



*„You cannot look into the future, but you can lay the foundation for something to come - because you can build the future.“*

- Antoine de Saint-Exupéry



# Stephan Nagel

## - Positive Facilitator

### Who am I?

Since I was a child, I have always found myself in groups that had the goal of learning, growing and succeeding.

Be that during my time at 1 FC. Union Berlin and the other clubs I played for, be it during my time at the student initiative AIESEC, or during my school and university time.

These experiences have shaped me and helped me to better understand myself and others.

Thanks to these experiences I know my strengths and what I can give to a team.

I also know what makes a good team.

What do you want your team experience to be like?

### What can I do?

For more than 7 years, I have been accompanying teams and groups with my trainings.

Among other things, I work with them on the development towards an effective team. Further topics are positive leadership, mindfulness in teams or the use of strengths.

As a Design Thinking Coach, I place great value on interactivity and fun in my trainings.

I also use my experience as a Positive Psychology Coach and Mindfulness Coach to facilitate sustainable development.

I continuously improve my skills as a trainer and coach. At the moment with a training as a Trainer of Positive Psychology.

### How do I work?

My trainings and workshops are characterized by:

- Individual & group reflection
- Pair exercises
- Group exercises
- Movement
- Fun
- Reference to reality

As a present and attentive companion, I pick up things that are important for the group. Therefore my trainings have enough flexibility to respond to the needs of the participants.

My goal as a trainer and coach is sustainability. I don't believe in overloaded trainings with so much content that the participants only know a fraction of it after one week.

I combine some selected topics with specific exercises to make the learning effect as great as possible.

### With whom do I work?

I enjoy working with teams that want to create a feeling of "We can do it together". Teams that appreciate the other people in the team and want to grow together. If you and your team want to become more resilient and/or you want to make sure that every member likes to come to work and want to contribute, then let's tackle this together.

Furthermore, I enjoy working with managers who want to respond optimally to the ever-increasing demands on managers for themselves and their team. You would like to find out which leadership culture suits you and/or your company and what steps can be taken in its direction? I will gladly help you with this.

### And this is my promise to you...

As a reliable and attentive companion, people in my trainings will feel safe, supported and, in a positive sense, challenged.

I am always interested in the sustainability of the solutions and that is what I am committed to.

You will go out of my trainings and say: "That was really valuable for me (and my team) and that's how workshops should always be".

I am looking forward to hearing from you, Stephan