

DANA DAMIANI

Talent Development & Leadership Learning Partner

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Dubai, UAE & Bratislava, Slovakia | Available Internationally

Signature Session Offerings

Prepared exclusively for Culture Vitale · Paris

My sessions are grounded in David Kolb's Experiential Learning Cycle – the principle that people retain what they experience, not what they hear. Every session I deliver is designed around direct experience, immediate reflection, and practical application. No slides. No passive learning. Moments that change how leaders lead on Monday morning.

SESSION ONE

The Invisible Patterns That Shape Team Decisions

Experiential Leadership & Team Dynamics Session

Most teams believe their decisions are driven by logic, data, and clear communication. They are not. Beneath every team dynamic runs a set of invisible assumptions – unspoken beliefs about how things work, who leads, who follows, and what is allowed to be said. These patterns shape every meeting, every decision, and every moment of collaboration – without anyone being aware of them.

This session makes the invisible visible. Through a carefully designed experiential exercise, participants directly encounter the hidden assumptions driving their team dynamics. No theory. No slides. A real experience – followed by structured reflection that creates immediate, practical awareness.

Participants leave knowing exactly what has been quietly running their team – and with concrete tools to shift it.

IDEAL FOR: *Leadership teams, cross-functional teams, organisations navigating communication breakdowns, cultural misalignment, or performance challenges.*

FORMAT: *45–120 minutes | 6–60 participants | In-person delivery*

SESSION TWO

Recognizing Automatic Stress Reactions Before They Shape Behaviour at Work

Conscious Performance Under Pressure Session

Under pressure, your most skilled leaders stop leading consciously – and start reacting automatically. The calm communicator becomes reactive. The decisive leader becomes controlling. The collaborative manager shuts down. This is not a character flaw. This is neuroscience. Under stress, the brain defaults to its fastest, most automatic pattern – one built long before any leadership training.

The question is not whether this happens. It happens in every team, every culture, every organisation. The question is – does your leader see it happening in real time?

This session creates that awareness. Through practical experiential exercises, participants learn to recognize the precise moment their automatic reaction begins – and develop the capacity to choose a conscious response instead. That gap between reaction and response is where real leadership lives.

Participants leave with immediate, practical awareness tools they can apply in their very next high-pressure conversation.

IDEAL FOR: *High-performance teams, leadership groups, organisations where pressure, speed, and complex decision-making are part of daily operations.*

FORMAT: *45–120 minutes | 6–60 participants | In-person delivery*

SESSION THREE

Executive Reset Experience

Sound Session for Mental Clarity and Nervous System Recovery

High performance requires recovery. The most effective executives and leadership teams are not those who push hardest – they are those who know how to reset fastest. Yet most corporate environments offer no structured space for nervous system recovery, mental clarity restoration, or genuine presence renewal.

This session fills that gap. Using the precise sound frequencies of crystal singing bowls, this experience creates a direct physiological reset of the nervous system – reducing cortisol, restoring mental clarity, and returning participants to a state of focused, grounded presence. No participation required. No vulnerability asked for. Simply close your eyes and allow the sound to do what science confirms it does.

Participants emerge clearer, calmer, and more present – ready to lead, decide, and connect with renewed focus and energy. This session pairs perfectly as a closing experience for a leadership day, team retreat, or corporate event.

IDEAL FOR: *Executive teams, high-performance leadership groups, corporate wellness programs, leadership retreats and off-sites.*

FORMAT: *30–60 minutes | 6–60 participants | In-person delivery*

About Dana Damiani

A Talent Development and Leadership Learning Partner with over 15 years of experience designing and delivering high-impact experiential learning programs for corporate teams across Europe, the UAE, and the Gulf region. My work is grounded in David Kolb's Experiential Learning Cycle – the principle that people retain what they experience, not what they hear.

I have worked with senior executives and multicultural leadership teams across banking, insurance,

hospitality, and professional services – always combining strategic depth with practical, immediately applicable learning.

CERTIFICATIONS & QUALIFICATIONS

- ▶ Diploma in Rapid Transformational Therapy (RTT) – Marisa Peer School, London, UK | 2021
- ▶ Certified Yoga Teacher – Mumbai, India | 2020
- ▶ Solution-Focused Coach Certificate – Erickson Coaching International, Canada | 2019–2020
- ▶ Family Constellation Facilitator – Certified Practitioner
- ▶ Executive MBA in Human Resources Management – Institute of Law & Jurisprudence, Czech Republic | 2016–2017
- ▶ BBA in Business Administration & Management – University of Management, Slovakia | 2014–2018
- ▶ Sound Healing Practitioner – Crystal Singing Bowls

LANGUAGES

English – Fluent · Italian – Fluent · Slovak – Native

AVAILABILITY

Dubai, UAE · Abu Dhabi, UAE · Bratislava, Slovakia · Available across Europe and internationally

COMPANY REGISTRATION

DD FZC · Sharjah Publishing City Free Zone, Sharjah, UAE · Tax Registration No. 104645372400001

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