



“Serenity is the true Source of Life Energy”

Choose **ATvisor – Live Wiser™**



**Live a Life you don't need Leave from by
Intentionally Being Different**



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ATvisor™

**My Mail Box 882756
Singapore 919191**

connect@ATvisor.com
<https://atvisor.com>

COMPANY OVERVIEW

Our Mission: “Making a positive difference in the lives of people who want to make a difference.”

Our Philosophy: ATvisor™ stands for Integrity, Sincerity and Simplicity. Be it the development of individuals or groups, at ATvisor™ we take Education literally by its Latin origins "educere", meaning "bringing out". To bring the best out of people, we strive for emphatic listening, mindful questioning and understanding in a trusted environment with the goal to create customized solutions together. Based on refreshingly different mindsets and lateral thoughts, our intentionally different approaches and practices allow making a lasting positive difference for our clients.

Our Competencies include:

- Understanding of all Company Functions and their Interdependencies
- Ability to translate Complexity into Simplicity
- Conceptualizing / Business Modelling / Culture Building
- Inspiring Sustainable Change of Mindsets and Behaviors
- Instilling Retention of Learning through Models

Our Services include:

- Integrative Coaching & Mentoring
- Customized Talent & Leadership Programs
- Customized Seminars / Workshops / Keynote Speeches
- Leading Change & Training Facilitation
- Leadership Frameworks & Management Consulting
- [Academy of ATvisor™](#)
- “Light Your LIFE”™ Self-Development Program
- “The Serene Leader©” Leadership Development Program

ATvisor™ is the perfect **One-stop Change Solution Provider**, inspiring a culture of trust and excitement as well as co-creating a people development landscape that brings out the best of people through a well-defined framework: 1. Diagnosis – 2. Concept – 3. Consulting – 4. Facilitation Coaching – 5. Progressing & Closing



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Light Your LIFE™

(2 Days)

“Life isn’t about finding yourself. Life is about creating yourself”
- G. B. Shaw

SIGNATURE PROGRAM LYL

Do You Live Your Life? With ...

- Over 60,000 thoughts a day
- Mind wandering at 75% of waken time
- 40% of decision on autopilot
- Pressure from social mirroring and peers
- Double stress from private and professional life
- Information overload and always online

Light Your LIFE™! With Our Signature Program and ...

- Understand the impact of mind/thoughts, emotions and subconsciousness on Your Life
- Analyze Your limiting beliefs
- Identify Your true self
- Craft Your plan for a meaningful life
- Become more self-aware
- Live a balanced life You don’t need leave from
- Leave a legacy

Synopsis

Light Your LIFE™ is a 2-day program designed to make a difference in the lives of people who want to make a difference for themselves and those around them. On Day 1, participants are led along the LIFE model to understand how our Logos (conscious and subconscious mind), our distraction through Form (such as appearance, possessions and achievements) as well as our Emotions limit us from seeing who we truly are and help to discover the real “I”. Day 2 follows an 8-step process with the purpose to craft an individual plan for a meaningful balanced, healthy and Light Life with the commitment to relevant actions. The course is based on scientific researches and a blended approach of facilitation, videos, self-reflections, group discussions, peer learning as well as action planning.



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Serene Leader© Lead by Models

(1 Day)

*“As a Leader, give
guidance like a compass
and develop people like a
coach.”*

- Alexander Trost

SIGNATURE PROGRAM LBM

Are You Wondering about ...?

- Managing versus Leading
- Limiting Leadership beliefs and concepts
- Principle-based Leadership
- Leading people successfully through change
- Building a winning team through trust and engagement
- Being a Leader, whom people want to follow

Lead People! With Leadership By Models and ...

- Understand core Leadership principles through illustrative and memorable Models
- Change Your Leadership Mindset
- Identify Your Leadership values and apply successful practices as a Serene Leader©
- Define & Live Your Personal Leadership Style
- Lead a way in a way people like to follow
- Leave a victory

Synopsis

The Serene Leader© - Lead By Models is a 1-day program combing leadership essentials from various literatures and own experiences into simplistic models, using frameworks, metaphors and acronyms, that are easy to learn and apply. Each model addresses crucial characterises of great leaders, enabling participants to build an environment of trust, develop people, create inspiring visions and lead people through change. Participants are encouraged to reflect on their own leadership values and style and will create an action plan to achieve sustainable results through healthy relationships as a *Serene Leader©*. The course is conceptualized for interactive learning and can be customized to the needs of the respective company and/or target group.



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Alexander TROST
Founder

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Singapore 919191

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ALEXANDER TROST

Alexander Trost is a Certified Coach, Trainer/Facilitator and Assessor, a Change Leader and Lateral Thinker - intentionally being different in making a positive difference in the lives of people.

As an experienced multifaceted Hands-on Manager, Serene Leader and Ethical Coach with a demonstrated history in the fast-paced Semiconductors Industry, Alexander worked in diverse Functions (Consulting, Finance, Operations, Sales, Human Resources) and Countries (Germany, Singapore, Malaysia, Japan). Skilled in Consulting and Strategy Development, Mentoring and Coaching, People Development and Leadership, he is also experienced in Lecturing and Talent / Training / Change Programs as well as in Mindfulness / NLP / CBT and Psychology. He authored books on [General Management](#) and [Self-Development](#) as well as several articles on Leadership. Besides supporting numerous Humanitarian Organizations, he also engages as a passionate pro-bono Mentor, Coach and Career Adviser. Alexander is a Keynote Speaker and Member of Institute for Adult Learning (IAL) Singapore as well as of the Asia Pacific Alliance of Coaches (APAC).

Alexander began his career as an Internal Consultant at Infineon Technologies (formerly known as Siemens Semiconductor Group) in Munich. He was later posted to Singapore where he served as Financial Controller & Project Leader and subsequently held several key leadership positions in Scenario Planning and Global Production. He served as Director of Finance of a Business Unit before moving to Tokyo in the role as Representative Director and Regional CFO of its Japan operations. He was later appointed VP of HR Asia Pacific & Head of Global HR Talent Network where he led a team of more than 180 employees across 9 countries. In this role, he set-up and led a Global Talent Acquisition and Talent Management Organization. He has also successfully led projects in the areas of Business & Production Strategy, Operations Optimization, Post Merger Integration, Carve-out, Talent and Leadership Programs.

Alexander is a solid, loyal professional with a Master's degree focused in Business Engineering & Management Science from Karlsruhe Institute of Technology (KIT), Germany as well as a Master's degree in Economics & Industrial Economy from Aix-Marseille University (AMU), France. He is Founder of [ATvisor™](#), Head of the [Academy of ATvisor™](#) and Associate Consultant with [FranklinCovey Singapore](#).