

ONE-STOP CHANGE SOLUTIONS

Making a Positive Difference

by Intentionally Being Different

Turning Common Sense into Common Practice



Making a
Positive Difference for
People & Organizations by
Intentionally Being Different



Exciting People
with Food for Thought,
rather than making them
feel being taught



Engaging Participants in a
Learning Journey for
Sustainable Behavior
Change that sticks

OUR PRINCIPLES

INTENTIONALLY BECOMING DIFFERENT

Coach yourself ∞ Live your life

ALEXANDER TROST
FOUNDER OF ATVISOR™

*"A must read for those who choose to be the master of their fate."
– Lenny Ravich*

Coach Yourself – Live Your Life



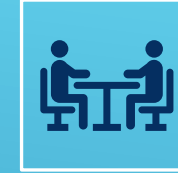
1 Self-
Coaching
Book

[\[read more\]](#)



1 Leading Self
Online Course

[\[read more\]](#)



3 Integrative
Coaching
Sessions

[\[read more\]](#)

INTENTIONALLY BECOMING DIFFERENT

Find
The "I" in
Your LIFE

Master Your LIFE – Starter

Unleash the Best in You – Embrace the World around You

01

Shifting Mindset &
Being in Charge of
Your LIFE

02

Leading through
Change & Crisis with
Purpose

03

Embracing
Challenge & Growth
with Optimism,
Gratitude and
Mindfulness

Three months interactive engagement through webinars
[Optional Team/1:1 Coaching and/or Self-Leadership Course]

MASTER YOUR LIFE (STARTER)

Find inner Peace
&
Live a Life
at ease

Master Your LIFE – Sustainer

Unleash the Best in You – Embrace the World around You

01

Embracing
Self & Diversity
through
Mastering
Biases and
Consciousness

02

Leading
through
Change &
Crisis with
Purpose

03

Mastering
Challenges &
Growth with
Optimism,
Gratitude and
Mindfulness

04

Finding the
I in Your LIFE
and Happiness
from within

05

Leading Self
with EFFORT
and STYLE

Five months interactive engagement through webinars, hand-outs, self-coaching book and free access to online self-leading course (customizable)

MASTER YOUR LIFE (SUSTAINER)

Find inner Peace
&
Live a Life
at ease

[\[read more\]](#)

Shine your Executive Presence

Give Others a Great Experience



Change in
Leadership
Equation

Leading in the
New Norm



Character
Quotient

Presence &
Gravitas



Compass
Quotient

Leadership
Brand



Coach
Quotient

Communication
Success



Consciousness
Quotient

Self-Awareness
& Biases

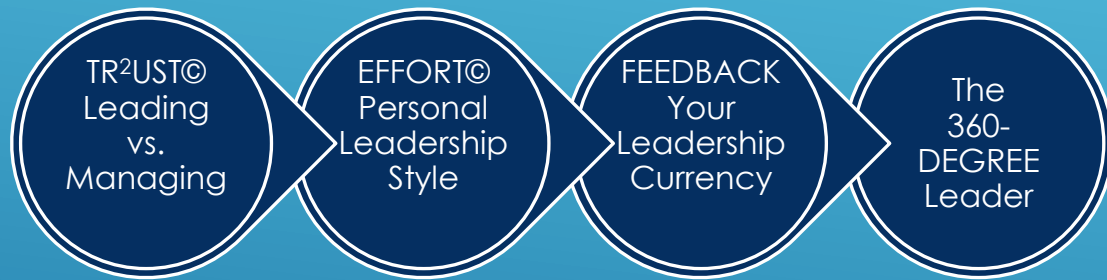
EXECUTIVE PRESENCE

Best delivered as modular online program
Classroom sessions optional available

*“Leave a
lasting Presence
beyond your Position”*

Unfold the Serene Leader in You

Lead by Models - Become a Role Model



Available as

- Customized 1- or 2-day program (in-person or virtual)
- Self-paced online program

THE SERENE LEADER©

- ▶ POET – Leadership Principles of The Serene Leader©
- ▶ FEES – Motivation & Delegation
- ▶ PEOPLE© – Leading People through Change
- ▶ NORM – Challenge Status Quo



