

Safe Steps 24 Masterclass – Meet the coaches



Andreas Thomas is a seasoned fitness and health coach, a sports scientist, and a psychologist. Over the past 5 years, he has helped more than 200 managers, CEO`s and self-employed individuals sustainably lose weight and achieve top physical form. Andreas is the creator of the holistic **S3 Method**, a unique approach that empowers clients to reach peak physical condition with just two hours of effort per week, combining nutrition, motivation and physical activity.

Most people know what would be good for them, but something habits stand in their way.

The focus of his work has been to remove these oftentimes “invisible” obstacles that stand between people and their fitness & health goals.

In addition to his expertise in health and fitness, Andreas is deeply passionate about personal development and introspective growth, focusing on creating lasting transformations in both body and mind. He combines his knowledge of psychology with practical strategies to help his clients’ overcome barriers, develop sustainable habits, and achieve their goals.



Claus Rose is currently the Managing Director of Safe Steps 24. Safe Steps 24 is a QEHS consulting company, delivering state-of-the-art programs for culture transformation, digitalization and health management.

Safe Steps 24 Masterclass is an international program developed by Claus Rose, who for the past decade has been the global EHS director for some of the world’s largest energy companies like GE and Siemens. His role has required him to successfully lead large scale cultural change programs and his unique approach to leadership and change has delivered significant documented and award-winning success.

His philosophy was originally inspired by his learning as an Army officer during two international postings and later supporting the Danish Royal family in advanced first aid training. This led to him creating and leading small highly trained teams, acting with a large degree of organizational independence, but fully integrated into an overall mission and purpose.

He previously owned a consultancy company dealing with special constructions to be risk assessed to match legislation. He served 20 years as an officer in the Danish Army,

with international postings and holds a university degree in management and business administration from the Danish Army.



Dr Jennet Arshimova is the founder and senior tutor at NEW HSE Operational Excellence Centre and two Risk Management Schools in Poland, Ukraine, and the Czech Republic under the umbrella of "Journey with C.A.R.E.".

With dual qualifications in medicine, occupational safety, and over 17 years of international experience across industries such as energy, healthcare, oil and gas, manufacturing, and construction, Dr Jennet integrates science with practical application.

Her work in more than 14 countries has helped clients achieve prestigious international awards and recognition.

As an academic tutor, lecturer, trainer, and scientist, Dr Jennet tailors her programs to the unique needs of organizations, connecting theory with practice to inspire meaningful changes in safety culture and behaviors.

Collaborating with Dr Jennet means accessing her strategic vision and expertise to drive innovation, break stagnation, and achieve lasting transformation in organizational safety and excellence.

Her focus areas include health management, risk and crisis management, behavioral changes, leadership, safety culture, and psychosocial risks.



Peter Simon is a dedicated and results-driven professional with over 15 years of cross-functional expertise in Information Technology and EHSQ Data Analytics. Proven track record of successfully leading digital transformation initiatives with a dual focus on project management and data analytics. Specialized in leveraging data insights to drive strategic decision-making. Adept at delivering impactful presentations, fostering inclusivity, and managing stakeholder engagement. Excels in both project leadership, overseeing end-to-end project life cycles, and collaborative team environments. Known for implementing innovative solutions in dynamic, data-driven settings.



Rasmus Leissner is a dynamic leader with a proven track record of driving cultural transformation and operational excellence in high-risk industries. As Integration & Separation Manager at GE Vernova, Rasmus ensured the EHS readiness for the company's spin-off, managing systems, compliance, and digital tools. Previously, Rasmus spearheaded Vision Safe, a groundbreaking program at GE Renewable Energy that achieved a 40% reduction in injuries and incidents within a year and is now publicly available.

With a mechanical engineering background and hands-on experience in digitization, Lean management, and Six Sigma, Rasmus excels in linking Quality and EHS initiatives to measurable business outcomes. A passionate advocate for sustainable cultural change, Rasmus brings unique expertise in integrating safety and quality with financial impact, offering attendees actionable insights at the intersection of innovation and strategy.



Ian Oliphant-Thompson is the Founder of Generation Safe, an internationally award-winning business as a Visioner in behavioural and cultural transformation specializing in high-risk industries facing significant change.

Operating globally, he has worked in over fifty countries across six continents. He focuses on businesses and projects operating with significant complexity and high levels of capital, operational, reputational, safety and leadership risk.

Offering exclusive expertise in rapid high impact organisational and cultural transformation focused on organisational, team and individual behaviour, often underpinned with creative and technological breakthroughs.



Tony Atherton has significant experience working with senior leaders within global blue-chip brands, international governments and national academic institutions to engage, motivate and inspire people to deliver sustainable cultural change and transformation, resulting in tangible business results through experiential, thought-provoking and reflective methods.

His career spans over 3 decades working at Exec level with global organisations such as Rolls-Royce, GE and Citigroup, gaining a deep understanding of businesses, leaders and people from varied industries, cultures and geographies.

During his career, Tony has helped high-risk industries adopt sustainable cultural change that has led to significant improvements in both commercial and QEHS measures.

As well as coaching and leading within major organisations, Tony has fostered links and worked directly with the British Foreign & Commonwealth Office, along with international governments and universities in over 15 countries, including USA, China, Indonesia, and UAE.

During his career, Tony has worked with major houses of education, including Duke Executive Education, presented at Christchurch College, Oxford and Ashridge Business Schools (with Rolls-Royce) to develop learning programmes and corporate working groups.

His latest blogs and testimonials can be found at www.tonyatherton.co.uk.