



LEAD BY THE HEART

Current Issues in Management & Economics

INSA VERBECK



"What affected me most while visiting this course was expanding my comfort zone in significant ways all the while not feeling pressured or uncomfortable."

Participant's Statement



MY NAME IS INSA VERBECK

I am a lecturer at universities in Germany and Switzerland and help people to feel more grounded, connected and joyous at work.

My classes offer a mix of academic input and elements from the field of applied mindfulness. My work is anchored in the field of Leadership, Design & Innovation.



In the past jobs were about muscles, now they're about brains, but in the future they will be about the Heart.

Minoush Shakif, Director LSE, London

LEAD by the HEART

A SAFE SPACE FOR BRAVE SOULS

Study after study proves that emotions are a critical factor for effective leadership, high performance, and fulfilment.

The seminar offers a wholehearted approach on leadership that blends the specific potentialities of body & brain, mind & heart. Students can widen the sphere of their individual sovereignty, gain stable access to their intuition, and build resilience while learning to grapple with hard feelings such as fear and shame that inevitably surface when we set out for innovation and change.



What I offer...

SKILLS & COMPETENCES

- **RESILIENCE** against stress, fear & anxiety
- stable access to **INTUITION**
- awareness for personal **RESOURCES & VALUES**
- leadership techniques for **STRONG TEAMS** and **STABLE PROCESSES** under challenging conditions

IS THIS YOUR CLASS?

Maybe! Check if you're looking for...

- **innovative and EXCITING ways of LEARNING & WORKING both individually and as a group**
- **a lot of PRACTICAL EXERCISE (and fun)**
- **tools to strengthen your PERSONALITY and your SOCIAL COMPETENCES**
- **a SAFE SPACE for self-reflection, self-discovery and PERSONAL GROWTH**

"Lead by the Heart ist auf gute Art und Weise anders. Man lernt, sich selbst zu verstehen und über sich hinauszuwachsen. Hier werden Kompetenzen vermittelt, die mir im Leben immer wieder helfen können und das nicht nur als Führungsperson."

Participant's Statement

**"The course gave me both:
Tangible results in my personal growth
as well as brain food, which I could
connect with my present situation.
The sessions always accompanied me on
the remaining days of the week. "**

Participant's Statement

DATES & TIMES

- **Winter Semester 2023 /24**
- **Thursday 10-12am, LIVE**
- **First Session on October 17th**
- **additional dates: Jan 12th and 13th
from 9am to 4pm**

ASSESSMENT (6 ECTS)

At the end of this module, you will hand in a personal or scientific essay of 1000 words (about three pages), choosing one of the topics that we discussed in the course.

**An essay is a short formal piece of writing, dealing with a single subject. It contains an outline, a body of text and a conclusion.
(more detailed information will be provided)**

welcome!

