



MINDFUL
STARTUP.
SCHOOL

LEADING *change* IS HARD WORK

#mindfulchange

Startups and Innovative Teams Need to *Navigate*...



Volatility

Uncertainty

Complexity

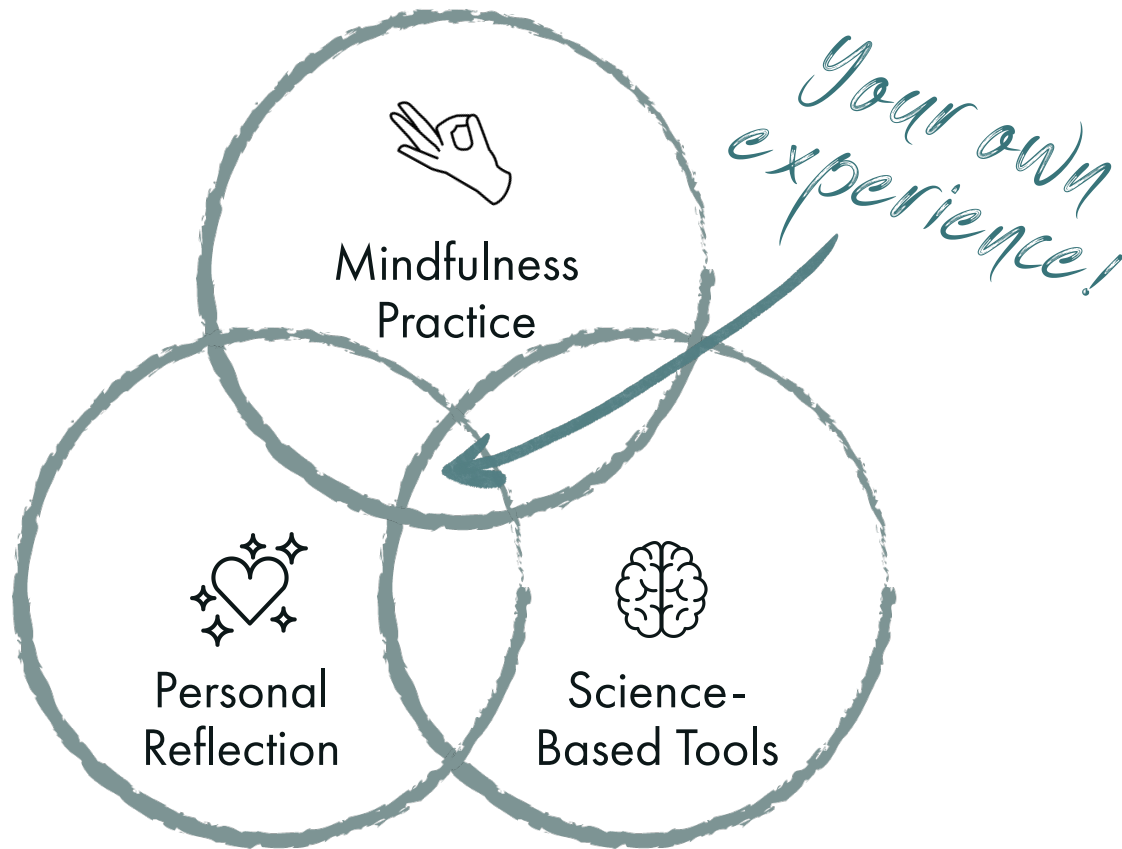
Ambiguity

VUCA

Can your team perform and thrive
while navigating
VUCA?



I Deliver *Mindfulness* Workshops for Startups and Innovative Teams



What Will *You* Get Out of It?



UNFOLD YOUR CREATIVITY

Find flow and focus
to realize your team's full
creative potential.



TEAM WELL-BEING

Learn to navigate the
challenges of dynamic work
environments together.



MINDFUL LEADERSHIP

Create a safe space in which
ideas can flow and well-
being can unfold.

The *Art* of Stressing *Mindfully*

Team Workshops in English and German

WHAT COULD YOUR WORKSHOP LOOK LIKE?



Getting Started!



30 min.

Demystifying Stress

60 min.

Experience & Explore Mindfulness

60 min.

Own Your Well-Being

60 min.

Design Sprint: Your Team's Mindful Workplace

60 min.

Wrap Up and Reflection

30 min.

