



Unleash your full leadership potential & start to thrive.



SELF-AWARENESS

Increase clarity & conscious decision-making.



GROWTH

Grow personal & collective leadership abilities.



WELL-BEING

Cultivate regenerative mindsets, leadership structures & skills.

"It has been truly transformational for our core team! We redefined my role as a leader, and I can't thank Julia enough for the inner power I gained throughout this process."

MASRIL AKHMAD (INVEST ISLANDS FOUNDATION)



What we do

We provide leadership training and coaching rooted in the principles of Regenerative System Design. Our approach encourages self-reflection, helping you identify both positive and negative leadership patterns, recognise blind spots, and define what great leadership looks like for your team & organisation. By cultivating essential qualities, we enhance performance, boost employee motivation, and increase overall satisfaction—creating an environment where both leaders and teams can thrive.

+ 10

years experience



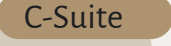
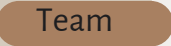
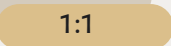

+ 150

empowered leaders



Our services

Pricing

 Sustainability Consultancy/CSR Strategy	Up from 180USD/h
 Leadership Coaching & Training	   Up from 145USD/h
 Mental Health Support	Up from 120USD/h

Please find more information on our pricing & training modules here: <https://www.jr-leadership.com/services>

Sustainability Consultancy/CSR Strategy

We assess what Corporate Social Responsibility means in your unique context, and what you and your clients value. We support you in setting up a holistic CSR Strategy based on Regenerative System Design, including CSR Diagnosis, Policy & Action Plan, and the work systems required to meet your goals. We can also help you with your internal & external communication efforts to create a sustainable brand with high credibility & strong stakeholder engagement and support.

Please find more detailed information on our website: <https://www.jr-leadership.com/csr-sustainability-support>





Leadership Coaching & Training (C-Suite, team, individual)

Our Leadership Training & Coaching are transformational journeys which start with fundamental questions about who you are, what you value, and how you lead yourself and others. We introduce you to the concept of Regenerative Leadership and let you explore your world from the perspective of living system design. A systematic in-depth analysis of your services, stakeholders, work designs & all interrelationships will help us to identify the patterns & work systems which hold you back, and co-design new ones. Your team will learn how to apply whole system thinking and receive the tools to become regenerative leaders with a high level of (self-)awareness.

Please find more detailed information here: <https://www.jr-leadership.com/leadership-training-coaching>



Mental Health Support

We are here to create a safe space for you. Together we identify all factors which put you in a state of dis-ease, such as self-sabotaging thinking patterns and external triggers that impact your mental & physical health. We help you transform your relationship with yourself and the world around you so that you become the happiest, most productive, fulfilled version of yourself, creating abundance & well-being in all spheres of your life! This is about re-generating yourself!

Please find more detailed information here: <https://www.jr-leadership.com/mental-health-support>





Your facilitator

Julia is a passionate educator, sociologist, and entrepreneur. She founded this consultancy agency and knowledge hub for Conscious Business & Leadership Development with a deep conviction that this is what our collective future needs.

Having worked in the corporate sustainability sector for ten years — as a Sustainability Manager, CSR Responsible, consultant and researcher — she witnessed several promising projects rise high, only to fail in the long term due to a lack of leadership, communication, and whole-systems thinking. The question that drives her: How can we channel human energy to create truly sustainable success?

She has come to believe that it all starts within...



Qualifications:

- Dipl. Value-Oriented Systemic Health & Resilience Coach (CAS/ISO/ICI) | Swiss Coaching Academy
- Dipl. Value-Oriented Systemic BusinessCoach (CAS/ISO/ICI) | Swiss Coaching Academy
- Dipl. Value-Oriented Systemic Coach (CAS/ISO/ICI) | Swiss Coaching Academy
- 10 years experience as manager, department leader, consultant, entrepreneur & training facilitator
- M.A. Global Studies: Sociology & Political Ecology
- B.A. Business & Cultural Studies

Other certificates:

- Regenerative Leadership Programme, Competence Centre for Social Innovation, University of St. Gallen (Switzerland)
- Certified Instructor of the Lego® Serious Play® Method (LSP Arena, Germany)
- Syntropic Farming Training (Ernst Goetsch)
- Iyengar/Hatha Vinyasa Yoga (RYT200), Pumula Retreat (South Africa)
- Certified Functional Fitness Instructor, Perform Better Institute (Germany)
- Language certificates in: English (C1), French (C1), Spanish (B2)

Find more information here:
<https://www.jr-leadership.com/team>

