

# Leading from within

LEADERSHIP JOURNEY TO INNER CLARITY AND A SOLID STANCE –  
THE FOUNDATION OF EFFECTIVE LEADERSHIP

Magdalena Lobisch  
kontakt@magdalenalobisch.de  
017656997817  
Bacherner Weg 10  
82266 Inning am Ammersee



Magdalena  
Lobisch

People follow people who radiate inner clarity and confidence.

Leading from Within strengthens leadership at its root: in the leader's self-leadership.



# KEY CHALLENGES

Most people in leadership positions are highly skilled and know exactly how they want to lead:

**competently, confidently, and inspiringly.**

And yet, under the pressures of daily life, caught between company goals, expectations, and demands, people react differently and not always with the same confidence and clarity.

Communication breaks down, and the gap between aspiration and implementation becomes noticeable. Decisions are draining and don't always feel right.

**The problem:**

**All of this costs valuable resources:**

**Time, money, energy – and often trust.**



# THE SOLUTION

True leadership is an attitude. It must be embodied. Those who understand their inner dynamics and are physically present radiate a confidence that others are happy to follow.

In LEADERSHIP FROM WITHIN, we combine in-depth psychological work with innovative bodywork (Somatic Leadership).

**We bring leadership from the mind to the body, so that your inner alignment and attitude become a clear guiding star.**

When this inner work begins at the start of a leadership career, the best possible foundation for successful leadership is laid!

This benefits both the leader and the company.



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# THE JOURNEY: THE PERSONAL JOURNEY IN 4 STAGES

We guide you through an intensive process that redefines your individual leadership identity:

## Origin and values

Recognizing formative experiences and using them as a resource (biographical work).

Calibrating your inner compass:

**What has true value for you?**

## Inner Team

Meet your inner parts, understand them and work with them.

## Embodiment

Leadership role models should not only be imagined, but embodied.

Use your body as a precise signal transmitter for decision-making.

## Transformation

Find sovereignty amidst constant change and challenges.



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# THE IMPACT FOR PARTICIPANTS

- Inner clarity: More informed decisions and a confident leadership style.
- Effectiveness: Reduced friction within the team through clear communication and genuine presence.
- Resilience: An unwavering, proactive mindset that maintains focus even during periods of change.
- Authenticity: Leading and living from within one's own personality, rather than according to constructed templates.

**Leadership arises from self-leadership.**

**Only those who can move themselves can move others.**



# THE IMPACT FOR THE COMPANY:

Many organizations invest in leaders who are technically strong – but are under internal pressure. This often leads to uncertain decisions, unnecessary friction within teams, and a loss of energy for the leaders themselves.

LEADING FROM WITHIN addresses this issue: With this training, companies invest in clear leadership for optimal team performance and early development of leadership confidence, before leadership needs to be expensively "repaired".

**Clear leadership means minimal friction and sovereign accountability.**



# THE TEAM

**Anja  
Fetzer**



Competitive sports, sports science, corporate experience. Her insight, which runs through everything she does, is this: The body knows more than the mind – and it knows it sooner. She empowers leaders to use it as a precise instrument: for decisions, attitude, and genuine gut feeling.

Learn more about Anja:  
[www.linkedin.com/in/anjafetzer](http://www.linkedin.com/in/anjafetzer)

**Magdalena  
Lobisch**



Twenty years in international companies, experiencing all aspects of daily leadership. She understands the pressure, the expectations – and the gap between how one wants to lead and how one actually reacts under stress. Her approach goes deeper than mere behavior and is more sustainable than any tool training.

Learn more about Magdalena:  
[www.linkedin.com/in/magdalenalobisch](http://www.linkedin.com/in/magdalenalobisch)

# THE FACTS

- **Target group:** Aspiring junior managers and young talents, as well as experienced leaders seeking a new direction.
- **Number of participants:** Maximum 12 participants for an intensive coaching atmosphere.
- **Cost:** €1,799 + 19% VAT, plus accommodation, meals, and conference fee.
- **Contains:** 4 days of training, including a 1:1 coaching slot, daily fitness & mindfulness program and a follow-up call



# THE NEXT STEP

- **Get in touch with me**
- **Are you convinced by this approach, but already have a talent development program in place?** Let's discuss how our training can best support it.
- **Do you have your own training and seminar locations for your in-house academy?** We would be happy to conduct the training exclusively for your employees.

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# People follow People.

THE LEADERSHIP JOURNEY FOR A CLEAR STANCE IN TURBULENT TIMES

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