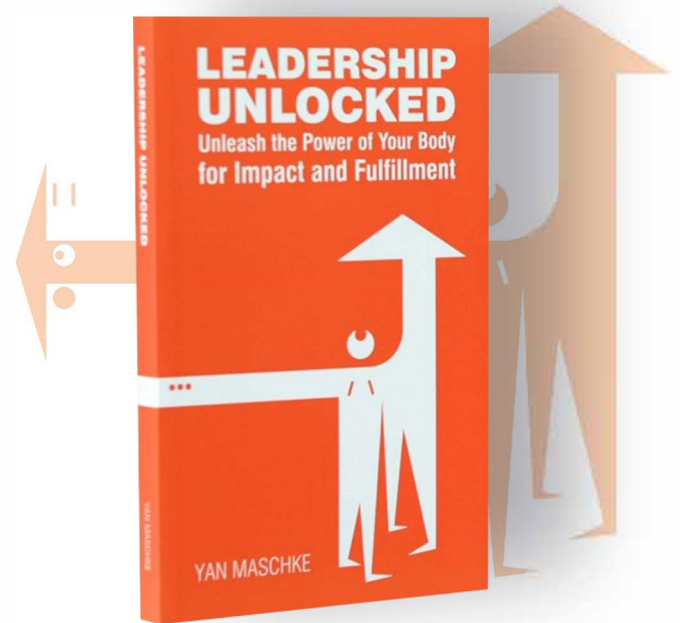
- ▶ Your Body is a shortcut to effectiveness by disrupting the habits of your Mind
- ▶ Enhance your effectiveness through an anchored physical presence
- ▶ Align your Body and Mind for authentic communication and powerful influence

▶ BOOST EMOTIONAL INTELLIGENCE THROUGH YOUR BODY

- ▶ Use your Body as a tool to gain self-awareness of your emotions
- ▶ Improve self-regulation through your Body
- ▶ Become aware of others' emotions to enhance empathy and relationship

▶ EFFECTIVELY LEAD ANY TEAM IN ANY SITUATION

- ▶ Lead from the center, front, behind, side, and the field
- ▶ Discover your go-to leadership position and your blind spot
- ▶ Lead a team to achieve more while doing less



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