

Antesaja Jensen

SPEAKER KIT

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Nordea



DareDisrupt

Antesa Jensen
SHORT BIO

Antesa Jensen is an Emotional Intelligence Expert who specializes in empathy, vulnerability, authenticity, and the emotional landscape. She teaches her clients to discern between reactive behavior, feelings, and thoughts, and guides them in developing honest, kind, and compassionate communication styles that build relationship and deepen intimacy, connection, and an intuitive sense of purpose in all areas of their lives.

Antesa loves to shift paradigms through pitch perfect truth-telling and she is masterful in the art of weaving potent and precise energetic transmission through eloquent spoken word and captivating moments of silence in ways that dismantle the intellect and pierce straight to the heart of things, instantly unlocking hidden potential and the kind of resonance in connection we all crave.

Her offerings are broad-ranging and include speaking engagements and workshops, group and individual coaching, and location-based expedition-style intensives and retreats through her company Adventure Awake.

Originally from Seattle, Antesa has traveled to over 50 countries around the globe, has lived in five states in the US, France, and as of the past twelve years she resides in Copenhagen, Denmark.

She is trilingual in English, French, and Danish.



BACKGROUND

Antesa specializes in evoking and cultivating human potential with an unmatched capacity for strategic leadership, coaching, people development, and curating transformation. She holds a deep understanding of human behavior, cultural and personal entropy and its impact on innovation, and the essential ingredients required for sustainable and holistic transformation.

Her professional background spans over 12 years in investment banking both in New York City and Copenhagen where she was a key player in various projects, programs, and initiatives throughout her corporate career.

At both BNP Paribas, and Nordea, she managed multi-million euro cost portfolios, led various extensive simplification programs, orchestrated the design and launch of regulatory training and system automizations, worked to improve company culture and intradepartmental communication, and identified, mentored, and was responsible for the leadership development of young significant talent who would eventually become leaders in the global organizations throughout both companies.

BACKGROUND

Continued...

Antesa has a Bachelor of Arts from the University of Oregon, where she majored in French and Music, with a dominant focus on cultural psychology, philosophy, and sociology. In her mid-20s to early 30s, alongside her banking career, she partook in immersive studies of yogic principles and received a 200 hour yoga teacher training certification in New York. Eventually, inspired by an existential reckoning in her own personal health, life and professional career path, she embarked on a journey of self-study, covering a broad range of subjects, from epigenetics, cognitive neuroscience, the biology of emotion and beliefs, and various modalities of Eastern spirituality.

In 2015, along with formally getting certified as a coach, Antesa became the director of a personal development organization in Copenhagen, training hundreds in self-development, meditation and embodiment, and has been explicitly guiding others on their transformational journeys ever since.

In 2016, after years of searching for the intersection between the growth potential of culturally immersive world travel and her desire to impact society through harnessing the individual's inward journey, she founded Adventure Awake, which, in addition to her core offerings as a coach and speaker, provides the motivated humans she loves to guide with practical tools in uncovering their innate potential in real-time, through real-life, real-world global experiences.

After running her coaching business and Adventure Awake on vacation days, nights, and weekends for two years, she left her day job at Nordea in 2017 to pursue facilitating transformation as a coach and teaching Emotional Intelligence full time, both in person and online. She now has a global client-base spanning six of the seven continents in the world.

SERVICES

HALF-DAY WORKSHOP

FULL-DAY WORKSHOP

KEYNOTES

1:1 LEADERSHIP COACHING

GROUP COACHING FOR TEAMS

CORPORATE RETREATS

TEAM-BUILDING EXPEDITIONS

Services are holistically designed to be bundled for optimal results. For an organization which strives to create a common language and conditions for sustained growth and transformation of [company] culture, it's advised that a number of foundational emotional intelligence topics get covered in any of the above formats over a period of time. Change does not happen overnight, and it requires feedback, an opportunity to reflect and integrate, and time to let new concepts land experientially in one's life. For that reason alone, although it certainly plants necessary seeds, one-off sessions of any of the below topics are not recommended.

