



Mindset4Win

*Career Booster Toolkit*

# The 5 Soft Skills for true success

WITH LARISA LEONTEVA

# Who am I?



I'm not a career nanny. I've been a recruiter for over 13 years – with a sharp instinct for what truly makes people successful.

What many don't know:

I built everything from scratch – no network, no investors, no shortcuts.

At 23, I came to Germany from Uzbekistan with a scholarship for my master's degree. Today, I'm an entrepreneur, author, speaker, and the founder of SinnRec and Mindset4Win – platforms dedicated to female empowerment and true equal opportunity.

My greatest teacher? Sport.

Discipline, focus, and team spirit – I didn't just learn those in the office, but on the court.

From yoga to padel: movement gave me clarity, strength, and courage. And now, I help others tap into the same power.

*Today I know:  
Those who grow  
on the court,  
grow in their  
careers too.*

*This toolkit is  
your invitation to  
experience that  
for yourself.*

x Larisa Leonteva



# Why this Toolkit?

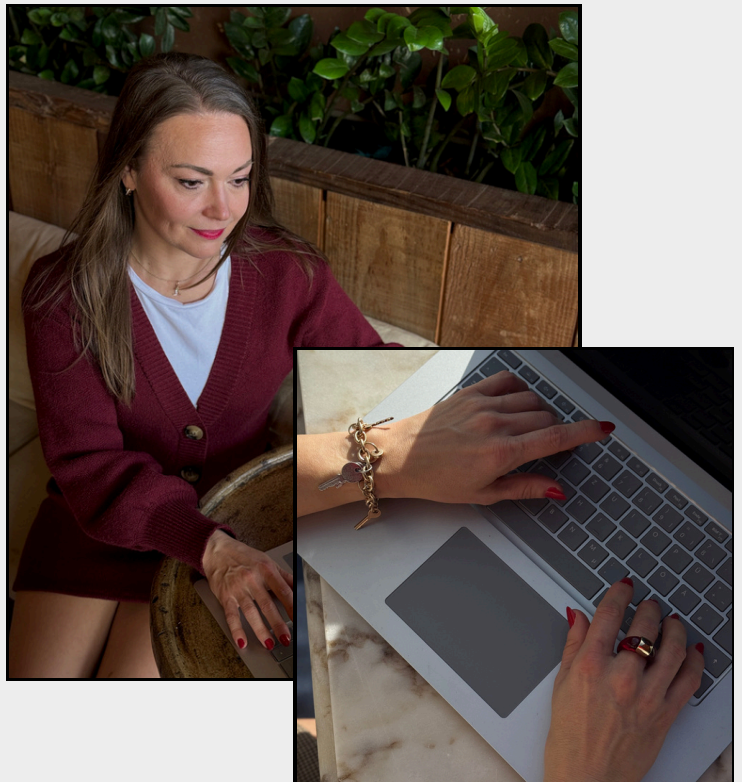
Our world is changing rapidly. New technologies, digital tools, and AI solutions are transforming entire professions – and often faster than we can react.

Many people are asking themselves today:  
Will my job even be needed in a few years?

Honest answer: Maybe not.

But you can prepare – by training the one constant that every change requires: your soft skills.

This toolkit shows you how to develop the 5 crucial skills that will determine your success in the future. And the best part: you don't need an app, a certificate, or a coaching subscription – just your body, a playing field, and a desire to grow.



x Mindset4Win

# *The 5 Key Skills for your career success*

01

## **FOCUS**

In a world full of push notifications, those who win are the ones who consciously decide where their attention goes.

02

## **ADAPTABILITY**

Change is no longer the exception – it's the norm. Those who don't adapt, get left behind.

03

## **TEAMING**

Innovation arises through exchange. Success through teamwork.

04

## **STRESSPROOFING**

Pressure is everywhere. The question is: How do you stay cool?

05

## **DISCIPLINE**

Many need an inner compass. Stop waiting – start doing.

“

A few months ago, I was in a crucial negotiation meeting. A lot was at stake – budget, team responsibility, strategic direction. While the person across from me nervously played with their pen and glanced at their phone every three minutes, I remained calm. I listened actively, asked targeted questions, and clearly presented my points. In the end, my counterpart said: “You can tell you’re fully present. That gives confidence.”

