

*Mindful  
Leadership*

&

*Intercultural  
Communications*



Jenny Ebermann

Coach • Trainer • Speaker • Consultant

## + What I can offer you

Get to know yourself better & react differently in view of today's challenges through a systemic, participative and holistic approach.



### Manage daily stress and pressure effectively

Nowadays, tasks are becoming more and more *complex* and demand an accrued *flexibility*. On the other hand, work environments become more and more *unpredictable* and *uncertain*. Don't be drawn into the spiral of exhaustion (mental and physical) and learn techniques which will help you manage the situations you are confronted with!

### Personal Development

Every development begins with *self-awareness*.

What about working on your *leadership qualities and skills*?

Effectively managing disagreements and refining your decision-making skills seems attractive to you? Developing a professional vision in order to better align yourself in view of reaching your goals sounds like a good idea? Different techniques and methods are waiting for you!



## Organisational Development



Interested in developing your organisation while valuing *diversity*, stimulating *creativity*, *innovation* and *motivation*? Did you know that heterogeneous teams, which are able to work together in a collaborative way, perform much better than homogeneous teams? Establish an organisational culture, which facilitates *exchange* and *communication* while keeping an eye on the return on investment (ROI)!

## Leverage diversity & deal with differences in an effective manner



Be it in a situation of conflict or in the midst of a negotiation, as a team member or manager, involving people from various cultures/experiences or not: being able to recognise and to deal with *differences* using electronic indirect means of communication (email, phone, SMS etc.) or in direct face-to-face interactions is a competence which can be learned!



Intercultural Communication

International Marketing & Communications



Public Relations



Personal/Organisational Development



Strategic Communication



Jenny Ebermann

Coach • Trainer • Speaker • Consultant

## Contact

Case Postale 1257  
CH- Morges 2

+41 78 7208689  
[Contact@jennyebermann.com](mailto:Contact@jennyebermann.com)  
[www.jennyebermann.com](http://www.jennyebermann.com)