



## Nicholas Janni

**Transformational coach and [leadership](#) development expert**

Nicholas Janni is a speaker, coach and workshop conductor. Ever since an awakening at age 16 Nicholas has devoted his life to the development of consciousness and to healing. He has spent 30 years researching the theory and the practice of 'the zone' of [peak performance](#) and studying multiple mind/body disciplines. Nicholas is a renowned expert in Transformational [Leadership](#) and Leadership Presence.

## Nicholas's biography

### Nicholas Janni's Background

Over the last 20 years Nicholas has gained an international reputation for his transformational coaching and leadership development seminars. The clients he has served include FedEx, Rolls Royce, Swiss Re, Centrica, Teva Pharmaceutical Industries, Amdocs, Intel, Motorola, Microsoft, eBay and Lafarge, as well as the UK Permanent Secretaries and several cabinet ministers. He bridges the worlds of creative, personal, spiritual and professional development in a uniquely powerful, relevant and accessible way. In his first career Nicholas was a theatre director. He taught acting at The Royal Academy of Dramatic Art in London, and directed his own theatre company. He has spent 30 years researching the theory and the practice of 'the zone' of peak performance, and studying multiple mind/body disciplines. In 1998 he became a Visiting Fellow at the Cranfield School of management, and in 2001 he left the theatre to co-found the arts-based Leadership Development consultancy Olivier Mythodrama. In 2013 he founded his own consultancy, CORE PRESENCE.

He was an Associate Fellow at the University of Oxford Said Business School 2010–15, and currently teaches regularly at the IMD Business School in Lausanne. He has worked extensively in the Middle East, with numerous corporate clients as well as Israeli and Palestinian NGO's, and at Tel Aviv University Recanati Business School.

His latest book, *Leader as Healer* is a guide to reaching the highest levels of presence and performance. He argues that modern leaders need to break from the normalised and chronically imbalanced ways of thinking and functioning, in which rational thinking dominates, leaving no room for feeling, sensing and intuiting.

He has delivered programmes for CEOs across the world. Recent clients include Eugene Woods of

Atrium Health and Michelle McMurry-Heath of the Biotechnology Innovation Organization. Previous clients have included Anglo American, Fedex, Microsoft, Rolls Royce, Lafarge, the NHS and UK permanent secretaries.

## Nicholas's talks

- **Presence**

- Understanding multi-level Presence
- Integration of Being and Doing
- Embodiment
- Expanding our perceptual bandwidth and our listening capacity
- Deepening our connection to self and the world
- Aligning with life purpose

- **Building Innovation Capacity**

- The creativity cycle
- “The idea came to me” – innovation as fresh and new
- Building the ground of receptivity
- Learning to tolerate ‘unknowing’
- Distinguishing the time to gestate, the time to act
- Accessing higher levels of intelligence, individual and group

- **Emotional Intelligence**

- Re-writing the idea of positive and negative emotion
- Understanding the emotional composition of the human being
- Regulation functions
- Fear does not block me, what blocks me is that I do not allow myself to feel fear
- Creating safe and precise relational spaces
- Accessing the life energy within repressed emotions

- **The Power of Mindfulness and Meditation**

- What is Mindfulness
- Why it has become so widespread
- Building a daily meditation practice
- Simple transformational tools to employ throughout the day
- The black letters and the empty page
- “Sometimes the truth depends upon a walk around the lake” – Wallace Stevens

- **Building High Performance Teams**

- Presence
- Creating Connection and energy
- Alignment with values
- Alignment with purpose
- Creating the safety that allows for more authentic communication
- Team innovation capacity

- **Collective and Ancestral Trauma Integration**

- Understanding the nature of trauma

- The societal effects of unintegrated trauma
- “Hurts are carried down through generations until someone is ready to feel them...”
- Restoring our individual and collective nervous systems
- Building a group’s capacity to bring Light to the darkest areas of life
- The importance of a spiritual practice

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