



PROFILE

STINA ÖHMAN

EXECUTIVE SUMMARY

With a diverse background spanning a professional opera singing career, CEO leadership in a medical clinic, and academic roles as a university lecturer, Stina brings a unique fusion of a scientific mindset, effective leadership, and the intuitive understanding of an artist. With a proven track record of guiding corporations and organisations, she excels in cultivating robust teams and nurturing effective vertical and horizontal communications.

In her role as a coach, trainer, and facilitator, Stina commands attention with a captivating stage presence, infusing each session with vitality and concentration. Stina is passionately dedicated to guiding leaders toward authenticity and integrity, empowering them to overcome self-limiting beliefs.

AREAS OF SPECIALTY

Mastering Influence

Stina helps people unleash their leadership power through nonverbal communication to ensure any nonverbal cues inadvertently conveying insecurity, nervousness, or a secretive demeanour are turned around so leaders will attain the results they rightfully deserve – impact and influence.

Commanding Presence

Stina makes the complexity of the voice understandable. She demonstrates some of the major aspects of the voice that are easily accessible to participants. She ensures leaders comprehend how using voice can enhance the effectiveness of communicating the message congruently with words and vocal variety.

Overcoming Stage Fright for Peak Performance

Speaking in public frequently triggers the fight-or-flight response, leading to varying degrees of stage fright. Our brain perceives these situations as potentially life-threatening, activating the instinctual fight-or-flight mode. This instinct, as it is deeply ingrained can prove challenging to rationalise ourselves out of it. Stina emphasises alternative tools and strategies to navigate and mitigate these instinctual reactions during public speaking. Stina empowers leaders with alternative tools and strategies to navigate and mitigate these instinctual reactions during public speaking.

QUALIFICATIONS

- Accredited Journey Practitioner (2023)
- Rhetoric, Södertörn University, Stockholm (2015)
- Master of Music in Opera Theatre, University of South Carolina, USA (2000)
- Native language Swedish, fluent in English
- Experience + 10 years



STRATEGIC LEADERSHIP

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