

**applied·life**

# **Science to Skill Leadership Training**

## **Course overview**

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[team@appliedlife.is](mailto:team@appliedlife.is)

[www.appliedlife.is](http://www.appliedlife.is)



## about Applied Life and the approach of the Science to Skill Leadership course

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At Applied Life our motto is **from science to skills to help you thrive**. We are a thinktank, professional network, and community that take state-of-the-art scientific insights and transform them into practical application. We support people and organizations that are open-minded and like to think outside the box in finding unique ways to thrive and contribute to a sustainable and flourishing society.

Thus, our Science to Skills Leadership Training offers a unique approach: the training is based on interdisciplinary sciences with a wide range, from educational science, contemporary neuroscience, and positive psychology to studies of mindfulness, emotional intelligence, and performance. Moreover, instead of following one specific leadership framework, it offers a deeper and more nuanced understanding of underlying principles and building blocks so that participants can build their own strong skillset of effective leadership skills. With the contemporary digital and modular bite-sized format, we put a strong emphasis on practical application and will support you in integrating the new learning into your everyday experience.



# about the instructors



## Dr Nelly Nguyen

Leadership Expert, Positive Psychology and Brain-Based Coach, Founder of Applied Life

Dr. Nelly Nguyen, who prefers to simply be called Nell, is the founder of Applied Life. She uses her idiosyncratic skillset and her diverse background to help organizations, teams, and individuals thrive and be at their best. She holds university degrees in sports and performance science, education, and physics, certificates in management and leadership, coaching degrees based in neuroscience and positive psychology, and she has an extensive professional background in science, education, and industry in various leadership roles in addition to rich personal and professional intercultural experience. She is passionate about transforming the world to become more aware, empathic, and sustainable.

In leadership development she supports organizations and individuals find unique solutions for the challenges of the digital era that create sustainable results by looking deeper than just common tools and frameworks. She provides learning experiences that transform people's understanding of leadership.

For Applied Life she designs and customizes learning experiences, facilitates workshops and retreats, engages in scientific research and development, provides supervision, mentoring, teaching and coaching, and hosts a platform and network for an evidence-based professional community, including fellow scientists and practitioners.

To check out Nell's full profile please [click here](#).





# about the instructors



**Kiera Lenz**

Clinical Psychologist, Business & Life Coach,  
Expert in Behavioral and Educational Psychology

Kiera Lenz is a psychologist who combines experience in psychological research, consulting, coaching and psychotherapy. Additional to her studies in intercultural, organizational, and clinical psychology, Kiera completed further education in business training and coaching, behavioral psychotherapy as well as Schema therapy. Having worked in different roles in international strategic HR development, with a focus on change management, she has become an expert for transformation processes.

In leadership development, she looks on fundamental psychological factors like mindset, personality, and motivation to facilitate sustainable personal growth. Her aim is to enable leaders to reflect their thoughts, actions, and emotions in such a way that they become authentic role models for transformation within their organization.

For Applied Life she contributes to content development based on scientific research. She enjoys facilitating, coaching, and training together with an inspiring network of evidence-based experts to offer others unique learning experiences.

To check out Kiera's full profile please [click here](#).

# about the instructors



## **Vanessa van den Brink**

Leadership & Mindset Expert, Positive Psychology & Business Coach, Mentor, Facilitator (in EN, DE, NL) , Founder & CEO of Pink Elevation & nez living

Vanessa van den Brink is a leadership and mindset expert, developing transformational and inclusive business leaders by tailoring evidence-based practices to actual business needs. Her academic background in International Business Administration and Strategic Human Resource Management has fostered a deep understanding of science-backed practices and the necessity of curiosity and critical thinking.

She successfully made her career in an international business setting and has worked for 13+ years in various senior leadership positions with a financial services corporation. Through these experiences, she's gained proficiency, tools and best practices in managing performances, leading change, developing emotional intelligence, and fostering a culture of learning and inclusion.

A high degree of people-orientation as a foundation of her attitude and style has always been an integral part of her professional engagements. As a coach and facilitator she inspires her co-creators to strengthen their mindset, habits and practices while working toward creating sustainable progress on a personal, professional and environmental level. The core of her dynamic practice revolves around mindset shifts - developing vertically and stretching boundaries by gaining insights into current thought and behavioral patterns and identifying desired improvements.

To check out Vanessa's full profile please [click here](#).



# who is our course for and what will you learn?

This course is ideal for organizational leaders across all industries, company sizes, and experience levels. We embrace diversity and encourage you to share your unique experiences with the other participants.

• You will learn about underlying principles of leadership from contemporary research explained in a comprehensible and adaptive way to achieve vertical development in your leadership role.

• By exploring, reflecting, and discussing concepts of leadership and applying them to your own experience and current reality in a safe and supportive environment, you will be able to build new and lasting habits and a flexible and sustainable leadership practice.

