



# Silke Bude

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LIFE COACH & SPEAKER

[www.bukephalos-coaching.com](http://www.bukephalos-coaching.com)

# PRESS TOPICS

A small selection of potential topics for interviews and articles:



One simple question to get to the bottom of every excuse



What is the key step to get from average life to dream life?



Just do it, or how I had my James Bond moment in England



What happens, when you say "yes" to new challenges



What school has to do with the myth of either-or



As the only woman worldwide in a, up to that point, man's job - my story



299 men, 280 of whom muslims, and I in a crew in the desert - my story



The myth of the "one trick pony" and how you can rediscover your other talents



Why we should choose children as our guiding example to finally start living our dream life



# TESTIMONIALS

ANNE H. \_\_\_\_\_

Stop going for perfect and just start, was what transformed everything for me.

MIKE R. \_\_\_\_\_

Uncovering my hidden talents was fun. I really hadn't thought that would give me such a push.

JANICE R. \_\_\_\_\_

It was really scary at first to admit that yes, I'm making excuses all the time for all the things that didn't work out. Now I'm loving it though to be able to say I'm in command, I've got this.



# MY OFFERS

- Shadowbuster 1-on-1 Coaching: 8 week programme
- Shadowbuster Group Coaching: 8 week programme
- Shadowbuster Retreat: 4-5 intensive days
- Presenter/Speaker



**SLA Minutes does Sex**

**Silke Bude**  
**Playwright**  
**presents**  
**Fantasy**

**Saturday 22nd June**  
**Pleasance, 8pm**

# ABOUT ME

I came to coaching because I was asked again and again how I achieve everything I do and how I achieved everything I have achieved. So what have I achieved? I studied geology/palaeontology and work as a geophysicist. In my first job right out of university, I was the only woman worldwide, not just at the company I worked for, but overall who held the position. Following on from that working as a geophysicist, I was the only woman most of the time. On the side, I started writing plays, which found their way onto the stages of London. Since photography has always been one of my passions, especially analogue photography, I have always been looking for new challenges in this area and so, for example, worked in the photographer's pit at Fashion Week and took pictures. Since horses have always played a key role in my life, after various training courses I started working as a holistic horse health expert and rehabilitation trainer for horses. I originally got into acting because I thought it might be interesting for my playwriting to see plays from the actor's perspective. That led to my regularly being on stage as an actor in London. To date I have lived and worked in 18 different countries and speak 8 different languages more or less fluently. Since my childhood I have always noticed where other people "function" differently to me, which in most cases leads to people leading a conventional life. This difference to my life is the basis of my coaching and speaker offer.