Total (incl. breaks)

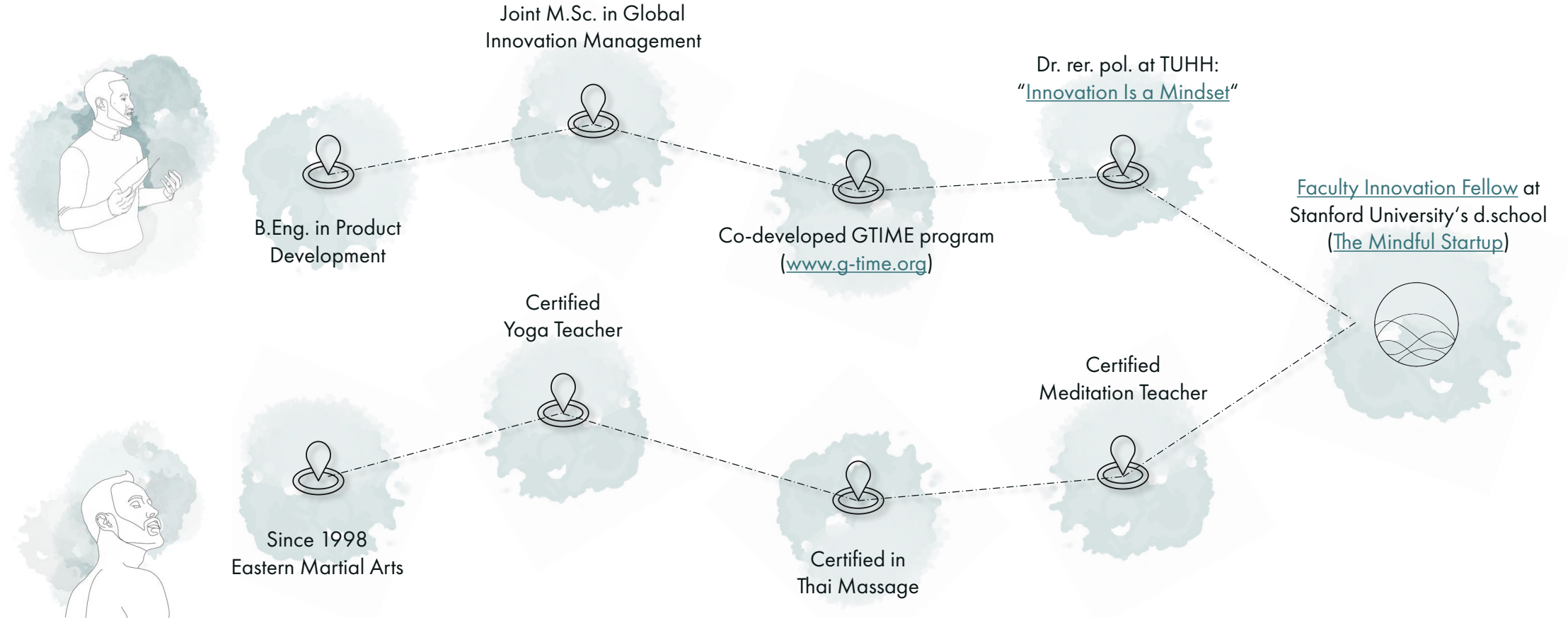
360 min.

LEARN MORE: WWW.MINDFULSTARTUP.SCHOOL/MINDFUL-TEAMS



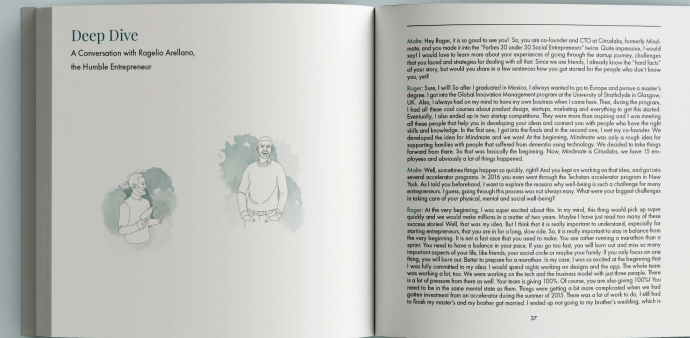
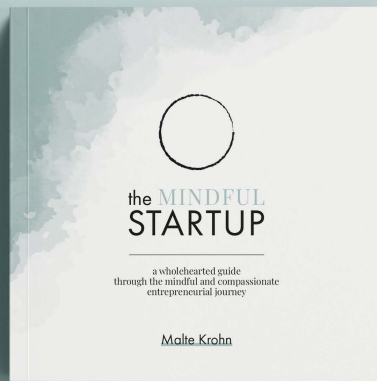
Source: Atruvia/ Photo: Ulrik Eichentopf

Hey, I'm Dr. Malte Krohn, and This Is My Story



And That's How mindfulstartup.school Started...

www.mindfulstartup.school/the-mindful-startup



WHAT IF LEADING CHANGE FELT *easy*?

YES, LET'S TALK! 