Find
Your
Leadership
STYLE

Leading People through Change & Crisis



Making Leadership Intentional

- Self-Awareness
- Intention vs. Behavior



Understanding the 3 Cs of Leaders

- Character
- Compass
- Coach



Revisiting the Change Curve

- Hook
- Cope
- Endure



Applying the PEOPLE©-centric Model for Change

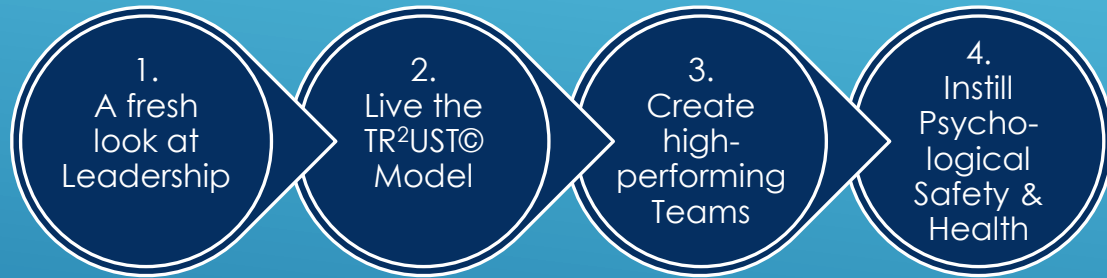
- People before Processes

INTENTIONAL LEADERSHIP

Make Change
all about
PEOPLE©

Create a Culture of Trust & Respect

Instill an Environment of Psychological Safety and Mental Health



1. Reload Leadership Principles, aligned to Corporate Values
2. Instill TR²UST© – Trust, Respect & Responsibility Unleash Success Together
3. Coach Teams: Build on Trust, lead through Conflict, align Goals & Objectives
4. Live PERMAH – Positive emotions, Engagement, Relationships, Meaning, Accomplishments, Health

BRINGING TR²UST© TO LIFE



*Making people
feel safe
makes people
stay*

Unleash Success Together



Under-
standing the
TR²UST©
Model



Building a
High-
performing
Team



Mastering the
Art of
FEEDBACK©



BUILDING A TEAM CULTURE OF TRUST

Enable
Greatness
in your Team

Leading People through Change



Getting started with the 3 Bs of Change

- Belief
- Behave
- Become



Understanding the 4 Ps of Change-Reactions

- Pioneer
- Positive
- Passive
- Perpetrator



Revisiting the Change Curve

- Hook
- Cope
- Endure



Applying the PEOPLE©-centric Model for Change

- Put People before
- Processes

OUR PEOPLE-CENTRIC CHANGE JOURNEY

ILEAD

Creating a People-centric Project Leadership Framework



Intention

Clarify the
WHY



Leverage

Focus on one
WHAT



Engagement

Support the
HOW



Accountability

Align on
WHO
(WHAT by WHEN)



Display

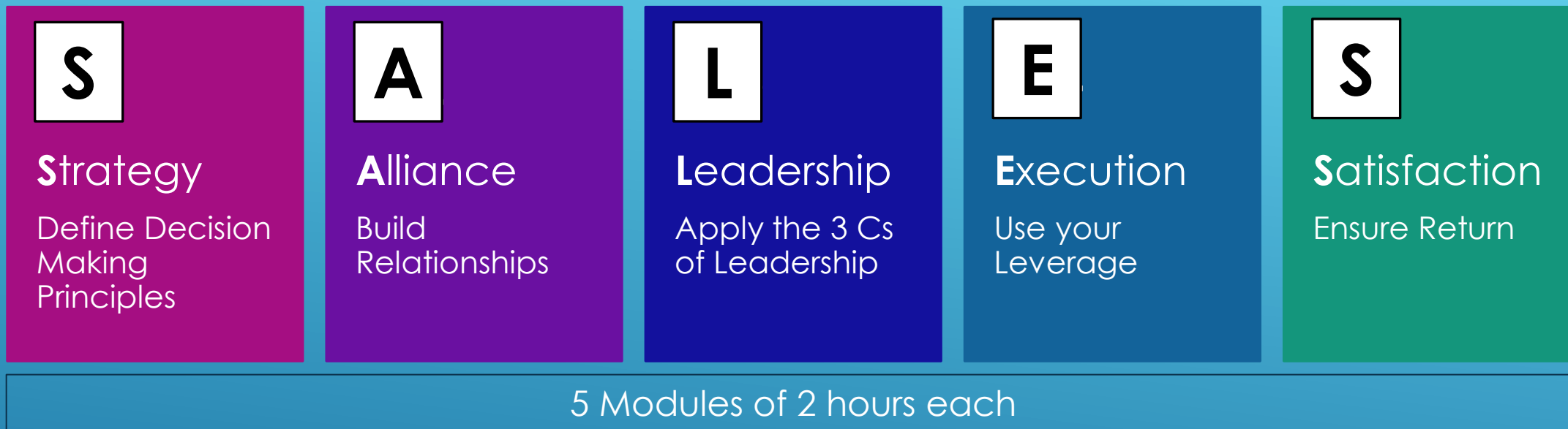
Monitor
HOW FAR
(Progress/Shortfall)

