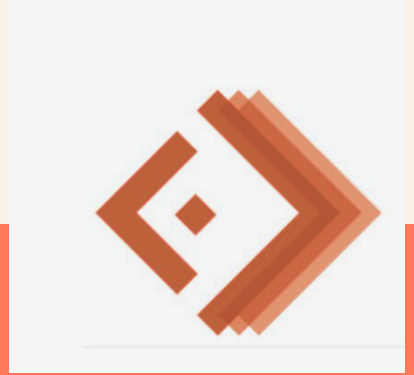


# TRANSFORMATION CYCLE OF GROWTH



DEVELOPING TEAMS

HYBRID  
TRAINING  
KEYNOTE  
WORKSHOP  
COACHING

2025-2026

# DEVELOP TEAMS

## Productivity & Growth Enhancement

### **01 - 02**

About Fabienne and REV UP YOUR LIFE

### **03-06**

Hybrid Workshops, Lectures, Training & Keynotes

### **07**

Coaching Packages

### **08-09**

Company Guideline, Testimonials

# MEET FABIENNE



## Founder

Fabienne Lindholm is a Learning and Development (L&D) professional with 30 years of experience in reinventing herself and supporting small and medium-sized enterprises (SMEs). She helps these organizations enhance team productivity and cohesion by focusing on the human factor in management. Her approach aims to minimize time loss, reduce staff turnover, and prevent interpersonal conflicts



**“IF YOU DO NOT TRY YOU  
WILL NEVER KNOW”**

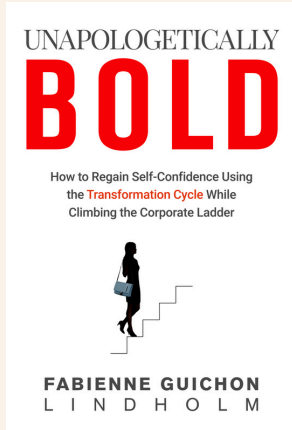
[www.fabienneglspeaks.com](http://www.fabienneglspeaks.com)  
[info@fabiennegl.com](mailto:info@fabiennegl.com)  
+32 455195590

# FABIENNE- REV UP YOUR LIFE

**Developing the human factor in your organization is essential for the future of work. It establishes a powerful balance between productivity and team connection.**



Fabienne guides you and your team on a journey of self-discovery through workshops, training sessions, coaching, and mentoring. By embracing and promoting positive human attitudes, we continually assess and reassess ourselves throughout life, ultimately striving to become the best version of ourselves.



**Uncover the transformation cycle that lies at the core of all sessions and training. This serves as the foundation to enhance your journey ahead.**



# LEADING WITH SELF-CONFIDENCE, PURPOSE & RESILIENCE



CHOOSE FROM

FROM AN HOUR TO A FULL DAY



The focus is on the importance of self-confidence as the foundation for success and how to consistently build and maintain it.

1- Addresses creating transformative moments that inspire team growth and change.

2- Fostering strength and adaptability, promoting resilience, encouraging team trust, and celebrating successes while learning from failures.

## The Learning and crucial points:

1. Self-confidence is the absolute foundation of all success, and it is essential to consistently build and maintain it throughout our lives.
2. Fostering strength and adaptability in all situations. Confidence breeds resilience, and leadership is accountable for creating an environment where the team can cultivate growth, trust that they can support each other, and reward and celebrate wins while analyzing the pitfalls.
2. Igniting a purposeful and transformative moment that will fuel inner energy and create powerful moments of change. This is not just about change; it's about the potential for personal growth and transformation that can inspire and fuel the journey.

# Leadership: The human factor in an AI world

**How human attitudes can foster a greater sense of humanity and propel organizations to prioritize the human factor, making them more effective and powerful. We will explore ways to develop attitudes such as curiosity, empathy, imagination, and kindness to bring equilibrium into the organization. Developing and inspiring the human factor in the organization it creates units that support each other and move in the same direction**

## THE LEARNINGS

**We will discuss how these new attitudes will:**

1. Discover ways to develop attitudes such as curiosity, empathy, imagination, kindness, and many more to bring equilibrium into the organization
2. Foster a greater sense of humanity and propel organizations to prioritize the human factor, making them more powerful.
3. Developing and inspiring the people in the organization to increase productivity while reducing staff turnover

## PERSONAL & PROFESSIONAL GROWTH

Add individual and team coaching for personalized solutions

## MICRO LEARNING

**FROM AN HOUR TO A FULL DAY**



# THE COMMUNICATION SHIFT: LEADING ACROSS GENERATIONS & CULTURES

◆◆◆  
FROM AN HOUR TO A FULL DAY



Takeaways:

✓ Adapting to Diverse

Communication Channels & Environments – Learn to balance face-to-face interactions, digital tools, and hybrid work dynamics to enhance internal communication and team synergy.

✓ Fostering Inclusion &

Psychological Safety – Discover leadership strategies that build trust, encourage open dialogue, and create an environment where diverse perspectives are valued and integrated.

✓ Transforming Internal

Communication into a Competitive Advantage – Shift from fragmented, reactive communication to a proactive, human-centered approach that drives collaboration, productivity, and innovation

In today's interconnected world, businesses are more diverse than ever—spanning multiple generations, cultures, and communication styles. While companies invest heavily in external messaging through marketing and social media, internal communication remains an underutilized asset. The real challenge lies in aligning teams across generational and cultural differences to foster a more cohesive, efficient, and collaborative workplace.

