

# The Power of HUMAN DESIGN in Leadership

by Birgitte Riddersholm

# WELCOME

**In today's fast-moving world, successful leadership is no longer just about performance, it's also about alignment of energy.** When you're in sync with your natural strengths, decisions become clear, your energy is sustainable, and you lead others from a state of flow.

**Human Design gives you a powerful framework to understand how your unique energy operates,** and how to lead yourself and others without burning out or pretending to be someone you're not.

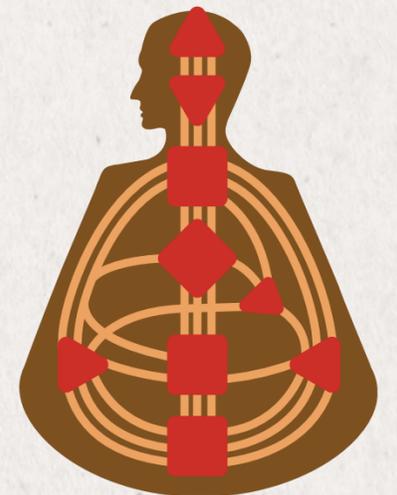
**This guide introduces you to the transformational power of Human Design in leadership,** and how it can unlock clarity, confidence, and connection in your work and your team.



# WHAT THIS GUIDE WILL HELP YOU DO

- ✓ **Discover the power of Human Design** — and why it's becoming a game-changer for conscious, modern leadership.
- ✓ **Understand the 5 Energy Types** — and how each one shapes your unique leadership style, decision-making, and influence.
- ✓ **See why Human Design stands apart from traditional leadership models** — offering a deeper, more authentic path to leading yourself and others.
- ✓ **BONUS:** Reflective prompts to help you integrate what you learn and lead from alignment, not effort.

**Plus, offering you a way to take your first step toward leading with clarity, confidence, and connection**





# I'M BIRGITTE RIDDERSHOLM

Hi, I'm a Danish and international **mentor and business coach, public speaker and spaceholder**. With more than 15 years of experience in personal development, management, and energy-based transformation, I help conscious companies, visionary leaders and curious people grow from the inside out.

I've shared "[The Power of Human Design in Leadership](#)" at **TEDxLilleTorg** open mic, **Forbes**, and "YGL" Young Global Leaders, a talent program under the **World Economic Forum**.

With a Master's degree in **Change Management** (cand.merc.) and certification in **Intuitive Leadership**, my work bridges strategic thinking with human potential.

I've explored countless leadership frameworks, but it wasn't until I discovered **Human Design** that everything finally aligned. It gave me a practical yet deeply personal tool to help leaders grow not just smarter, but with more authenticity.



# WHAT IS HUMAN DESIGN?

**Human Design is a holistic blueprint of your personal energy.** It combines ancient wisdom like astrology and the chakra system (as you might know from yoga) with modern science like quantum physics.

**When you understand your energy type, you begin to live and lead with more flow and ease.**

Human Design gives you a visual map of your energy, showing how you're designed to make decisions, manage energy, relate to others, and fulfill your potential.

Unlike personality tests, Human Design is not based on your subjective answers to a test - but *only* on your unique birth data.

# THE 5 ENERGY TYPES IN HUMAN DESIGN

## **Manifester**

(<10% of the population) Visionaries of the group, Manifestors are natural leaders who initiate action and inspire others. They work best with autonomy and can bring rapid progress to their teams.

## **Generator**

(35%) The driving force of society, Generators have a consistent supply of energy for work they find meaningful. They excel in roles that allow them to build and create.

## **Manifesting Generator**

(35%) A blend of Generators and Manifestors, these individuals are multi-passionate and thrive on variety. They are capable of handling multiple projects simultaneously and bring dynamism to the team.

## **Projector**

(20%) Gifted with the ability to see efficiencies, Projectors excel in guiding and optimizing processes. They require more rest than other types and shine when their insights are valued.

## **Reflector**

(1-2%) The rarest type, Reflectors are highly sensitive to their environment and offer valuable insights into the well-being of their organization. They serve as a mirror, reflecting the health of the team or company.



# WHY HUMAN DESIGN IN LEADERSHIP?

Traditional leadership tools like personality tests (MBTI or DISC) or performance frameworks, are mind-based systems. They help leaders understand behavior, communication style, and skills through observation and analysis. These tools are useful for developing self-awareness on a *mental and behavioral level*, but they often stay on the surface, focusing on *what you do and how you act*.

Human Design, on the other hand, goes much deeper. It's an energetic map that shows *how you are designed to operate in alignment with your natural energy*.

***Instead of analyzing personality, it reveals:***

- How you're designed to lead and influence others (by energy type)
- How you make decisions correctly
- What environments and relationships best support your growth
- Best way to communicate, process information, and much more.

**Human Design moves leadership from a mental exercise to an energetic embodiment, guiding leaders to lead from alignment rather than effort.**





## BONUS: REFLECTION QUESTIONS FOR ALIGNED LEADERSHIP

1. When do I feel most in *flow*?
2. What *drains* my energy the most right now?
3. Are you leading from the state of fear or flow?
4. What do I need to let go of in order to lead with more *authenticity*?
5. *Who* would benefit, if I started leading from my Design?



# WAYS TO WORK WITH BIRGITTE

I work internationally and remotely with leaders and organizations

## **Executive Mentorship**

This Executive Mentorship Programme is created **for leaders and entrepreneurs** who want to grow beyond traditional strategies and lead from a deeper state of alignment, energy, and purpose.

## **Business Coaching**

Through tailored coaching, we focus on performance, communication, and mindset, giving you, as **an employee**, the tools you need to thrive, stay motivated, and contribute to a stronger team culture.

## **Speaker**

Invite me to speak at your event - online or at your venue.

## **Events**

Workshops, teambuilding, retreats, networking event... I've done it all, and I love to tailor a unique event with you!

Contact me at [BirgitteRiddersholm.dk](mailto:BirgitteRiddersholm.dk)