

A silhouette of a person jumping off a rocky cliff edge with arms outstretched, set against a dramatic sunset sky with orange and yellow clouds over a mountainous landscape.

Making your change successful and sustainable

People-centric change solutions that stick

About ATvisor™

ATvisor™ aims to make a positive difference in the lives of people who want to make a difference.

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.

Competencies

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

Services

- ✓ Leading Change for Individuals, Teams and Organizations
- ✓ Integrative Coaching & Mentoring
- ✓ Customized Talent & Leadership Programs
- ✓ Customized Seminars, Workshops, and Keynote Speeches
- ✓ Leadership Frameworks & Management Consulting
- ✓ [Academy of ATvisor™](#) ↗
- ✓ "Lisht 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: Diagnosis, Concept, Consulting, Facilitation, Coaching, and Progressing & Closing. Make your change successful and stick!



Designed to make a difference in the lives
of people who want to make a difference
for themselves and those around them

Light Your Life™

Do you live your life with over 60,000 thoughts a day? Mind wandering at 75% of waken time? 40% of decision on autopilot? Double stress from private and professional life?

Light Your LIFE™ with our signature program! 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. This course can also be delivered virtually in bite-sized sessions.

Light Your LIFE™ with our signature program and...

- ✓ Understand the impact of 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 a leave from
- ✓ Leave a legacy

Serene Leader® Lead by Models

Are you wondering about managing vs leading?
Limiting leadership beliefs and concepts?
Leading people successfully through change?
Being a leader, whom people want to follow?

The Serene Leader® - Lead By Models is a 1-day program combining 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 characteristics 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. This course can also be delivered virtually in bite-sized sessions.

Lead people with Leadership by models and...

- ✓ Understand core leadership principles through illustrative & memorable models
- ✓ Change your leadership mindset
- ✓ Identify your leadership values and apply successful practices as a Serene Leader®
- ✓ Define and live your personal leadership style
- ✓ Lead a way in a way people like to follow
- ✓ Leave a victory



Combining leadership essentials from various literatures and own experiences into simplistic models, using frameworks, metaphors and acronyms, that are easy to learn and apply

Meet Alexander Trost



Alexander Trost, Founder

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Alexander Trost, former CFO and CHRO, is a Certified Coach, Trainer, Facilitator and Assessor, a Change Leader and Reflective Listener - intentionally being different in making a positive difference in the lives of people and organizations.

As an experienced multifaceted Hands-on Manager, Serene Leader and Ethical Coach with a demonstrated history of two decades 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 coined the term Integrative Coaching, using a unique Coaching approach blending essential techniques from Coaching, Leading Change, Cognitive Behaviour, Mindfulness and Wellness with insights from Behavioural Research, Neuroscience and Psychology. He believes that being a COACH means being Credible, Open-minded, Accountable, Curious and Human.

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 & Coach with several renowned firms.

Alexander lives by his motto "Serenity is the true Source of Life Energy."

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I am impressed by the ability of Alexander Trost to develop others. His EQ and sincerity enable him to quickly establish trust and the underpinnings of his ability to coach effectively. Alexander himself has been a senior business leader and this experience enables him to relate to the pressures and challenges of his clients.

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