



DISCOVER

your true calling

TRANSFORM

into the person you aspire to be

CREATE

your own legacy

**BUSINESS
PROFILE**

ABOUT ME

Born as the first of eight children in the landscapes of Kenya, I have experienced first hand the challenges of poverty—going without meals, wearing worn-out clothes, & struggling to afford school fees. Despite these hardships, I persevered through my education and eventually made my way to Germany, where I embarked on a new chapter as an immigrant. The journey was far from easy. I faced years of vacancy denials, language barriers, identity crises, racism, discrimination, and the heartache of my son's battle with cancer. Through all of these challenges, I have learned the true meaning of resilience and personal growth.

These experiences form the foundation of everything I do. As an Agile Coach, Business Trainer, and Scrum Master, I guide leaders and teams on their journey toward agility. Additionally, as a Life and Purpose Coach, I work with individuals, students (in universities and schools), associations, communities, and organizations to help them find their purpose, build resilience, and foster empowerment. I focus on mindset shifts, integration, and diversity, while also advocating for the Ubuntu philosophy and raising mental health awareness. Offered as workshops, 1:1 Coaching and speaking's.

Beyond my coaching, training and speaking, I am also the author of two books, both written to inspire, encourage, and impact others. *"The Confident Me"* is a call to women to rise up and embrace their confidence, while *"Ubuntu Within"* is a memoir of my resilience and the power of human connection, grounded in the philosophy of Ubuntu. Writing these books is an extension of my mission—to touch lives, share my story, and empower others to find their strength and purpose. Everything I do is driven by my belief in the power of resilience and the potential for growth, no matter the challenges we face.



MISSION, VISION & OBJECTIVES



My mission is to teach, inspire, & empower others, driven by a deep passion to leave a lasting, positive impact on the lives I touch. I believe that true fulfillment comes from uplifting others, whether through words, actions, or simply being a source of encouragement. If I can touch a single soul and spark meaningful change, then I know my purpose has been realized. At the heart of my journey is resilience—a quality that defines me. I stand firm in the face of challenges, not just enduring them, but transforming them into opportunities for growth and learning. Each obstacle becomes a stepping stone toward becoming stronger, wiser, and more capable of guiding others through their own struggles. In this, I find the power to create ripples of change that extend far beyond myself.

- To create a meaningful and lasting impact on personal development and growth.
- To empower individuals to recognize their potential and make positive changes in their lives.
- To raise awareness on mental health and advocate for diversity, integration, and resilience.
- To support women, from teenagers to managers, in finding their voices and achieving their goals.
- To inspire shifts in mindset, including overcoming imposter syndrome.

- Personal Development & Growth
- Mental Health Awareness
- Ubuntu Philosophy
- Self-Empowerment
- Resilience
- Diversity & Integration
- Imposter Syndrome
- Mindset Shift



WORKSHOPS & SEMINARS CONDUCTED

- Imposter Syndrome
- Intercultural relations
- Racism
- Empowerment
- Resilience
- Challenges to Integration
- Generational Conflict in relation to Integration, Assimilation und Racism
- Mental Health awareness



KEYNOTE SPEAKING'S

- Mental Health awareness at African care professionals in Germany.
- Kunst des Durchhaltens at Greater Woman Empowerment Summit.
- Träume erobern: Wie Mut und Ausdauer uns voranbringen at Erfolgskongress



TESTIMONIALS

Testimonials from Clients

"We are empowered! Together with other female doctoral students and students from the Karlsruhe Institute of Technology, I participated in the workshop 'From Imposter to Empowerment' by Maureen Burgsthaler. Together, we took significant steps toward greater self-confidence and self-assurance. The particularly impressive aspects were the trusting atmosphere and Maureen's ability to address our needs and topics in a very targeted manner.

Ellen Förstner"



PUBLISHED ARTICLES, MEDIA APPEARANCES & COLLABORATIONS

<https://coachimprofil.news/maureen-burgstahler-im-profil-transformation-mit-zielen-und-traeumen/>

<https://www.enbw.com/integrierter-geschaeftsbericht-2021/nachhaltig-arbeiten.html>

https://www.iai.kit.edu/IAI-News-Archiv_4814.php

<https://greator.com/events/female-empowerment-summit/>

https://youtu.be/10uWMJPYpYk?si=TyK_8Q8cGeepKPHN

BOOK SHELF

Ubuntu Within:

In the stillness of an oncology ward, grappling with my son's leukemia diagnosis, I was plunged into profound reflection. That night, amidst the sterile whispers of the hospital, I journeyed back through the mosaic of my life—from the humble and hard beginnings in Kenya to the challenges and triumphs that led me to Germany.

