



Expert in Leadership & Resilience

## Dr. Katja Unkel

Dr. Katja Unkel is an internationally experienced expert in leadership, resilience and transformation. For over 20 years, she has been supporting leaders, executives and organisations on their path to sustainable effectiveness. Her approach is characterised by scientific depth, strategic thinking and a clear focus on practical applicability – beyond short-lived leadership fads. Dr. Katja Unkel – Keynote & Workshop Topics Resilience in leadership: From stress management to neuroplastic training Trust-based leadership & lived values Transformational leadership & meaning in organisations Authenticity, humanity and genuine professionalism in leadership Core competencies & approach Transformational leadership: Dr. Unkel empowers leaders to define goals with...

### Topics

- Burnout / Resilience / Mental Health
- Change Management
- Leadership 4.0
- Rhetoric / Communication

### Languages

- English
- German

### Details & contact information

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