ILEAD PROJECT LEADERSHIP

*"Every Project
is a Change"*

Leading Your SALES

Taking 'SALES' literally



SALES LEADERSHIP

Moving from
'Selling' to
'Making People Buy'

Strategic Decision Making

From Process to Principles



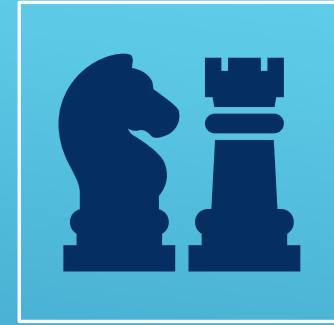
The Triple-I of Strategic Decisions

- Impact
- Information
- Intuition



Cut the PIES

- Problem
- Information
- Evaluation
- Selection



From Mission to Decision

- Vision
- Values
- Victory

A WINNING STRATEGY



Diagnosis

For ATvisor™, no two solutions are the same. We start every project with an in-depth analysis of the situation and propose a solution only once all needs are fully understood.



Concept

ATvisor™ translates complexity into simplicity, which is the foundation for agility and lasting change. Our concepts are customized and co-designed, blending different frameworks and approaches as most suitable for our clients. We embrace innovation!



Consulting

ATvisor™ can draw back on decades of corporate, cross-functional and cross-cultural experiences. Our executive advice is provided as needed without interfering with our clients' core-competencies.



Facilitating

ATvisor™ moves from 'Learning by PowerPoint' to 'Powering the Learning Point' by engaging an inside-out development journey while avoiding cognitive overload of our course and workshop participants.



Coaching

Consulting and Facilitating are complemented by Coaching sessions, either as individuals or in teams, following the Integrative Coaching approach designed by ATvisor™.



Progressing and Closing

ATvisor™ ensures continuous progression of the project, providing appropriate administration, feedback as well as a closing report. Choose ATvisor – Live Wiser™!

ONE-STOP RETAINER

While our Services can be applied separately as required, they have the biggest positive impact when used as combination in one retainer assignment.

Sincerely Yours,



Book Free
Consultation

- ▶ Proven track record in Finance & Business Administration, Human Capital Leadership & Change Enablement, Operations & Supply Chain
- ▶ 21 years Corporate Leadership Experience at Siemens Semiconductors and Infineon Technologies
- ▶ Deep cross-functional and cross-cultural insights
- ▶ Practitioner of Talent & Strategy Development, Coaching & Mentoring, Ethical Leadership, Mindfulness / NLP / CBT
- ▶ Author of “Intentionally Becoming Different”
- ▶ Founder of ATvisor™, Creator of the “Serene Leader©” and the “Light Your Life™” Coaching Program
- ▶ Master's degree in Business Engineering & Management Science, Karlsruhe Institute of Technology (KIT), Germany
- ▶ Master's degree in Economics & Industrial Economy, Aix-Marseille University (AMU), France
- ▶ Certified Coach, Facilitator, Assessor and Change Leader
- ▶ Associated Consultant & Coach with globally renowned firms

OUR FOUNDER – YOUR SPEAKER

Alexander Trost



*“Aim to be remembered as
the person you become rather
than the position you behold.”*

MINDFULNESS WELLNESS SELF-MASTERY NLP
CBT TALENT LEADERSHIP
CHANGE MENTORING
TRAINING SERENE LEADER
FACILITATION COACHING
DEVELOPMENT ADVICE
LEADING KEYNOTE
CONSULTING SPEECHES
CHANGE ETHICAL LEADERSHIP HUMAN CAPITAL