

Biography



My passion is to open minds. My own and that of others. Therefore I have been teaching for years on influencing, digital mindset, mindfulness etc.. For this I have written my book: "24 Karat Success - Golden rules for a successful and fulfilled life in the digital age". Why "digital age"? Because we can only shape the future fearlessly if we become more aware as human beings: What is predetermined in us, what can we change, how can we successfully influence ourselves and others?

Dr. Franziska Frank works free-lance as trainer, keynote speaker, author of the [Executive Education Service Pack](#) and [24 Karat Success](#), program director in three languages: English, German and Russian.

In addition, she is Affiliate Program Director at the renowned [ESMT Berlin](#).

Franziska teaches in executive education programs of ESMT Berlin, Singapore Management University, Haufe and directly for companies about negotiation, decision making, influencing, nudging, authentic leadership and what every manager should know about the brain.

As a qualified MBSR teacher she teaches mindfulness in different formats.

As a program director she has run dozens of programs for companies worldwide, such as Allianz, Axel Springer, E.ON, Generali, Hogan Lovells, Kaspersky, KPMG, Mako, Munich Re, OGK4, Renova, Roscosmos, Rosatom, Russian Railways, Sibur, Talanx, Uzbek top managers etc.

At large conferences she has entertained and inspired on different topics such as brain and innovation, train your brain, influencing and framing and other topics from her teaching portfolio. (You can find a few examples [here](#))

At the age of 15 she left her hometown Munich to take O- and A-Levels at an English boarding school. Afterwards she read history for her Bachelor and Master degree at Peterhouse, Cambridge's oldest college. As a result of her activities in the debating club at school as well as at university, she was already at that time a passionate speaker.

On the way, she learned Russian for her love of Russian literature.

Subsequently, she studied law in Tübingen and Munich, passed two state law examinations with distinction and finally wrote her doctoral thesis on Russian law. For six years she worked as a management consultant at Boston Consulting Group in Munich and Berlin, followed by ten years as full-time Program Director at ESMT Berlin.

With husband and three children she lives in Berlin.