

## **Coach and trainer profile**

**Virgilia Jansen-Preilowski – expert in stressmanagement & organizational culture**

*„You cannot teach a man anything, you can only help him find it within himself.“*  
Galileo Galilei

Virgilia Jansen-Preilowski is systemic Coach and an expert in Stressmanagement & Organizational Culture. Her core competence is to improve employees' health, motivation and satisfaction to make them deployable on a long-term basis.

### **Coaching subjects may include:**

#### **Stress- & self-management**

Stressors are omnipresent and every person reacts to stressful situations individually. Do not let the stress cause any sicknesses. Analyze your individual stress antecedents and resources to get sustainably satisfied, more balanced, healthier and more capable.

#### **Assertiveness**

Regardless of age, gender, position or work-experience, people feel often that they would like to get more assertive towards certain people or in important situations to enforce and realize (personal or professional) goals. This coaching focusses on the way of your appearance to assert your goals towards others.

#### **Orientation**

In some stages of life it comes to desired or undesired changes whereby it is not clear which path to take. Very often it is about professional paths. Through this coaching you will find your own individual path.

#### **Special features:**

- International experience
- All sessions can also be conducted in English and Dutch
- Outside the box thinking
- Resources- & solution orientation
- Enthusiasm
- Composure & flexibility and therefore more effective at dealing with unexpected situations
- Authenticity
- Scientist Practitioner

**Training:**

- M.Sc. Psychology, Focus: Industrial-, Organizational- & Health Psychology Radboud University Nijmegen, Netherlands
- Systemic Coach & Change Manager, INeKO Institution University of Cologne
- Accredited for Crucial Conversations and Personality and Preference Inventory (PAPI)

**Professional experience:**

- HR Generalist EMEA, A.Schulman Europe GmbH (Belgium & Germany)
- Since 2014 self-employed as Coach, Trainer and Consultant
- Since 2015 Lecturer Hochschule Fresenius – University of Applied Sciences, Düsseldorf

**Kea areas:**

- Leadership Development
- Healthy leading
- Communication
- Conflict management
- Competence management
- Performance management
- Potential analysis
- Stress management
- Change Management
- Teambuilding

**Selected references:**

- BASF
- Ford
- FÜR SIE
- HOCHTIEF Solutions AG
- Pronova BKK
- Radisson Blu
- REWE Group
- Saint-Gobain
- TÜV Nord Group

**Speeches & Publications:**

- „Healthy leading“, Radisson Blu
- „Stress at Work“ Ford & Ford Bank,
- „Dealing with Stress“, Speech & Interview HOCHTIEF Solutions
- „Stress & relaxation“, DMT

## Coaching/ Consulting in practice:

Site Development, Industry – Implementation Organizational Health Management  
Risk analysis to develop a concept regarding Health Management based on the results. The communication and involvement of important stakeholders helped to implement the concept successfully. Furthermore, the capability, motivation and work satisfaction was improved and fluctuation was reduced.

### Teamleader Marketing – Communication

In a target-oriented coaching process, the teamleader was supported to adapt his appearance and communication style. By this, the assignments and goals of the employees were realized better and more frequently so that the teamleader was able to realize and assert his goals more successfully.

### Department, Industry – Change

Sparring, consulting and facilitating the european HR Management during structural change of the european Sales Team. Identification of potentials and improving the communication process.

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