

Future-fit Leadership in Uncertain Times



Be(come)ing radically human
in the digital age

My Mission

Catalyzing transformation,
clarifying intentions &
connecting people –
to themselves,
each other
& the world





Direct your eye inward
and you'll find a
thousand regions in your
mind yet undiscovered.
Travel them and be
expert in **home-
cosmography**

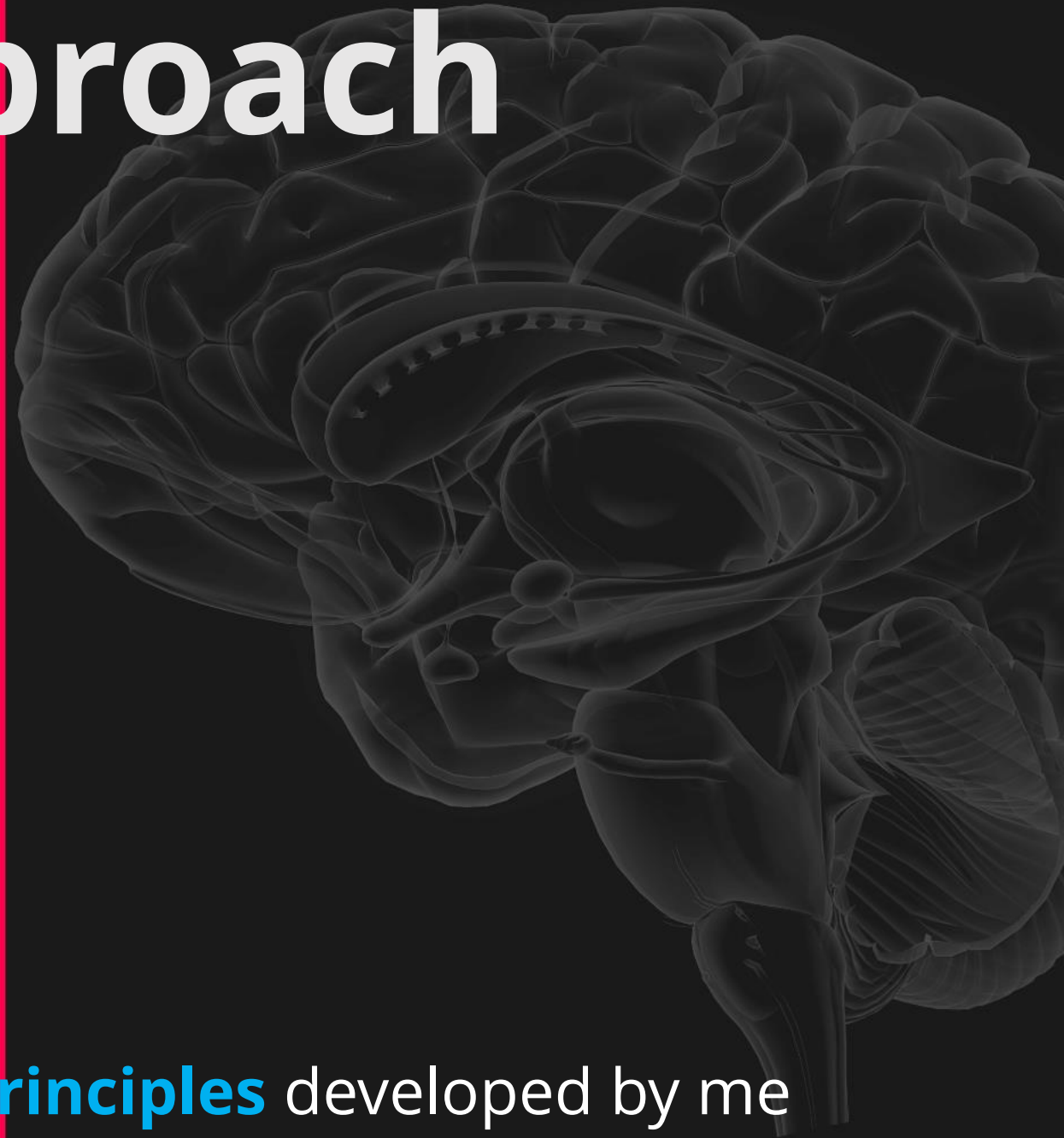
Henry David Thoreau

My Approach

My work is informed and inspired by

- Cognitive Neuroscience
- Behavioral Psychology
- Philosophy of Mind
- Embodied Cognition
- Systems Theory
- Buddhist Philosophy (Thich Nhat Hanh, Tara Brach, Jack Kornfield)
- Non-Violent Communication (Marshall Rosenberg)
- Theory U (Otto Scharmer)
- Re-inventing Organizations (Frederic LaLoux)

& the **Embodied Intuition Principles** developed by me





Mindset



Skillset



Strategy

Methods

Science-based theory, hands-on exercises and tools to transfer learnings into work processes

**Open Space
Technology**

**Liberating
Structures**

Co-Creation

Embodiment

**Mindfulness
practices**

**Emotional
Intelligence**

Radical Compassion

Self-Awareness

**Empathic
Communication**

Self-Inquiry

Reflection

Exploration

Catalyzing Change



through inner transformation

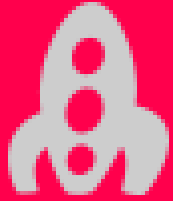
Inner Transformation for ...

**Engaged
Collaboration**

**Creative
Innovation**

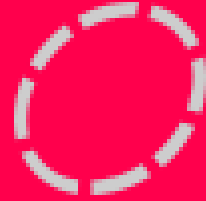
**Compassionate
(Self-)
Leadership**

My Services



IGNITE

Kick-Offs,
Keynotes,
All-hands



DISRUPT

Impulse Sessions &
Deep Dive Trainings,
Offsites



ENABLE

Strategic Consulting
& Coaching

Helping you design places of work where **people
feel safe, seen & supported**



to **unfold their full mental capacities & creative
potential**

Topics

Leadership

- The Art & Science of Decision-Making
- Strategic Intuition
- Emotional Intelligence & Self-Awareness



Culture

- (Agile) Mindset
- Mindful Communication
- The Science of Stress and Resilience



Clients

Corporate & Consulting
e.g.



Scientific - &
Governmental
Institutions, e.g.



les enfants terribles

Schule/Initiative/Community
für gutes neues Arbeiten



NGOs

Lara e.V.



Start-Ups & Scale-Ups



**DR. FRANCESCA MEGA • NEUROSCIENCE-
CONSULTANT | FACILITATOR | SPEAKER**

The combination of interdisciplinary research and practical experience uniquely enables Dr. Mega to bring an innovative perspective and in-depth knowledge of the mind's processes to the challenges facing the future of work. The methods are rooted in neuroscience & psychological research, as well as years of training and exploration of embodiment and mindset development methods.



Let's connect!



Dr. Francesca (Fra) Mega

Neuroscience Consultant, Facilitator & Speaker
with more than 10 years of experience in intuition,
research and facilitation of learning experiences

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