



## GESA BOHN

COACH / FACILITATOR

Gesa Bohn is committed to and passionate about inspiring & motivating people to become their best selves by enhancing their self-awareness and finding their unique strengths. As a Corporate Facilitator, Trainer and Certified Mental Coach, she brings high positive energy underpinned with best practice approaches, to close the gaps between an organization's professional objective and desired results.

Drawing from different disciplines (neuroscience, sports and positive psychology, design thinking) her facilitations support clients in reinforcing their strengths and promoting self confidence, with a focus toward personal empowerment, evolved communication, trust building, and high-performance habits.

As a long-distance runner and coach, awarded first-place medals, she brings an athletic mindset to the corporate world. Gesa believes, "a healthy body and mind leads to performance and success". While inspiring others to optimize their health and well-being, she advises clients on how to improve their lifestyles. She has been appreciated for leading power exercises during a workshop, keeping the group energized through breathing and mindfulness exercises. Her fun sense of humor keeps everyone engaged and willing to participate in the process.

Gesa brings 10+ years experience working for International Companies in various business functions, with diverse leaders and teams at all levels. Prior to EngagedLeadership she served as a Senior Program Facilitator for Adidas, where she designed and facilitated the Leadership Development Programs, conducted Core

Skills and Team Effectiveness Workshops and led the Facilitation upskilling process for HR Managers.

Being Bi-lingual (fluent in German & English) she offers a unique verve in a group setting. Her areas of Facilitation and Training expertise include:

- Leadership Development
- Classroom Facilitation
- High Performance Team Building
- Personal Effectiveness including Giving & Receiving Feedback, Presentation Skills, Communication Skills, Building Resilience etc.
- Health Workshops

Gesa has a Bachelor's Degree in Sports Management and Communication from the German Sport University, Cologne, Germany and certifications in Event Management and Business from Victoria University, Melbourne, Australia.

She has numerous qualifications including Hogan Personality Assessment, is a certified Mental Coach, and an Accredited Business Facilitator.

Gesa lives in Carlsbad, CA, with her husband and little girl. In her free time, she fulfills her passion for being active, running half marathons, traveling the world, trying a new healthy recipe and enjoying time at the beach.

## CLIENT TESTIMONIALS

Gesa is an amazing coach. Her calm and supportive demeanor cuts through the buzz in my head and she helps me think clearly about myself and my career. She is undoubtedly a force multiplier in my career. Gesa is insightful and brilliant and helps to make all the hard work that much easier. She's high touch and often reaches out to me throughout the week to check on my progress or to see how I've dealt with challenges she knows I'm facing. I can't recommend her more. If you have the opportunity to work with her, do it!

— Roger Collum, Producer at Epic Games

I experienced Gesa as an extremely engaging and empathic facilitator during a workshop on change in Adidas. The session with her was highly-practical, we had immediate opportunity to practice and she gave us the opportunity to discuss relevant topics and questions as a team. In addition to that she was a very collaborative, positive and constructive colleague at the HR learning department Adidas - it was a real pleasure to work with her.

— Susanne Dolderer, Manager Program Delivery - Creators Academy at Adidas

I had the pleasure of working with Gesa two years as served in the leadership team of the adidas global Women's Network. She led workshops and gave presentations on the topic of health and positive mindset. She was a role model for professional women in the company - she gave the message to not only strive to excel in their business roles but also to look for excellence in mind/body balance. She challenged others to push their comfort zones and quiet their inner critic. Through Gesa, we learned that we are capable of so much more than we imagine ourselves to be.

— Catherine Kraus, Executive Coach (CPCC, ACC)/ CEO & Founder Re-Invent women

I worked with Gesa as her Direct Manager for many years. Gesa always brought passion, energy and a Growth Mindset to her work. She has a passion for learning - both for herself and the teams she worked with. She is highly curious, and this enables her to coach people and teams effectively. Gesa holds herself to high standards, and is dedicated to high levels of service and support to her business partners. She also has an infectious sense of humour, that helps her connect with people and form strong relationships at all levels.

— Matthew Stone, Director Team Effectiveness, HR Talent at Adidas

## CLIENT LIST

