



WHAT THEY ARE SAYING



*„I opened some kind of black box.
I didn't expect such a catastrophe...
but I am slowly cleaning up what
came out of it. It was a profound
relief.“*

Female Executive & Session Participant



*„She has the rare ability to
motivate listeners to achieve their
dreams while remaining deeply
compassionate. Her enthusiasm
is absolutely infectious.“*

University of Applied Sciences Kiel,
Germany



BOOK ZUZANA FOR YOUR NEXT EVENT



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Location: Traveling globally from
Bratislava/Wien.

For high-achieving female leaders, professional success often comes at a hidden cost: an exhausted nervous system and a 24/7 mental load at home. Operating purely in “performance mode” quietly drains corporate productivity, accelerates burnout, and decreases retention.

Dr. Zuzana Shogun Valekova provides the missing link. As a former elite athlete and corporate leader with 15+ years of international speaking experience, she teaches executives how to transform personal relationships from a draining liability into their greatest support system. Booking Zuzana guarantees a low-risk, highly professional, and deeply engaging experience that combines academic rigor with radical honesty.

1. The Ultimate Leadership Hack: From Performance to Presence

(Target Audience: Corporate, HR, Executive Leadership)

Leaders are taught to manage time, but rarely their nervous system. In this keynote, Zuzana reveals how Relationship Intelligence (RQ) and Body Intelligence (BQ) are the ultimate burnout prevention tools. Key Takeaways:

- How the “masculine drive” traps female leaders into chronic stress.
- The “Somatic Check-In”: A practical tool to self-regulate stress in real-time.
- Building a secure, nourishing “Home Base” that fuels professional resilience.

2. Opening the “Black Box”: Stop Managing Relationships, Start Nourishing Them

(Target Audience: Women's Summits, Empowerment Events, Wellbeing)

High-achievers often lock emotional exhaustion into a mental “black box.” This interactive session safely opens that box, teaching audiences how to release the pressure without losing their edge. Key Takeaways::

- Why treating a marriage like a corporate project kills intimacy.
- Radical Honesty: Communicating boundaries without guilt or defensiveness.
- Live interaction using KEYS prompts to dissolve emotional tension instantly.

THE “KEYS” STAGE EXPERIENCE

Zuzana facilitates transformation, not just motivation. Every presentation incorporates the **KEYS methodology**—a tangible tool for high-pressure environments. Rather than deep individual analysis, Zuzana uses the KEYS to facilitate a **collective “Somatic Exhale.”** Through targeted prompts, she helps the audience bridge the gap between cognitive theory and real-time physical regulation. You can literally see high-powered executives drop their corporate armor and breathe again.