

Coach- und Trainerprofil



Virgilia Jansen-Preilowski

Expert for New Work & Personality Development

"You can't teach a person anything, you can only help him to discover it in himself", Galileo Galilei

Virgilia Jansen-Preilowski is a systemic coach and expert in New Work and personality development. By combining her international experience in a wide range of industries as well as her scientific work, she develops the best possible tailor-made solution for you.

Coaching topics can be, for example:

Stress & self-management

Stressors are ubiquitous and everyone reacts differently to stressful situations. Don't let it happen that you get sick because of the stress. Shed light on the individual causes of your stress perception and resources in order to become more fulfilled, balanced, healthier and more productive in the long term.

Personality & Leadership Development

Virgilia likes to use personality assessments and 360-degree feedbacks to identify possible strengths and areas of development depending on the context. This also allows blind spots to be uncovered and makes it possible to pursue SMART goals in the coaching process.

Change Management

In some phases of life, there are intentional or unwanted changes in which one is not aware of which paths there are and which path one wants to take. In leadership, it is important to consciously accompany changes in the organization. In coaching and training sessions, Virgilia teaches change management tools and supports you in developing your individual change management strategy.

What's special about Virgilia:

- International experience
- Trainings & Coachings can also be conducted in English & Dutch
- Thinking outside the box
- Resource & solution orientation
- Enthusiasm
- Serenity and flexibility and thus effective handling of unforeseen situations
- Authenticity
- Scientist Practitioner
- New Workerin

Education:

- M.Sc. Psychology, Expertise: Work-, Organizational- and Health Psychology Radboud University Nijmegen, Netherlands

- Systemic Coach & Change Manager, INeKO Institute at the University of Cologne
 - PhD student at University of Bielefeld, Work and Organizational Psychology
 - Certifications: Crucial Conversations, Personality and Preference Inventory (PAPI), Hogan Personality Assessments, Hogan 360 degree Feedback, Hogan Business Reasoning Inventory (HBRI), Hogan Train the Trainer, Leadership Versatility Index (LVI 360), Agile Leader Assessment
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Professional Experience:

- HR Generalist EMEA, A.Schulman Europe GmbH (Belgium & Germany)
- Self-employed as a coach, trainer and consultant since 2014
- 2015 - 2018 Lecturer in Business Psychology, Fresenius University of Applied Science, Düsseldorf
- Lecturer Aiming Higher Programme, University of St. Gallen, Switzerland

Expertise:

- New Work
- Leadership development (e.g. Female Leadership & Agile Leadership)
- Personality development
- Change Management
- Team Development
- Communication
- Conflict Management
- Stressmanagement

Selected references:

BASF, Bosch, Discovery Channel, Ford, HOCHTIEF Solutions AG, Mazda, Philips, Porsche, Radisson Blu, REWE Group, Saint-Gobain

Publications:

- Handelsblatt, "How realistic is the abolition of the 40-hour week?" (2023)
- Macronomist, "When a reduction in working hours increases productivity and well-being – and when it doesn't." (2021)
- Quarks, "Should we all work less? That's what science says" (2022)
- Springer Group. Interaction. Organization. Journal of Applied Organizational Psychology (GIO) "Working Time Organization in the Digitized World of Work. A systematic literature review on the effect of working time reduction in relation to mental health (2020)
- Süddeutsche Zeitung, "The four-day week is not a panacea" (2023)
- Transforming Economies, "More productive and healthier through reduced working hours for equal pay?" (2021)
- Wirtschaftspsychologie Aktuell, "Workaholism among Millennials? A comparison of generations X and Y" (2019)
- Transforming Economies, „Produktiver und gesünder durch Arbeitszeitverkürzung bei gleichem Lohn?“ (2021)
- Wirtschaftspsychologie Aktuell, „Arbeitssucht bei Ypsilonern? Ein Vergleich der Generationen X und Y“ (2019)

Executive Coaching/ Consulting in practice:

Site Development, Industry - Introduction of Occupational Health Management

Survey of a risk assessment in order to develop a concept for occupational health management based on the results. The communication with and involvement of important parties helped to successfully implement the concept and to permanently increase the performance, motivation and satisfaction of the employees and to reduce fluctuation.

Team Leader Marketing – Communication

In a targeted coaching process, the team leader was supported in adapting his appearance and communication style in such a way that the orders and goals of the employees are implemented better and more frequently in order to implement and enforce his own goals more successfully.

Department, Industry – Change

Accompaniment, consulting and moderation of the European HR management in the restructuring of the European sales team.

Identification of potentials and improvement of communication and implementation.