

Jessica Krüger

Coaching / Change Consulting / Courses

Systemic Consulting & Training
for international companies and leaders



CONTACT

JK Coaching
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PROFILE

- Certified Executive Coach, Facilitator and Trainer since 2003
- Bilingual in English and German; intercultural experience
- International experience in coaching and training for various companies and industries incl. automotive, IT, pharmaceuticals
- Facilitation of team development workshops, change processes and organizational change projects
- MA in Management and Italian, University of St Andrews (GB)

KEY TOPICS

Training / Workshop

- Leadership Skills / Leadership Development
- Leading with an agile mindset/ Coaching Skills for Managers
- (Intercultural) Communication & Collaboration
- Building & Developing Teams
- Presentation Skills

Facilitation

- Team Development Journeys
- Change Management / Transformation Processes
- Feedback Processes (i.e. 360-degree Feedback)
- Project Teams

KEY TOPICS FOR COACHING

- Transition to new position/function (career development)
- Development of leadership skills
- Achieving personal and professional goals
- Development of communication skills
- Dealing with conflicts and stress
- Effective self-management

METHODS AND TOOLS

- Systemic interventions and techniques (questions)
- Role plays, small group exercises
- Feedback methods
- Personality typology (DISC & Insights Discovery)
- Peer Coaching
- Discussions and facilitation

REFERENCES / CLIENTS

B. Braun Melsungen AG, Rolls-Royce Deutschland Ltd, KPMG AG, Volkswagen AG, MAN Nutzfahrzeuge AG, Mundipharma Research GmbH & Co KG, Lufthansa Cargo AG, T-Systems International GmbH, Deutsche Bank AG, Parfümerie Douglas Deutschland GmbH, London Business School, European School of Management & Technology (ESMT) and many more

PROFESSIONAL EXPERIENCE (SHORT OVERVIEW)

JK Coaching (since 2003/04)

Executive Coach

- Individual and group coaching on communication & leadership, personal development and career development
- Executive coach and facilitator on international management development programmes for London Business School and European School of Management & Technology (ESMT)
- Group coaching and reflection on 360-degree survey results

Trainer and Facilitator

- Modular leadership development programmes (Reflection on leadership profile, Communication, Delegation & Motivation, leading Teams and dealing with change)
- Workshops/Seminars for various companies on topics such as communication skills, team building, and coaching as a tool in leadership
- Workshops for leaders, teams and departments after or during change processes/restructuring
- Development of personal profile (with Insights Discovery or DISC)
- Facilitation of workshops and team building measures

Consultant

- Supporting in change process
- Shadow Coaching & Consulting for project teams
- HR expertise / Learning & Development

Learning & Development Manager (Interim/Part-time)

Mundipharma Research GmbH & Co. KG (2016 – 2018)

- Implementing L&D measures to support HR vision & strategy
- Developing L&D initiatives; interacting with workers council
- Supporting change processes
- Consulting & Coaching of executives and managers

FURTHER EDUCATION & QUALIFICATIONS

- **Systemic Change Management**, WIBK, Prof. Dr. König / Dr. Volmer (2019)
- Certified Consultant for **Insights Discovery**® (2016)
- Various courses such as Agile Leadership Training (HR Pioneers, 2016), Change Management (2017), Coach-the-Coach Systemic Business Coaching (2017)
- **Systemic Organisational Consulting**, Fritz B. Simon (2008)
- **Certified Systemic Business and Life Coach**, *Institute Coaching Individual*, Berlin (2003-2004)
- **Train-the-Trainer** course at the Institute for International Communication, Dusseldorf University, Germany (2004)
- Certified consultant for Organizational Culture Indicator (OCI) and Organizational Effectiveness Indicator (OEI) by HumanSynergistics
- **MA in Management & Italian** (1998) from the University of St. Andrews, Scotland