



Key-note speaker and trainer

Anouk Schaap

www.anoukschaap.nl

Picture: Rachel Ecclestone

About

She is great at creating a safe space for everyone to be and show their full authentic selves so there is space to connect through genuine and open conversations. Anouk has a strong vision on tomorrow's leadership and helps leaders and their companies becoming future proof.

Anouk has 10 years experience in Corporate Finance before she started her entrepreneurial journey. In her work as a speaker, trainer and executive coach she brings together her knowledge and experience in both the corporate industry as the world of entrepreneurship, consciousness and personal development. She helps leaders and their companies excel in their leadership in order to create a meaningful impact rooted in a safe, inclusive and inspiring working environment.

Anouk is specialised in the following topics:

- (Personal) Leadership
- Inspiring employership
- Creating a safe working environment
- Trust within teams and organisations
- Energy management

"Your ability to lead through inspiration depends on your level of self-understanding and self-leadership"



Picture: Eyas H. Matouk

Conscious Leadership

Conscious Leadership means making conscious choices, straight from the heart. Choosing consciously automatically means choosing sustainably: a long-term vision to create a positive impact for all. Conscious Leadership goes beyond the individual, it is all about the bigger picture where you are invited to take your role as a leader. Even though it goes far beyond yourself, you are the start of conscious leadership. By integrating consciousness you create space for new choices, thoughts and actions that are directly translated in your leadership choices today.

Conscious Leadership translates itself to excellent employership, a safe working environment and a positive impact for all. Working with CEO's, business owners and leaders provides Anouk lots of inspiration and insights. She sees breaking away from the fear-based system as our biggest challenge these times, it is an open invitation to connect with trust and abundance by letting go the fear of missing out on a personal level.

Each speaking engagement or training is unique and aligned with the needs and people of the organization or event.

Publications and collaborations

The Next Web Conference 2022

I moderated a session about mental health, I spoke about leadership of the future and I was interviewed about mental health at work.

The session I moderated can be watched [here](#).

Becoming a Conscious Leader Podcast

I share my personal vision on Conscious Leadership in the *Becoming a Conscious Leader* podcast.

Let's Explore Magazine

In the latest edition of Let's Explore Magazine I shared my vision on empowerment in collaboration with photographer Yannick van Leeuwaarde. A copy can be ordered [here](#).

My latest **collaborations** and **clients**:



SOHO HOUSE & CO



CAPITAL



AMSTERDAM

DIAMANTBEURS



www.anoukschaap.nl
T: +31 6 14 06 87 73
hi@anoukschaap.nl