The result? Deal won. Not because of numbers or facts. But because of presence.

## Focus

### 🧠 Why it matters:

Our world is noisy. Push notifications, emails, deadlines – something is always pulling at our attention.

But: **Those who learn to focus consciously stand out.** Real concentration is rare – and that’s what makes it so valuable.

### 🏋️ Trainable through:

Padel, yoga, jogging, strength training – anywhere you need to stay in the moment to perform well.

### 👛 Application at work:

Less multitasking, more impact. In presentations, meetings, creative phases – your clear mind makes the difference.

### 🔧 Mini-challenge:

- Start your day with 10 minutes of breath focus (e.g. the 4-7-8 method).
- During your next padel match: Give each ball your full attention – no thoughts about your to-do list.
- 

### 🔍 Reflection question:

When was the last time you were truly present – in a task, in a conversation, with yourself?



“

A project that had been running for weeks was suddenly set to take a completely new direction. New stakeholders, new scope, new expectations – and all of it just three days before the launch. While the team got nervous, I switched into game mode: accept, rethink, act. No drama, no resistance – just adapt and get going.

This exact ability is something I trained through sports – in padel, when an unfamiliar partner joins the court or the tactics need to change spontaneously.

# Adaptability

## **Why it matters:**

Our jobs are constantly changing – tools, structures, teams, clients. Clinging to how things used to be wastes time, energy, and often opportunities.

## **Trainable through:**

Padel (constantly new situations!), HIIT, dancing, team sports – anywhere you need to react flexibly.

## **Application at work:**

Those who've learned to adapt quickly stay capable of taking action – no matter how often the rules of the game change.

## **Mini-challenge:**

- Play intentionally with someone you don't know yet.
- Try a new type of movement – step out of your routine and into the unfamiliar.

## **Reflection question:**

How do you respond to sudden changes in plans at work – with resistance or with movement?





“

In padel, you play in doubles. I remember a match where my partner played completely differently than I did – aggressive, direct, highly focused on winning. I had to learn to adjust to him within minutes, coordinate nonverbally, forgive mistakes, and still bring in my own style.

In the end, we won the match by a narrow margin – not because of technique, but because we played with each other, not against each other.

The same principle applies at work: communication isn't a one-way street. It's a constant process of aligning, listening, and responding.

# Teaming

## 💬 Why it matters:

No job works without collaboration. Projects, processes, innovation – everything comes from exchange. And this is often where the true difference is made.

## 🎯 Trainable through:

Padel (doubles!), Zumba, team sports, partner yoga – anywhere you rely on others.

## 👛 Application at work:

Good communication improves everything – projects run more smoothly, conflicts become easier to resolve, teams grow more productive.

## 🔧 Mini-challenge:

- Observe yourself in your next game: How do you talk to your partner?
- Give feedback consciously – not just when something goes wrong.

## 🔍 Reflection question:

How well do you really listen in your team – with the intent to understand, not just to reply?



“

I remember a tournament where I stepped onto the court under time pressure, with too little sleep and too much on my mind. The first set was chaotic – I was unfocused, irritated, frustrated.

Then came the turning point: I took a deep breath, shook it all off, and zeroed in on the next point. Point by point, I found my way back into the game.

This ability to stay calm despite the inner storm is a true superpower – especially in business, when everything hits at once.

# Stressproofing

## 🔥 Why it matters:

Pressure is here to stay – whether external or self-imposed. But those who respond to stress strategically instead of with panic remain effective and persuasive.

