

Alex Carabi

Creating more space for life

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Most of us live constrained versions of ourselves
– as individuals, organizations, and societies.

**What happens when we create the
conditions for life to thrive?**

**What happens when we allow ourselves to
unfold more of who we are?**

Alex's work is a living response to these questions.



About Alex Carabi

Alex Carabi is an **executive leadership coach, therapist, author, and speaker.**

He works with **CEOs, leaders, and teams from around the world**, helping them to become more present, effective, and connected.

His therapeutic work helps people to **unwind deeply held patterns and beliefs** in service of **greater resilience and flourishing.**

He talks inspire people to bring forth **more truth, goodness, and beauty** in business and the world.

He lives in Sweden with his partner and son.



Background and Credentials

- **Professional Certified Coach** from the ICF. Trained to resolve **developmental trauma**.
- Clients include venture-backed startups, corporate retailers, and venture capitals firms with +\$1B AUM
- Author of the book ***On Relationality*** (2023)
- Co-founder of **Yellow**, a community and organizer of "empty space" events, unconferences, and retreats
- Host and facilitator of online coaching trainings at **Coaches Rising**, with 500+ participants per session
- Previous experience as management consultant and founder of brand agency



On Relationality

Alex is the author of *On Relationality*. It's a brief book on the relational nature of life – and how to live more relationally – informed by the ideas of philosopher Martin Buber.

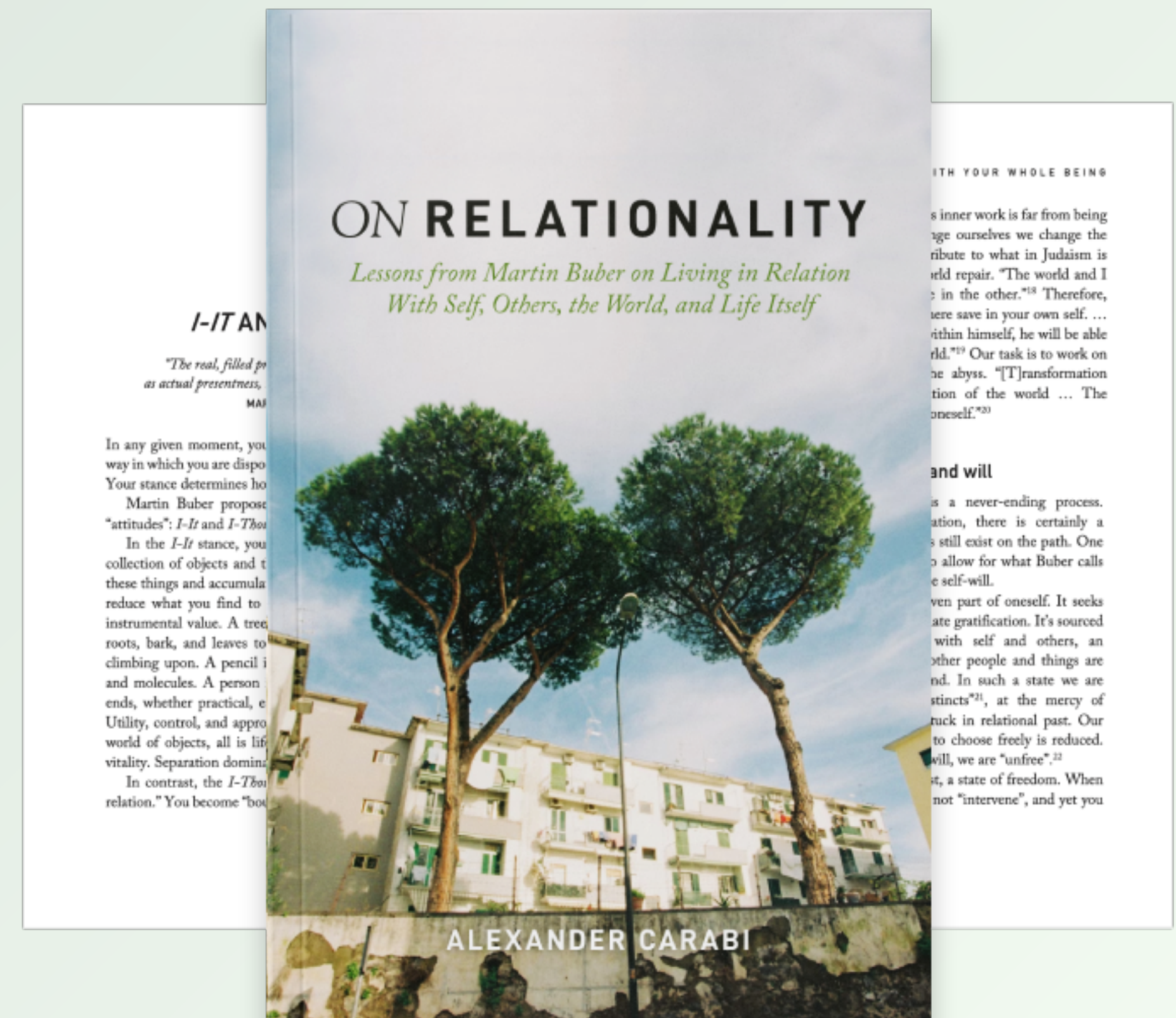
Praise for *On Relationality*:

"I really love this book. It is so packed with well-thought, precise content that our time urgently needs, yet so gentle and readable in a very palatable format ... It's an amazing gift of a book."

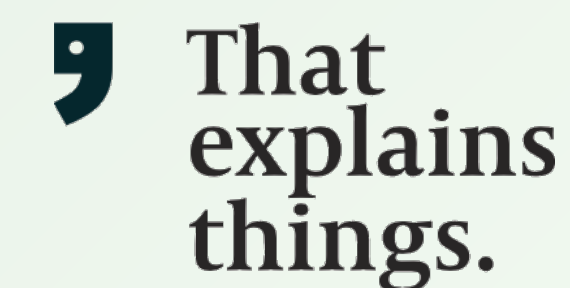


Pella Thiel

Co-Founder of Transition Network Sweden and End Ecocide Sweden
Knowledge Expert at the UN Harmony With Nature programme



Former Clients & Engagements



Testimonials

"Alex's combination of in-depth knowledge, his ability to capture an audience, and his way of listening to the present moment are unique. Listening to Alex speak inspires clarity and new perspectives that create energy and engagement. I have worked with leadership and organisational development for 17 years – Alex has to be experienced."



Göran Hedrén
CEO at IERO Ledarutveckling

"Alex is a bright, compassionate and skilled coach and facilitator, who we had the privilege to visit us on the theme of stress. We had a great half-day together with a combination of inspiration from Alex and exercises in small groups on concrete and tangible ways to work and cope with stress on individual and group level in our practice. I can highly recommend Alex."



Frederik Ahm Krag
Senior Partner at Implement Consulting Group

Topics of Talks & Speaking Engagements

1

**Embracing
Complexity &
Uncertainty**

2

**Regenerative
Leadership**

3

Relationality

4

**Transforming
Stress**

Alex is a native speaker of both English and Swedish, and delivers talks in both languages. All of Alex's talks combine teachings and brief exercises, and are customized as required.

1) Embracing Complexity and Uncertainty

Learn practical skills for navigating complex systems and embracing the unknown – and have fun while doing it.

Alex's work with Yellow is an applied experiment in embracing complexity, spanning 4+ years and 200+ sessions, events, and "unconferences". In this talk you'll learn:

- What are complex systems and how are they different than complicated or chaotic systems and domains
- Get to know your own embodied signals that you can use to navigate in complexity, uncertainty, and the unknown
- Simple practices from improv theatre that you can use to become aware of what blocks you from embracing the unknown, and learn how to stay present amidst uncertainty

