

Self-Leadership: Become The Designer Of Your Life

**Coachings, Seminars, And Workshops,
Based On Proven Methodologies And Practical Tools**

Introduction

We are living in complex and uncertain times. We are „always on“ and most of us have a fear of missing out, meanwhile common as „fomo“. We are busy being busy. Sensitive people might be even more in danger than the rest of us because they feel overwhelmed by all the noise they encounter in their work life and especially in social media.

We can either try to step out of this seemingly crazy circus or we have to develop strategies to handle the situation. In other words: We decide not to be the victim of circumstances but the designer of our own life. We start with leading ourselves.

Is this easier said than done? At least we need some proven methodologies and tools to start thinking and acting as such designer. This is where the Seven Fields of Self-Leadership turn out to be useful. Dr. Bensmann has developed this practical approach to lead ourselves. It is based on more than ten years of research, interviews with over two hundred leaders, and tested successfully in numerous coachings and seminars.

How Can We help You?

Based on his proven model of the Seven Fields Of Self-Leadership, Dr. Bensmann supports entrepreneurial people with different formats:

1. Lunchtime (or Breakfast) Lecture

This format is - as the name suggests - a very compact impulse session concerning Self-Leadership. In no more than 90 minutes Dr. Bensmann will supply a basic knowledge of the topic as well as some practical tips and tricks how to lead yourself better.

This can be a module in someone else's workshop as well.

2. Condensed Workshop (1/2 Day) - Levers Of Self-Leadership

How can we get more clarity, more effectiveness, and more fulfillment? This format consists of five hours of input concerning selected levers of Self-Leadership.

3. High Intensity Workshop (One Day) - The Seven Fields Of Self-Leadership

The participants go through the Seven Fields of Self-Leadership, use a questionnaire to figure out their strengths and weaknesses in regard to Self-Leadership, and they collect tips and tricks to improve on their methodology and instruments of leading themselves.

4. Flexible Coaching

We call this „Full-Flex-Coaching“ because the client can create a flexible schedule for the coaching sessions with Dr. Bensmann.

Of course, we can create specific workshops or coaching sessions to fit your needs, too. Call us, so we can find what fits best for you.

For Whom? Target Groups

- CEOs
- Managing Directors
- Entrepreneurs
- Owners of SMEs
- Corporate Successors / Young Leaders
- Change Agents

and of course people in situations of change and transition...

How Does It Work?

Over the last fifteen years we have developed and honed a methodology for self-leadership. Its core is the model of the “Seven Fields Of Self-Leadership” which combines the most important perspectives on leading yourself. We developed this model by interviewing leaders, studying similar and related scientific theories, field-testing methods, and finally creating this practical approach in 2009. Since then, the methodology has been an integral part of teachings, coachings, and workshops by Dr. Bensmann and his team members. The methodology gets honed and developed, thus making sure it is effective for entrepreneurial people.



The Seven Fields Of Self-Leadership

Your Coach and Consultant

As a highly experienced consultant and executive coach for more than thirty years, Dr. Bensmann has been consulting with CEOs, Managing Directors, talents, as well as Change Agents.

He is working with clients and organizations mainly in Europe but has engagements in the USA, Australia and Singapore as well. Furthermore, he is continuously teaching at universities in Germany and he was a visiting professor at the Art Institute of Boston,



USA. Since 2010 he is a Honorary Professor for Communications and Organizational Development at the University of Applied Sciences in Osnabrueck, Germany.

He is the inventor and host of five conferences on self-leadership. Dr. Bensmann has written four management books and numerous articles on leadership development. Business magazines call him one of the leading experts in this field.

He is the founder of Ld 21 Dr. Burkhard Bensmann Consulting, the company that supplies a range of instruments to develop self-

leadership (<https://ld21.de/english/>).

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