



## Book information

**Authors:** Henrike Wilkes  
**Title:** Frauen führen besser!  
**Subtitle:** Women lead better! If they dare to be authentic

**Short text:**

Henrike Wilkes vividly describes how you can develop as a leader while remaining authentic. She provides an insight into her professional career, reveals her own experiences with surprising openness, and does not conceal the many ups and downs along the way. She wants to encourage young women in particular to develop confidence in themselves, to be courageous, and to remain authentic – regardless of the professional context. Henrike Wilkes provides a number of helpful ideas and approaches for self-reflection, recognizing suitable role models for your management career, and driving forward your own personal development. One very unconventional but extremely effective method is coaching with horses, which she uses in her own development as well as in her work with her coaches. Finally, the most important tip for all those with management ambitions: Working in a management position should ultimately be fulfilling and enjoyable!

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