# course content summary

In every lesson we will explore one important concept in theory and practice. The lessons are structured by overarching themes. We believe that bite-size significant theoretical input and insightful practical discussions that help you implement the learning, applied in short, but regular lessons over a specific period of time will help you achieve long-lasting and sustainable results much more effectively.

*\*All content is subject to minor alterations.*



- Motivation & engagement
- Personality & Strengths
- Diversity, Equality & Inclusion
- Effective Listening & Speaking
- Mindset & Performance
- Emotional Intelligence
- Mindfulness & Compassion
- Digital Leadership
- Wellbeing
- Learning, Creativity & Play
- Change
- Feedback





**we're not here to  
convince you;  
we're here to  
empower you**



# the schedule

The Science to Skill Leadership course consists of 12 lessons of 1,5-hour duration. In each lesson we will cover one specific topic in theory and practice through leadership facilitation and group coaching.

In addition to the real-time lessons, we will create opportunities for all participants to exchange ideas and experiences and support each other through the duration of the course and beyond.

If you wish to book additional 1-on-1 coaching with one of our Applied Life Coaches to enhance your learning journey, we will help you book individual sessions and customize them to your need.

The course is available in English or German (depending on the participants' background). Additional coaching can be offered in English, German, French, Dutch, or Danish (depending on the availability of the respective coach).

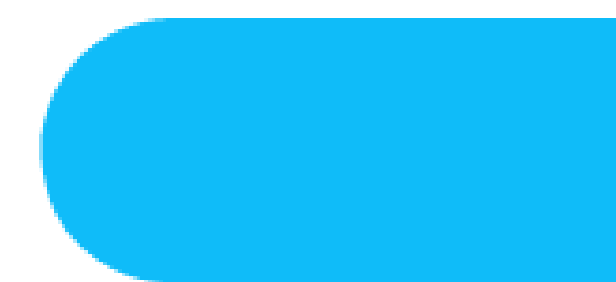
Please check our website ([appliedlife.is](https://appliedlife.is)) to find out when our next cohort starts. Traditionally, we offer this course once a year beginning in the autumn.



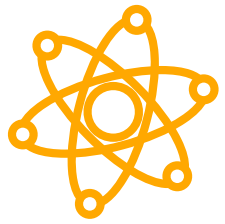
**12 classes of 1.5 hour duration**



**1:1 Coaching opportunities**



# package and payment plan



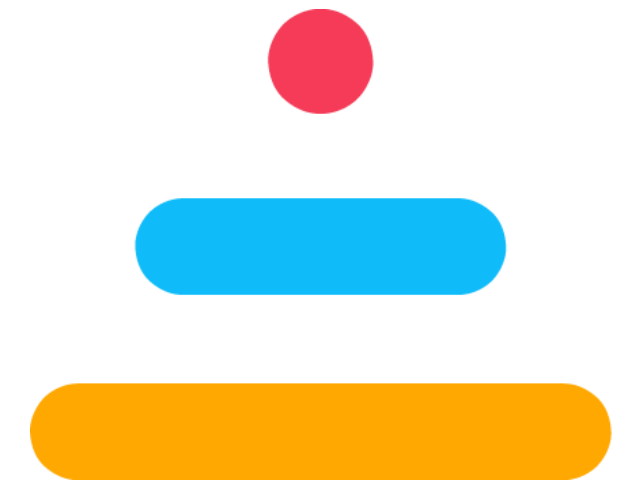
## Package 1 - €2500

Science-based leadership skills  
+ group coaching



## Package 2 - €2900

Science-based leadership skills  
+ group coaching + 4 hours  
of 1:1 coaching



## Discounts & payments

For early bird and multiple sign  
up discounts please get in  
touch.



# what people say



## Dr. Franz Huetter

BRAIN-HR Scientific  
Consulting & Training

“Prospectively, high performers with a track record of continuous transdisciplinary education will be urgently needed and highly sought after on the labor market. One of the promising ways of preparing for this anticipated future is to constantly challenge high potentials with multi-perspective input from academia and business in an intellectually enriched environment, allowing them to break old frameworks of thought and action and to build new ones. As leadership is increasingly based on thought leadership, think tanks that function according to this principle serve as incubators for the top performers of tomorrow. When such a think tank is led by an inspiring, energetic polymath like Dr Nelly Nguyen, the power and fascination of an exciting and promising future can already be felt today.”



## Dr. Robert Biswas-Diener

Positive Acorn | wellbeing researcher,  
keynote speaker, trainer

“Dr. Nelly Nguyen is a rare professional. When working with her it is immediately clear that her brain works in overdrive. Her ability to quickly process information, learn new concepts, and generate creative ideas is breathtaking. Fortunately, her innate intelligence is not an “it’s-about-me” phenomenon. Instead, Nell has the ability to carefully listen, pay attention to subtle points of language and expression, and work collaboratively. As if all of that were not enough, Nell leads with her integrity. I have repeatedly been impressed with her desire and ability to reflect on her own practice to make certain that she is being responsible and ethical.”





# contact us

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Ready to join our next cohort? Contact us at the email address below and we will respond with next steps.

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