Born the eldest daughter to a father who saw no value in educating girls, I defied expectations and pursued my education. My journey led me from the lanes of Kenya to the streets of Germany. As an immigrant, I navigated the turbulent waters of discrimination and racism, yet I also discovered profound love and connection. From securing vocational training after over six years in Germany to juggling school and hospital duties, furthering my studies, and ascending the career ladder—from a secretary, to an agile coach, and finally to an entrepreneur—every step was fueled by the enduring spirit of “Ubuntu Within”, the African philosophy that emphasizes our interconnectedness.

This book is not merely my story. It is an homage to the unyielding power of Ubuntu that I carried within me from Kenya, guiding me through every hardship and joy. It is a testament to the strength we harbor within, the strength that binds us, and the communal ties that help us overcome the unimaginable. Join me as I unveil the layers of my life, revealing how the spirit of Ubuntu can guide us all to profound resilience and transformation.



BOOK SHELF

The Confident Me:

Empowering you to embrace your confidence and fulfill your dreams

"unlock your true potential with "confident me - rise up." a transformative guide designed to inspire you to embrace self-assurance and chase your dreams with unwavering courage.

In these pages, you'll discover practical strategies and motivational insights that will help you shed self-doubt and cultivate a resilient mind set, whether you're seeking to advance in your career, improve your relationships, or simply live a more fulfilled life, this book provides the tools you need to achieve success on your own terms.

Step into your power and start your journey to a confident, goal-driven life today!



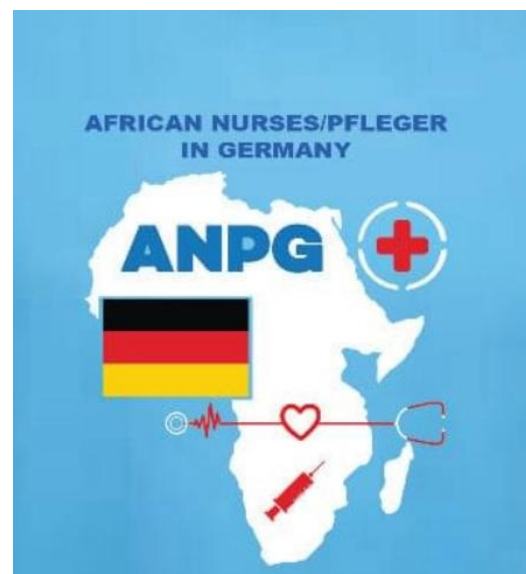
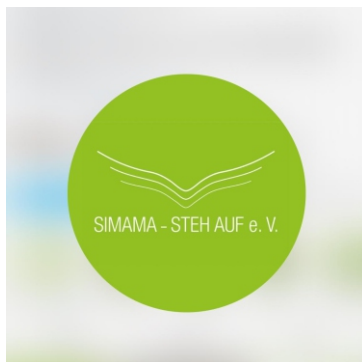
CLIENTELE

- ***Individuals***: Focused on personal growth, self-empowerment, and mindset transformation.
- ***Women***: From teenagers to managers, helping them navigate challenges, build confidence, and succeed.
- ***Schools and Universities***: Offering workshops and seminars on mental health, imposter syndrome, self-empowerment, and resilience for students and staff.
- ***Associations and Companies***: Delivering programs on diversity, integration, mental health awareness, and personal development.

Sofar:

- EnBW - agile Coach and business Trainer
- KWIG - Kenyan women in Germany e. V
- KIT - Karlsruhe institute für Technologie
- Simama- steh auf e. V
- African Health care professionals in Germany e.V
- Werner-von-Siemens-Schule

CLIENTELE






CONTACT INFO:

 motivatedbypmaureen@gmail.com

 +49 1743120849

 Available for engagements globally, with a primary focus on German

 Maureen Burgstahler

 Maureen Burgstahler

 [motivatedbypmaureen1](https://www.instagram.com/motivatedbypmaureen1)

 www.motivatedbypmaureen.com