



OVERCOME YOUR LIMITS!

LUKAS TOBLER

THE COACH FOR FEMALE LEADERS

Lukas
TOBLER



WHO IS LUKAS TOBLER?

Lukas Tobler is a former Swiss elite athlete, keynote speaker, author and coach. Through his work, he enables his clients—particularly female leaders and elite athletes—to gain deep trust in themselves, handle challenges with composure, and be persuasive without compromising themselves.

It marks the beginning of their exciting journey towards a conscious, free, and happy life. To date, he has helped over 10,000 people worldwide achieve expanded awareness and thereby more success and fulfillment in life.

Lukas' vision is for all female leaders to find their place by gaining deep trust in themselves, developing the ability to handle challenges and stressful emotions with composure, and no longer fighting for their reputation but appearing convincingly without compromising, while maintaining their personal values.



LUKAS TOBLER AS KEYNOTE SPEAKER

Lukas has developed a profound understanding of the workings of the human psyche over the past 15 years and teaches groundbreaking content as well as powerful practical approaches to overcome hidden barriers, thereby gaining deep self-confidence, mastering challenges and burdensome emotions with composure, and being persuasive without compromising oneself.

As a keynote speaker, he is described as humorous, clear, and authentic, inspiring his audience through his captivating and heartfelt manner to overcome their fears and doubts and muster the courage to live their best selves.



Send an email to hello@lukastobler.com if you have questions about the fee and would like to book Lukas as a speaker.



PUBLICATIONS

Lukas has published four books and numerous e-books. His works include:

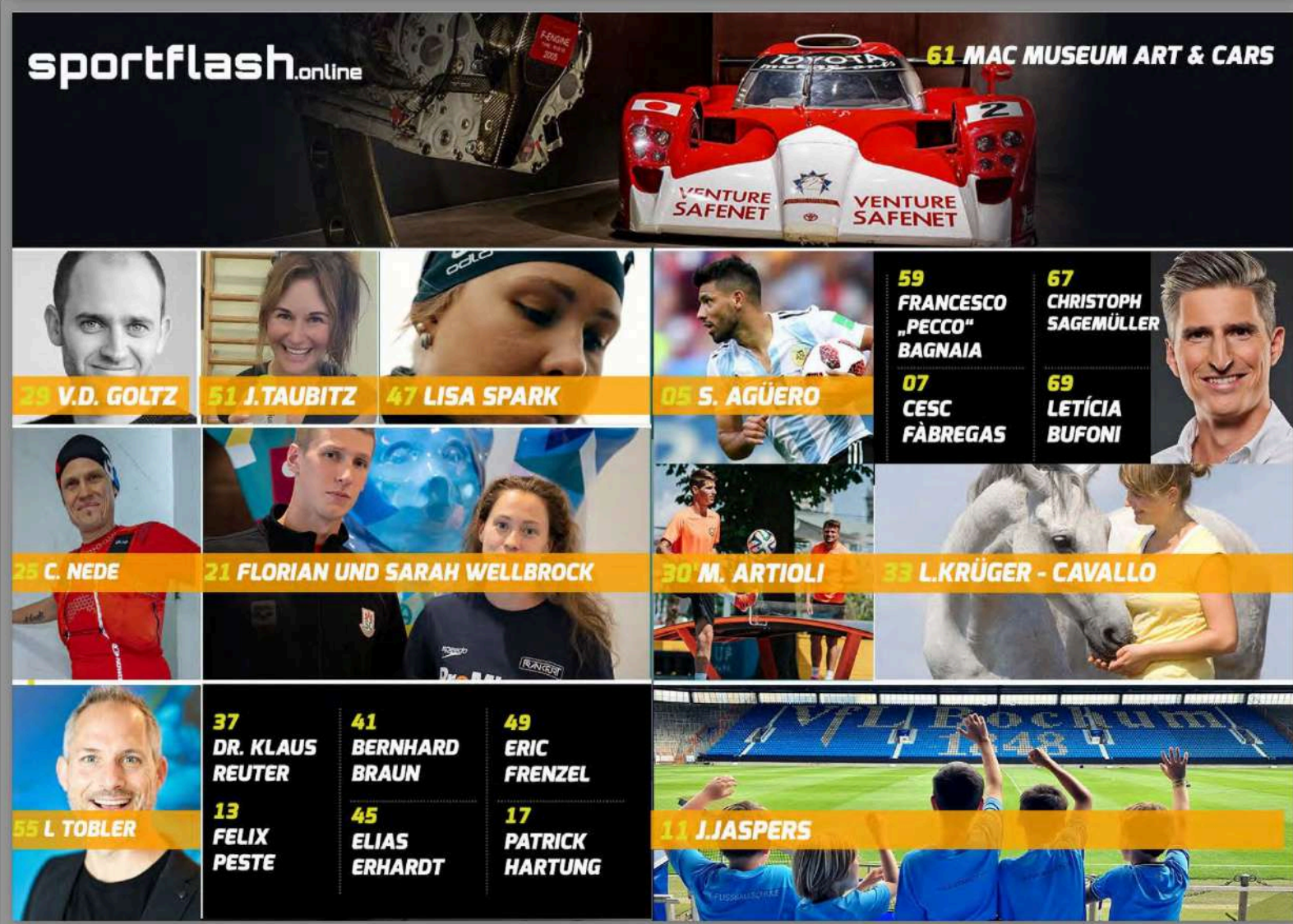
“Überwinde deine Grenzen - Verändere dich bewusst und befreie dich!”

