# LEADERCAMP



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| ABOUTMARTINA FELDERMANPhoto of Martina FeldermanMartina Felderman empowers high-achievers in the life science industry to unlock their leadership potential and navigate today’s complex challenges. With over 15 years of experience as a researcher, mentor, and Chief Operating Officer, she integrates scientifically proven techniques with holistic approaches to enhance leadership effectiveness and resilience.Holding a Master’s degree in Genetics and Biochemistry and a Ph.D. in Molecular Biology, Martina combines her academic expertise with her role as an ICF Certified Executive Coach. Her passion lies in helping leaders thrive by fostering trust, embracing growth, and adapting to change. |

## ESSENTIALISM AT WORK

SIMPLIFY, FOCUS, AND ACHIEVE MORE WITH LESS

WITH

MARTINA FELDERMAN

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In today’s fast-paced work environment, leaders are often pulled in multiple directions, leading to overwhelm and inefficiency. This Leadercamp session will provide a practical framework for leaders to prioritize what truly matters and eliminate distractions. Participants will learn how to apply the principles of essentialism to make better decisions, set clear boundaries, and create space for meaningful work.

****Through interactive polls, reflective exercises, and real-world examples, participants will gain hands-on experience in streamlining their workload for greater impact.

Join us in Martina's *Essentialism at Work: Simplify, Focus, and Achieve More with Less* Leadercamp where she will help leaders cultivate a mindset of focus and intentionality, ultimately leading to greater productivity and job satisfaction.

### PARTICIPANTS WILL:

* Learn how to identify and focus on high-impact priorities while eliminating non-essential tasks.
* Develop strategies for setting boundaries and saying no to distractions that dilute effectiveness.
* Apply essentialist principles to lead with greater clarity, efficiency, and impact.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about **Martina Felderman**, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you’ve learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***ESSENTIALISM AT WORK: SIMPLIFY, FOCUS, AND ACHIEVE MORE WITH LESS***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, click on the Zoom link for the Leadercamp so that it’s ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

Can you share an example of a high-impact priority you've identified after attending the session?

What strategies have you implemented to set boundaries and eliminate distractions in your work environment since participating in the Leadercamp?

How have you applied essentialist principles to lead with greater clarity, efficiency, and impact in your role?

What changes have you noticed in your productivity and job satisfaction after learning Martina Felderman's approach to essentialism at work?

****Have you encountered any challenges while trying to simplify, focus, and achieve more with less after the Leadercamp? If so, how have you addressed them?

In what ways do you plan to continue practicing essentialism in your daily work routine moving forward?

Can you share a specific moment from the Leadercamp that has had a lasting impact on your approach to decision-making and prioritization?