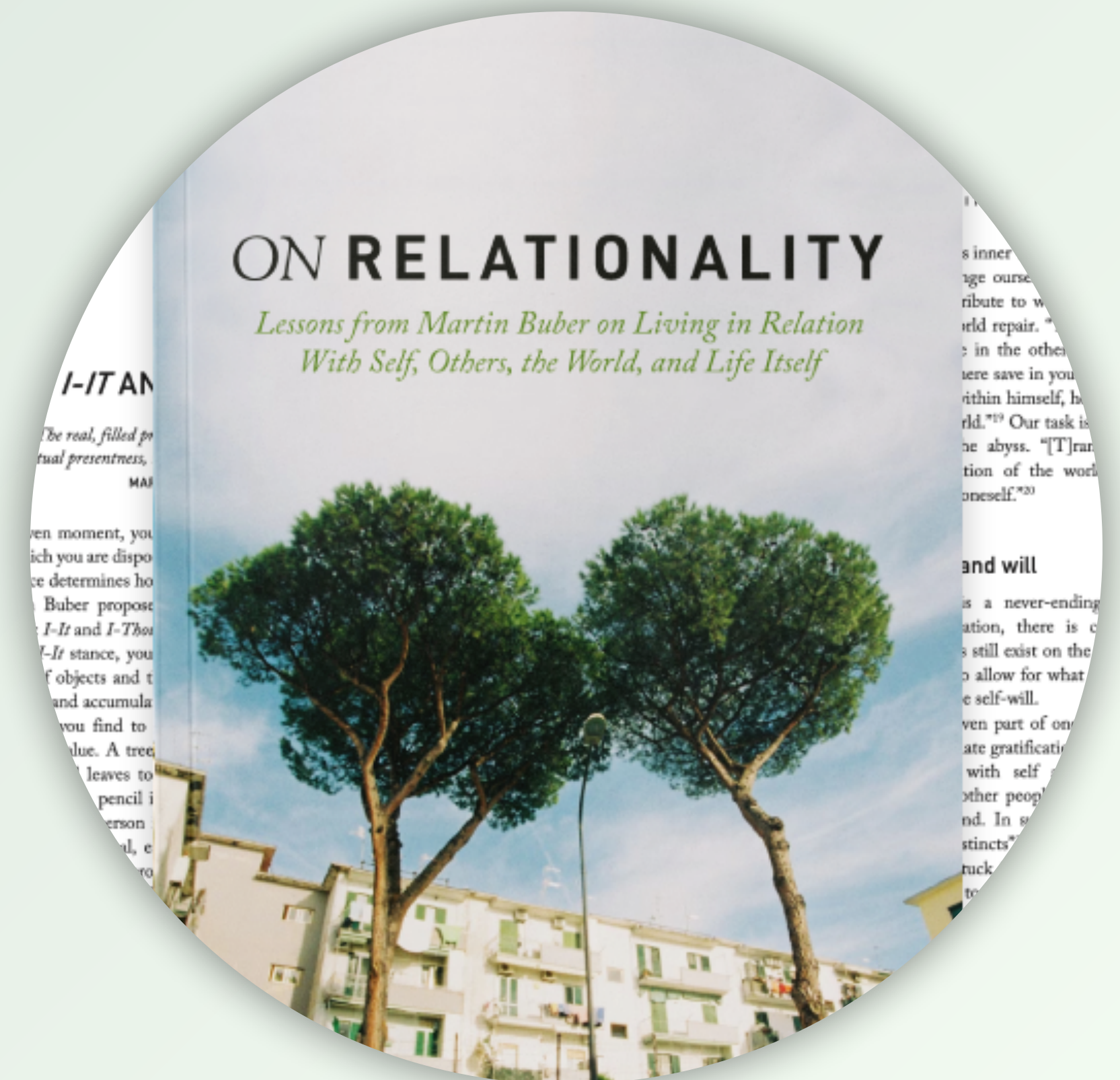


2) Relationality

Learn what it takes to lead and interact with more relational awareness, attunement and presence.

Leadership and business is about relationships. But how aware are we about *how* we connect with others? And how can we become more present in our relationships? This book is based on Alex's book *On Relationality*. You will learn:

- A simple yet powerful framework to evaluate your relational stance in any interaction, inspired by the ideas of philosopher Martin Buber and neuroscientist Iain McGilchrist
- How to become aware of how you relate, and how you can cultivate greater relational awareness in your teams
- Practices for becoming more attuned to the relational space in leadership, team interactions, and the rest of life



3) Regenerative Leadership

Understand what it means to be more than just “sustainable” – learn what it takes to be a leader that creates conditions for life to thrive.

We can learn a lot about leadership and systems from the natural world. Alex has harnessed insights from his on-the-ground work in regenerative agriculture and applied them to leadership. In this talk you will learn:

- The principles of regenerative leadership and systems
- How to cultivate the conditions for life to thrive
- How to reflect on what brings you alive – and how to notice what blocks you from allowing that to unfold organically
- Practices for supporting inner and outer regeneration, in yourself and your organization



4) Transforming Stress

Understand how to transform stress and expand your capacity – without breathwork, physical exercise, and other ways of “managing” stress.

Stress is everywhere in our modern lives. But what is stress, really? And how can we learn to actually transform our capacity to encounter stress, rather than just “managing” it? In this talk Alex’s shares his personal story about stress. You will learn:

- A new definition of stress and how we stress ourselves
- The connection between the nervous system and our triggers
- Why popular methods stress of “managing” stress don’t fundamentally change what generates stress in the first place
- Simple yet powerful tools to transform stress into increased emotional and relational capacity in the workplace



Other Examples of Talks & Keynote Topics

Coaching as Leadership

Learn how simple practices from coaching can transform every leadership conversation into moments of magic and unfoldment in your teams.

Applied Mysticism

Learn what the ancient mystics can teach us about leading effectively and navigating our individual and collective challenges today. This is the subject of Alex's next book.

Trauma-Informed Leadership

Understand the mechanisms of trauma, and learn how to be a leader who can create spaces that help to transform trauma into energy and insight.

Contact

Each talk is customized to address the needs of your organization. Reach out to have a conversation.

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I look forward to hearing from you!

