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The most important capacities in leadership are biological before they are behavioural

- Biljana Mirceva



Human Edge Coaching Leadership

Leadership Rooted in Wellbeing

www.biljanamirceva.com

The Human Edge Coaching Leadership Program

Certification built on the conviction that the most important capacities in leadership are biological before they are behavioural.

What AI cannot replicate is genuine presence, a regulated nervous system, and the capacity to hold another person in their growth. At its core, this program enables psychological safety.

The Leadership Lattice Method™
12 days across one year and integration space





Leadership Rooted in Wellbeing

The Leadership Lattice Method™

based in the Art of being 6A9B Framework and Coaching Essentials

This program begins at the root. It treats the human being as a whole system across nine dimensions of life and teaches the leader to work with that whole system, from a place of their own regulated capacity.

At its centre is The Leadership Lattice Method™ — the Art of Being 6A9B Framework.
Nine Dimensions of Being are the territories of a whole life; six Attitudes are the lenses brought to each.
Where they meet, growth happens.



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Module 1

Wellbeing Foundation

Leadership begins in the body. Sleep, movement, circadian rhythms, stress physiology, the gut-brain axis, nervous system regulation.

Participants map their biological state and build their Personal Health Architecture.

Coaching skill: Presence - the quality of genuine contact.

Module 2

Ground Yourself

From biology into the quality of leadership presence. Sensuality as interoception, self-awareness as emotional intelligence, the biology of connection, NVC, career as purpose alignment, curiosity as the nervous system state that opens capacity.

Coaching skill: Self-Awareness -clear self-understanding across insight, emotion, mindset, and interpersonal impact.

Module 3

Multiply Circle Impact

Relationships as biology: attachment, co-regulation, social pain.

Non-violent communication under pressure. The ascending career, the sovereign communicator.

Coaching skill: Active Listening -
Receiving what is said beneath the words.
Reflective Statements - mirroring back with precision

Module 4

Transform Society

What will remain in the people you led, long after the role is gone? Energy as infrastructure, sustainability as a personal reckoning. Generativity as the final measure of a leader.

Coaching skill: High-Mileage Questions - signature questions, not-knowing, the hardest question.

Learning Outcomes

- Knowledge & Understanding of the Art of Being 6A9B Framework integrated in the Leadership Lattice Method™
- Explain the biological foundations of leadership
- Access and track their own wellbeing across all nine dimensions
- Understand the mindset of a leader as a coach
- Psychological safety made pragmatic
- The balance of giving and receiving as a health hack

Format & Graduation

- 12 sessions x 7 hours and practice (online or in person)
- Each session: somatic opening, theory, skills practice, reflection, planning
- The Art of Being Audit monitored
- Accountability Partner Exchange
- Coaching Leadership Certification (required: attendance, complete assessments, self-reflection)
- Price: 4990 EUR for individual person + travel costs if in person. Companies with more participants have a discount.

Your Coach

Biljana Mirceva is a Wellbeing Coach, Sustainable Leadership Lecturer at SBS Swiss Business School, Quality Management Expert and creator of The Leadership Lattice Method™ — a leadership certification grounded in leadership principles, neuroscience, quality management systems thinking, and holistic health science.

Drawing on more than a thousand organizational investigations into the human cost of leadership under stress, she built a proprietary methodology that trains leaders to operate from biological capacity and coach others from the same integrated ground.

She is the author of the Leadership Rooted in Wellbeing newsletter, and a practitioner of the philosophy she teaches: Festina lente or hurry up slowly.

Based in Zurich, operating globally, building a movement.



Biljana Mirceva
Wellbeing Leadership Coach

How Well Are You Leading From?

Take the quiz and find out...

<https://biljana-ludcp8rq.scoreapp.com>

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