



Katrin Terwiel

Fueled by Freedom

Throughout her corporate career, psychotherapist and former executive Katrin Terwiel has helped over 500,000 people to work more healthily, freely, and productively. Now, she instructs leaders and corporations in mental health and diversity, unlocking resources that remain uncultivated in most companies. Katrin isn't afraid to tackle sensitive subjects and breaks down systematic barriers without pressure.

About Katrin Terwiel

Katrin feels at home in boardrooms just as much as in rock bars. Without prejudice, she guides **executives** through **personal challenges** and supports companies on their way to an inclusive working environment. Additionally, Katrin diagnoses and coaches **people with ADHD** and discusses psychological topics for professionals and laypeople alike in her **podcast DEEP SHIT TALKS**. When she isn't on tour in her VW Bulli, the 37-year-old lives with her dog Kio in Cologne.

Talking Points

Diversity:

- / Data-driven diversity management: from gut feelings to real KPIs
- / Everyone wants „tone from the top” – But what do I do if leadership doesn't support the topic?
- / Gender nonsense and wokeness bubble – Don't we have real business problems?
- / Scaling diversity work through employee networks & governance
- / If you have a brain, you have prejudices – How to navigate your unconscious bias

Mental Health:

- / Staying energetic and productive as a leader under constant stress
- / Employees in psychological crises – What leaders can do and where the limits are
- / Mental illness – Does it make sense, to come out in the company?
- / Diversity of brains – About 20% of all people are neurodivergent
- / AD(H)D in the workplace – Driver of innovation or guarantee for chaos?

Quotes & Hooks

- „A LinkedIn message to the CEO of Telekom landed me my VP position.“
- „Board meeting in the morning, mosh pit at night: we need wild contrasts.“
- „As a friend flipped a sausage, I decided to quit.“
- „Resilience training in companies is a dangerous trend.“
- „Why morning routines are bullshit.“
- „What an advisory board meeting and group therapy for schizophrenics have in common.“
- „During my time as an executive, my calendar had a life of its own.“
- „The courage muscle can be trained. “

Reach out

pronouns: she/her #callmebymyfirstname

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