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Department of Musicology Weimar-Jena

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JANA LEIDENFROST

Lecturer of Arts Management at the Department of Musicology Weimar-Jena

Subject/Instrument: Arts Management

✉ [jl\(at\)janaleidenfrost.com](mailto:jl(at)janaleidenfrost.com)

🏠 <http://www.janaleidenfrost.com>

- Studies in Psychology and Education in Jena and Klagenfurt (Ph.D., Graduate Psychologist (Dipl.-Psych.))
- Further Qualifications in systemic and hypnotherapeutic concepts in consulting, coaching, constellation work and topics such as group dynamics, relaxation techniques, advanced energy psychology
- 1999 - 2010 product manager, trainer and coach in the field of management development at DaimlerChrysler and Daimler AG (Executive Management Development / Corporate Academy)
- since 2002 instructor "Führung und Management" at the University of Music FRANZ LISZT Weimar
- since 1998 freelance training and consulting with topics such as career and leadership development, self and performance management as well as consulting within the Melton Foundation (an international network of young professionals to promote global citizenship) - and since 2010 as JL Coaching & Training

- Language: German and English
- Associate of Metrion Management Consulting

Fields of expertise

- Team and individual coaching focusing on: leadership qualities, performance and potential development, personal energy and health management
- All of these topics can be complemented with analogies from top sports, modern brain research and Japanese Zen in cooperation with other experts
- Conceptualization and implementation of Leadership curricula
- Facilitation of large scale events (like conferences, workshops etc)

Publications

- Eck, C.D.; Leidenfrost, J.; Küttner, A. & Götz, K. (2014). Führungskräfteentwicklung. Angewandte Psychologie für Managemententwicklung und Performance-Management. Heidelberg: Springer.
- Leidenfrost, J. & Sachs, A. (2013). Natürlich mehr leisten. Von Sportlern lernen - als Führungskraft erfolgreich sein, gesund bleiben. Heidelberg: Springer.
- Leidenfrost J. (2006): Kritischer Erfolgsfaktor Körper? Leistung neu denken: Ressourcenpflege im Management. Hampp Verlag: München, Mering.
- Leidenfrost J. (2004): Top performance needs top balance. In: Work Life Balance Expert Group (Hrsg.): Work Life Balance. Leistung und Liebe leben. Redline Wirtschaftsverlag.
- Leidenfrost J., Götz K., Hellmeister G. (1998): Persönlichkeitstrainings im Management - Methoden, subjektive Erfolgskriterien und Wirkungen. Hampp Verlag: München, Mering

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