“In dir steckt Grossartigkeit”

“Die Kraft der Emotionen - Warum emotionale Selbstregulation der Schlüssel zum Erfolg für weibliche Führungskräfte ist”

“Unsichtbare Barrieren - Was Frauen in Führungspositionen wirklich ausbremst”*

*will be published in English



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INTERVIEW ON SPORTFLASH.ONLINE

The editorial team of Sportflash.online contacted Lukas in November 2022 for a comprehensive interview. Sportflash.online is a platform with nearly one million monthly readers.

Visit <https://lukastobler.com/sportflash> to download the interview or the entire issue 21 of the Sportflash.online eMagazine.

Die Dame ist am Zug

INTERVIEW: Mentor verrät, warum Frauen eigentlich die besseren Leader sind – 3 Expertinnen beziehen Stellung ▶ Seiten 3 – 6



INTERVIEW IN “WIRTSCHAFTSKURIER”

In November 2022, the Wirtschaftskurier featured a profound interview with Lukas Tobler as its cover story, discussing the role of female leaders and why more of them are needed.

Visit <https://lukastobler.com/wiku> to download the interview.



How ambitious women in leadership positions can gain deep trust in themselves, handle challenges and negative emotions with composure, and be persuasive without fighting or compromising themselves.

COACHING WITH LUKAS TOBLER

The possibly most transformative coaching for ambitious women in leadership positions who want to overcome doubts, fears, and stress, develop self-confidence and composure in dealing with challenges, and are ready to experience success and fulfillment in their professional and personal lives!

What would be possible for you personally and professionally as a female leader if you were no longer held back by self-doubt, fear, and uncertainty? How much easier would your daily life be if you didn't have to fight so hard for your reputation? What would be different for you if you could find more inner stability and peace instead of feeling restless? How much more fulfillment could you experience if you could quickly move past difficult conversations and challenging situations without dwelling on them, without guilt, without blaming yourself?

Would you like me to support you in gaining confidence, handling challenges with composure, and being persuasive without compromising yourself? Then let's talk and find out together if and how I can support you!



Request your free "Gain Clarity" coaching session now at <https://lukastobler.com/transformation>.



WHAT COACHEES HAVE TO SAY

“Thanks to working with Lukas, I have become much more self-confident and willing to take risks. Before, as head of department, I had strong doubts about myself, especially criticism and difficult conversations would constantly preoccupy me outside of work, as I struggled to cope with them.

Now it's easier for me to move on, even when I've made mistakes or been in the wrong. I've also learned how to deal with difficult people. The coaching was an important bridge to free myself from self-doubt and to pursue my work and life strengthened. I highly recommend Lukas and actively continue to do so.”

Irena S.



WHAT COACHEES HAVE TO SAY

"Lukas was able to look behind the scenes of my blockages. In a very mindful and sensitive way, he guided me in our conversations to my limits, only to overcome them together. For the subsequent implementation with the aim of a lasting change in behavior, I always received the 'tools', ideas, and action strategies that were personally suitable for me. I got to know and love myself."

Helga H.



WHAT COACHEES HAVE TO SAY

"What impressed me most about coaching with Lukas was his ability to understand me. Direct, quick, and uncomplicated. He identifies and brings out the best in others. His quick grasp combined with clear wording aids in change and accordingly in the manifestation of the new constructive path. In addition, I was treated extremely professionally, individually, reliably, and courteously."

Marina W.



WHAT COACHEES HAVE TO SAY

“Intense times have been behind me. Professionally at a crossroads with many questions and the decision of which path to take, I came to Lukas. The coaching was perfect, everything fit perfectly. I can't imagine a better mentor to guide me through a phase full of questions and uncertainty. Lukas is an excellent mentor. Competent, experienced, and personable. Very well structured and thoughtful. Absolutely world-class and highly recommendable. A mentor who was available for me seven days a week, around the clock.”

Monika P.



ARE YOU COMMITTED TO YOUR GROWTH?

"There's a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses - only results."

- Ken Blanchard



**ARE YOU READY
TO TAKE OFF
OR DO YOU PREFER
STAYING IN YOUR
COMFORT
ZONE?**

**LET'S TALK AND FIND OUT HOW AND IF
I CAN SUPPORT YOU!**



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