We explore the intersection of intergenerational leadership and cultural diversity, highlighting how various backgrounds influence communication styles, workplace expectations, and leadership approaches. We'll examine the different ways people process information—shaped by both their age and cultural upbringing—and how leaders can bridge these gaps to create a more inclusive and high-performing organization.

By shifting focus from outbound messaging to internal alignment, businesses can reduce workplace friction, enhance collaboration, and unlock the full potential of their teams

# UNLEASHING BOLDNESS VIA THE TRANSFORMATION CYCLE

The Transformation Cycle engages in learning and mastering the three steps for maximum impact. Identify the necessary self-reflection to pave the way for a fulfilling professional life and align it with your personal life. Utilize tips and methods to introspect and self-coach your transformation while effectively integrating your dreams.

## YOUR TAKEAWAY

**The keynote will focus on the following:**

1. Learn and master the three steps for maximum impact.
2. Identify the necessary self-reflection to pave the way for a fulfilling professional life and align it with your personal life.
3. Utilize tips and methods to introspect and self-coach your transformation while integrating your dreams effectively.

## PERSONAL & PROFESSIONAL GROWTH

Add individual or team coaching for personalized solutions

## MICRO LEARNING

FROM AN HOUR TO A FULL DAY



# HYBRID COACHING SERVICES

## LEADERSHIP COACHING & MENTORING

Grow into the leader of tomorrow through curiosity and support. Become the leader you aspire to be recognized for.

What's in it for you:

- 3 months of personalized coaching
  - Hybrid coaching and mentoring sessions
    - Goal and objective setting
    - Action plan development
  - Emotional intelligence coaching
- Ongoing support via WhatsApp

*Start at: 1050 Euros*

## MENTAL FITNESS & STRENGTHENING

Rewire your brain to work more efficiently, form stronger relationships, and live a stress-free life.

What's in it for you:

- 6 months of personalized coaching
- Hybrid coaching and mentoring sessions following the POSITIVE INTELLIGENCE methods
- Access to the PQ application - 15 min exercise daily
- Mental strengthening and building sessions

Ongoing support via WhatsApp

*Start at: 1550 Euros*

## CLARITY

Get clarity with your life and future, the path to your future can be apparent and simple

What's in it for you:

- 2 months of personalized hybrid coaching
- Goal and objective setting
- Action plan development

Ongoing support via WhatsApp

*Start at: 750Euros*

# COMPANY GUIDELINES

## INVESTMENT 01.

All of your sessions below are customized to your needs. We offer basic, intermediate, and advanced packages

## SEESIONS 02.

Keynote | workshop | training



## PHILOSOPHY 03.

Our approach combines the Transformation Cycle with the idea of leading from the heart at work. This turns businesses into a platform for self-expression and growth, allowing people to chase their dreams and engage with the organization.

As leaders, the key to the future will be leading with curiosity, empathy, and trust. Leaders everywhere need to build confidence, collaborate, and create a safe space for open conversation, while also developing self-confidence. They should encourage a sense of purpose and diversity, and make a real effort to listen to and understand others.

The future of work will bring all these elements together, and more, creating a world where leadership is centered on the heart, makes a real impact, and inclusive

# TESTIMONIALS TESTIMONIALS

Fabienne delivered an incredible keynote for us at our recent UK Spa Association networking event. She engaged the audience, offering insightful, interesting, and thought-provoking commentary. Everything you would wish for in a motivational leadership speaker. We received fantastic feedback from our guests, and I would not hesitate to recommend her for both this type of event and her overall professionalism.

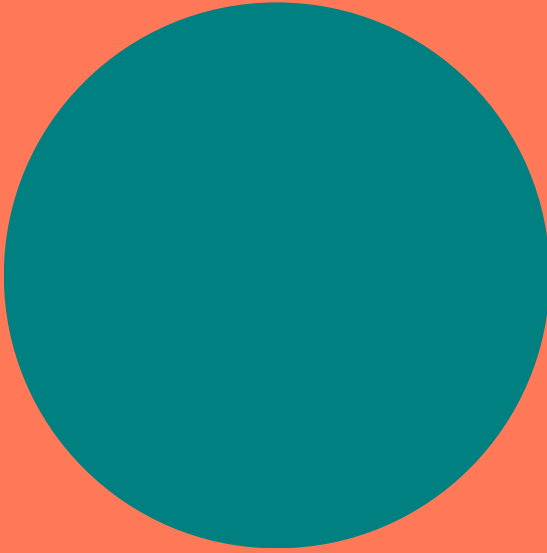


General Manager, UK Spa Association



"FABIENNE HAS STRONG SKILLS IN BRINGING PEOPLE TOGETHER TO PRODUCE COLLABORATIVE OUTCOMES. HER ABILITIES TO COACH WITH IMPACTFUL DEDICATION HAVE ENABLED ME TO CLEARLY SEE MY NEXT STEP FORWARD" - V.S

"Fabienne's impact as a global presenter & public speaker offers strategic content that inspires diverse audience. Her messages are impactful, thought-provoking and instill the mindset for change and growth" - H:S



# FABIENNE-REV UP YOUR LIFE

Brussel region  
Belgium

[www.fabiennegl.com](http://www.fabiennegl.com)  
[www.fabienneglspeaks.com](http://www.fabienneglspeaks.com)  
[info@fabiennegl.com](mailto:info@fabiennegl.com)  
+32 455 19 55 90