## 🎯 Trainable through:

Padel (fast-paced play, high concentration), yoga (calmness), endurance training, boxing (pressure regulation)

## 👛 Application at work:

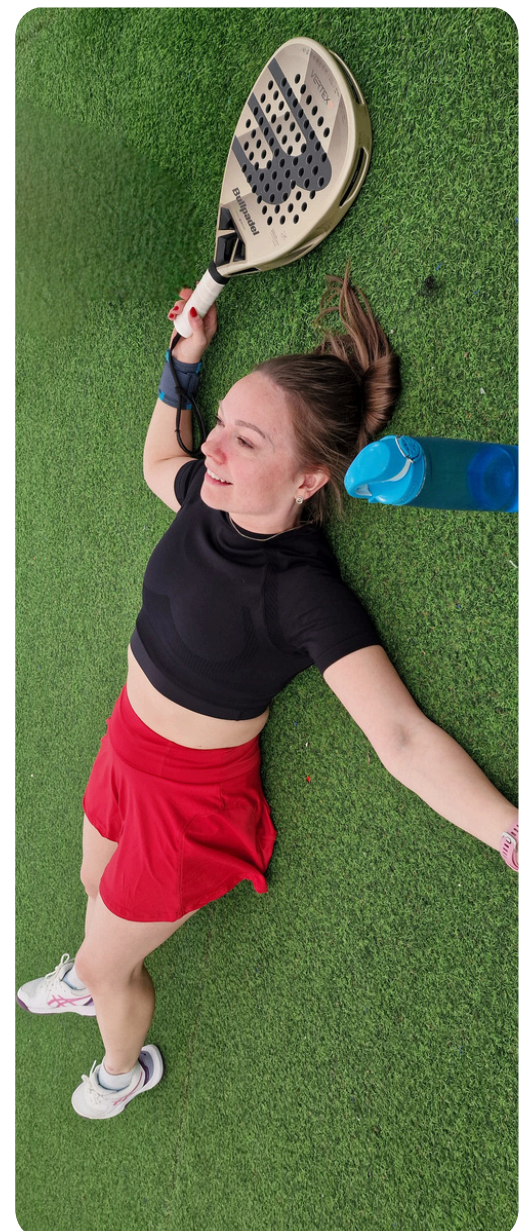
Whether it's a crisis meeting or a looming deadline – your ability to keep a cool head often determines both your impact and your outcomes.

## 🔧 Mini-challenge:

- In your next stressful moment, consciously focus on your breathing.
- Use sports not just as a workout, but as a stress release.

## 🔍 Reflection question:

How do you stay capable of taking action under professional pressure – instead of being overwhelmed?





“

There was a phase when I had no drive left. No motivation, no focus. My calendar was full, but I felt empty inside.

What helped? Not "waiting for motivation," but movement. I went running in the mornings – even in the rain, even when I was tired. I played padel even when I thought I had no energy.

And every time, something came back: clarity, drive, direction. Discipline creates momentum – in sports and in business.

# Discipline

## 🎯 Why it matters:

Goals don't achieve themselves. Successful people aren't constantly more motivated – they have structures, routines, and commitment. And they lead themselves, even when things get tough.

## ⚡ Trainable through:

Padel, running, gym, swimming – any sport that requires you to stick with it without instant rewards.

## 👛 Application at work:

Those who lead themselves are clearer, more productive, and more independent. You don't wait for someone to push you – you take initiative.

## 🔧 Mini-challenge:

- Set a specific mini-goal for this week (e.g. 3x workouts, 2x deep work sessions).
- Celebrate small wins – not just final results.

## 🔍 Reflection question:

How consistently do you pursue your professional goals – even when no one's watching?



# Conclusion:

## *Movement as a Career Booster*

The world of work is changing radically – digital tools, new technologies, AI. Many things are being replaced. But one thing remains irreplaceable: your personality, your mindset, your soft skills.

This toolkit shows you:

Success doesn't happen only at your desk – it also happens through movement.

**Focus, adaptability, team spirit, composure, and self-leadership** aren't just buzzwords – they're the skills that make you future-ready.

And the best part?

You can **train** them – through sports, through padel, through intentional routines. You don't need a coaching subscription or a certificate. Just yourself, your body – and the courage to grow.

**So: The court is open for your next career move.**

Let's grow – professionally, personally, physically.

## *Your next step:*

Get the full experience live at the **Padel & Growth Retreat in Portugal**.

Six days full of play, connection, and inspiration – for real growth.

Check the **Mindset4Win website** for current dates and availability.



[team@mindset4win](mailto:team@mindset4win)

[www.mindset4win.com](http://www.mindset4win.com)



*Thank you!*

# notes

---

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....