



Dr. Tobias Rasse

Trainer, Speaker, Systemic Business Coach

QUALIFICATIONS Ph.D. in Neuroscience, 10+ years leadership experience, co-founder and spokesperson of a career development network, 5+ years experience as lecturer and trainer, Baden-Württemberg Certificate for University Teaching, Systemic Business Coach (dvct), Mental Health First Aider, Mountain Guide (DAV) & Outdoor Stress Management Trainer (SPORT PRO GESUNDHEIT, DOSB)

KEYNOTES Neuroscience hacks to work smarter, better and happier, Neurobiology of gender-related differences in career choices & outcomes, The resilient brain – how to embrace change and uncertainty, Fostering neurosignature diversity to build diverse, high-performing teams

WORKSHOPS Don't let your brain fool you - overcoming decision bias | Be, think, work well | The balanced researcher series: (1.) From understanding stress to building healthy habits (2.) Clarity, focus & strategic vision (3.) Strategies that work | Bounce back better: Find new direction after a career setback or burnout

COACHING Clarity, focus, purpose, decision making, overcoming bias, succeeding despite discrimination, self-efficacy, resilience, balance

FROM MY EVALUATIONS

“The coaching really helped me define and work towards my long and short term goals.” (*coaching client, scientist*)

“Tobias combines in his workshops specialist knowledge with a didactic concept that focuses on interaction and individual reflection. This creates great added value.” (*university training coordinator*)

“The perfect workshop to provide a stressed person with tools to manage stress.” (*workshop participant, scientist*)





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ABOUT ME My academic background in neuroscience and my work as a freelancer have provided me with a comprehensive understanding of the national and international research landscape. I have conducted research as a student, postdoctoral researcher, group leader, and core facility head at universities, non-university research institutions, and in two companies. Consequently, I am well-versed in the intricacies of academic study, the pursuit of a PhD, and the strategic planning of one's career. Having lived, studied and worked on three continents, I know the joys and challenges of building relationships in foreign cultures. As a father, I am aware that there are more significant aspects to life than merely excelling at work. Now I look forward to inspiring you in my keynotes, teaching you in my workshops, or working with you 1:1 in my coaching sessions.

**The goal is always the same:
to help you stay focused and balanced in the face of
pressure, challenging decisions, or uncertainty.**

HOW I WORK I have a keen sense for people and situations and would love to support you in your search for more clarity, meaning, balance or simply a way out of a situation that you feel is a dead end. My clients often report that they are under a lot of pressure or face a lot of uncertainty when it comes to making important decisions. But why do highly qualified smart people struggle to find good solutions at all? Often it is not the lack of knowledge or wisdom, but the lack of perspectives:

"We cannot solve our problems with the same thinking we used when we created them."
Albert Einstein

Therefore, my mission is to help you look at your situation from a certain distance and supporting you in creating solution tailored to your needs.