

## THE SPEAKER

Alrike Seminati

Ulrike Seminati, a globally operating coach, trainer, and consultant, brings a wealth of experience as a former C-level executive to her expertise in authentic leadership and impactful communication. By blending the latest self-development methodologies with her extensive practical experience in leading across all levels of hierarchy, she enables leaders to establish trust and credibility through effective communication. Ulrike's clients benefit from her pragmatic and userfriendly tools that enable them to make lasting improvements.

The session was amazing and worth every second.

A great session with insightful and empowering revelations, delivered through simple and delightful examples.

## **BRIDGING THE KNOW-DO GAP**

UNLOCKING ACTIONABLE LEADERSHIP

We all KNOW what is good for us and what we should DO to move forward - be it at work, in sports and in our private lives. And yet we all know the situation where we just can't get off the ground. In her talk, Ulrike reveals the secret of what we need to activate within ourselves and in others in order to make the leap from procrastination to action and thus achieve our goals faster, more efficiently and more joyfully.

## 45 min presentation & 15 min Q&A