EXAMPLE TOPICS

build a common foundation

YOUR EMOTIONAL LANDSCAPE

An introduction to emotional intelligence and the emotional landscape; the difference between thoughts, feelings, and reactions. Designed to support participants in identifying unhelpful thoughts and behaviors and isolating nervous system dysregulation, along with tools for resolution.

YOUR EMOTIONAL PROTOCOL

A follow up to Your Emotional Landscape, we go more deeply into how the nervous system works, coping with stress, identifying and meeting needs, and communication strategies for building relationship. Designed to ensure that all participants ultimately speak the same language and can support one another in their growth.

FEEDBACK CULTURE + SELF-AWARENESS

A new take on how to give and receive feedback that centers on self-awareness, consent, and building a strong and safe team ecosystem where everyone feels empowered to grow. In this workshop, participants will create their “EQCV” in between two half-day workshops.

TOPICS

Continued...

COMMUNICATION MASTERY I-II-III

An introduction to communication mastery. Designed with a focus on experiential exercises which improve (I) listening and curiosity, (II) the ability to read body language and activate empathy, and (III) compassionate communication.

Go deeper

An organization which has invested in ensuring their teams have foundational knowledge of emotional intelligence tools and resources are optimally served by continuing their growth in the form of group coaching programs for teams, 1:1 leadership training to support leaders in developing coaching skills, retreats to dive deeper into foundational topics and team-building expeditions to put it all into practice, together.

WHAT TO EXPECT

THE DETAILS



WHAT TO EXPECT

- 1 When planning a keynote, workshop or EQ training, we begin with a complimentary 30 minute call to get acquainted and share more about the organization's needs.
- 2 Based on that conversation a proposal will be drafted based on Antesa's experience and expertise and what she thinks would serve you the best, with some suggested price points. The draft can be edited and expanded upon to best suit the needs and budget of the organization.
- 3 Once our agreement is in place, a contract and invoice will be sent for signature and payment.
- 4 Before the event(s) take place, we'll have a 60 minute planning session where we'll define what success looks like. This session is designed to get to the nuanced core of what you would like to accomplish. From there, bespoke content for keynotes, training, and workshops will be designed, curated, and facilitated specifically for your needs.
- 5 Once the chosen event(s) have taken place, a follow-up meeting will be scheduled to debrief together and discuss next steps.

CASE STUDIES





CONSENSYS

Consensys, an ethereum blockchain software company, was going through a leadership restructure and, given the nature of their entirely virtual organization, wanted to ensure that the full company of 500+ employees, and their leadership, were all speaking the same emotionally intelligent language. Consensys is a global company with vast cultural and educational backgrounds, and they were looking to unify and inspire their teams while also addressing some of the communication and behavioral struggles they had been experiencing.

After a few conversations about how to best serve their unique organization, we decided on one hour-long keynote on zoom for the full organization, and then the following week, two two-hour deep dive workshops, also on zoom, for their new leadership cohorts, where resources were shared and broken down into practical application from a leadership perspective.

The keynote functioned as the introduction to a new way of relating and orienting to both the group and the individual in terms of stress responses and emotional protocol, and as an introduction to a new, emotionally intelligent, company culture. The workshops equipped those in leadership roles to model this new culture in their teams immediately.



MAERSK

Maersk's Head Office HR team based in Copenhagen had a broad cultural background and, being a matrix organization where most of the team held different functions, struggled to find communication strategies that had the team feel as though they shared a common purpose.

Through in-person leadership consultations between Antesa and the Head of HR over several months, we concluded that one half-day workshop as a part of their team-building to introduce emotionally intelligent communication, followed by a full day workshop 6 months later, would be a great way to create a container where the progress could be followed and nurtured over time and employees could come back into the educational container to go further with their growth, ask questions, and continue to build on what they had been learning.

The 1:1 consultations with the HR Head throughout this package functioned to ensure she had the tools necessary to lead with compassion as her organization embraced change, while giving her team the tools they needed to rise to the occasion.

LEARN MORE

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EMOTIONAL
INTELLIGENCE
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