



# Gesa Bohn

## Coach / Facilitator

**Gesa is passionate about empowering people to become their best selves.**

A bilingual facilitator, trainer and coach, Gesa brings boundless positive energy along with a knowledgeable approach to best practices, so her clients achieve their professional objectives.

### Clients appreciate Gesa's ability to:

- Enhance their self-awareness, find their unique strengths and unlock their potential
- Promote self-confidence by focusing on empowerment, evolved communication, trust-building, and high-performance habits
- Keep groups engaged by leading mindfulness exercises during workshops
- Bring an athletic mindset to her corporate clients

### Areas of expertise:

- Leadership development
- Classroom facilitation
- High-performance team building
- Personal Effectiveness including: giving & receiving feedback, the 7 habits of highly effective people, communications skills, and building resilience
- Workplace well-being

### More about Gesa

Bilingual in English and German, Gesa has a Bachelor's Degree in Sports Management and Communication from the German Sport University, Cologne, Germany and certifications in Event Management and Business from Victoria University, Melbourne, Australia. She has numerous qualifications including the Hogan Personality Assessment, is a certified Mental Coach and Human Potential Coach, and a certified DDI Facilitator. Gesa lives in Carlsbad, CA, with her husband and daughter. She fulfills her passion for being active by running half marathons, traveling the world, trying a new healthy recipe and enjoying time at the beach.

## client testimonials

Gesa is an amazing coach. Her calm and supportive demeanor cuts through the buzz in my head, and she helps me think clearly about myself and my career. She is undoubtedly a force multiplier in my career. Gesa is insightful and brilliant and helps to make all the hard work that much easier. She's high touch and often reaches out to me throughout the week to check on my progress or see how I've dealt with challenges she knows I'm facing. I can't recommend her more. If you have the opportunity to work with her, do it!

– Roger Collum, Head of Studio Development at EA

Gesa served as my HR partner in building up my Senior Leadership team. She has been instrumental in the successful workshop delivery by designing a fitting program and content and running the high-performance team workshops as a facilitator. Gesa is excellent to work with and very strong in running workshops.

– Frits Reneman, Head of China DigitalHub at adidas

I have had a life-changing experience working with Gesa. She creates a safe and open space to express the fears and challenges I am facing. She shows patience while I express my struggles and concerns.

She helps me organize and reflect on what I am sharing and brings it home by asking questions that help me see my best path forward. I really appreciate her Coaching technique and finesse.eams.

– Hannah Lesser, Director Demand Planning at Bayer

I experienced Gesa as a highly engaging and empathic facilitator during a change workshop. The session with her was highly-practical, and we had an immediate opportunity to practice. She allowed us to discuss relevant topics and questions as a team- it was an absolute pleasure to work with her.

– Susanne Dolderer- Creators Academy at adidas

I had the pleasure of working with Gesa for two years as we served in the Global Women's Network leadership team. She led workshops and gave presentations on the topic of health and a positive mindset. She was a role model for professional women- she gave the message to strive to excel in their business roles and look for excellence in mind/ body balance. She challenged others to push their comfort zones and quiet their inner critic. Through Gesa, we learned that we are capable of so much more than we imagine ourselves.

– Catherine Kraus, Executive Coach (CPCC, ACC)/ CEO & Founder Re-Invent women

Gesa is a true role model for high performance, determination, delivering more than expected, and having her heart at the right place. She is a true professional who goes the extra mile to serve the customer. Gesa inspires others by optimizing her health and well-being and advises on how to improve your lifestyle to become a more effective leader.

– Linda Evenhuis, Team Lead Facilitation at adidas

## client list



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