

Coach Profile

Founder & Visionary Leader of The Modern School of Life



Jeanine
van Seenus

Name	Jeanine van Seenus
Company	The Modern School of Life
Address	Kuglmüllersraße 19 80639 München
Phone	T 089 85673113 M +49 151 58884830
E-Mail	jeanine@themodernschooloflife.com
Homepage	www.themodernschooloflife.com

Education

Basic Education	MA Theater Studies: Friedrich-Alexander-University, Erlangen Ludwig-Maximilian-University, Munich Trainee: Radio Charivari, Nuremberg
-----------------	---

Further Education	(USA, 5 years, 1996 -- 2001) Systematic education, personal & leadership coaching, life colors (personality assessment for private clients & team coaching), communication training : Private education - <i>Dr. Rob Robb, psychologist & management consultant to numerous Hollywood stars & top European politicians. He also advised U.S. Presidents Ronald Reagan and Bill Clinton.</i>
-------------------	---

	(UK, 6 months, 1996) Mindfulness Training, Breathing Awareness, Buddhist Teaching & Meditation Practices : Community-living - Manjushri Kadampa Meditation Center, Center for Modern Buddhism
--	--

(USA & GB, sabbatical, 2 years, 1997 – 1999) **Intuitive & Emotional Intelligence of Indigenous Cultures. Inner voice & inner child work, transpersonal psychology & visualization training.**

(USA & BRD, 4 years, 2001 -- 2005) **International performance training: Education in health & nutrition, mental coaching & visualization, energy management & performance techniques for stage & camera performances. 28 years of profound dance training with personal mentoring, workshops & top trainers worldwide (Cuba, NY, LA, SB, Paris, London, Amsterdam, Tenerife, Berlin, Munich)**

(BRD, 4 years, 2006 -- 2010) **Transformational coaching & modern spirituality** - Vinito Zimmermann, coach & spiritual teacher

(USA, UK, BRD 2015 -- present) **The Enneagram:** Retreats, master classes & private coaching - Gayle Scott, Russ Hudson, Dr. Robert Holden, Eli Jaxon-Bear & Jared Franks
The sacred psychology of the Enneagram is an essential resource for understanding human behavior and personal motivation. A personality typing system to realize your potential. A profound tool for self-knowledge, leadership & personal development.

(UK, 2017 -- present) **A Course in Miracles:** Private coaching, online community training & retreats - Dr. Robert & Hollie Holden, David Hoffmeister & Frances Xu, Nick Davis.
ACIM is a unique, universal self-study system designed to shift our perception from fear to love.

(BRD, 2018) **Yin Yoga** - Tanja Seehofer

(BRD & online education, 2018) **Inner Engineering** - Sadhguru

(BRD, 2019) **Neuroscience-based master class** - Dr. Joe Dispenza

(BRD & online education, 2019) **MBSR** - Dave Potter & Günther Bubbnik

(Online education, 2019) **Awakening from suffering** - Jared Franks

(Online education, 2019) **Breathology** - Stig Avall Severinsen

(Online education, 2019) **Conscious Manifestation** - Eckhart Tolle

(Online education, 2019) **Feminine Power** - Claire Zammit

(Online education, 2020) **Clinical hypnosis** - Eli Jaxon-Bear

Additional

- Presentation Tools and Journalistic Communication Tools: Bridging, Key Messaging & 30 Second Statements (BR, Germany)
- Camera work, video analysis & storytelling (ARD, Germany)
- Heart Intelligence Method (The Institute of Heartmath, USA)
- The Work: Questions to realize projection (B. Katie, USA)
- Development of a vision collage (Bernhard Langwald, Germany)
- Systematic Coaching, based on scientific insights and the work of Rupert Sheldrake on “Morphic Resonance” (E. Eichiner, Germany)

Professional Experience

As a coach

- 23 years of international experience in coaching (DAX-30 companies)
- Personal & team coaching
 - Leadership coaching
 - Media - & High Performance Coaching for Top Managers
 - Transformational coaching for women

As a consultant & trainer

- 23 years of international experience in corporate communication, consulting & executive training in a variety of industries including public and media relations (DAX-30 and leading global corporations)
- Transformational Leadership Development
 - Top level Management and individual CEO Training

As a producer, director & talk host

- 20 years of international experience – including innovative concept development
- Talk Show Host, producer and journalist - 10 years of experience as TV/ radio presenter, anchor, producer (Broadcasting Media Industry)
 - Professional and multilingual performing, spokesperson, anchorwoman, interviewer & talk show host, keynote speaker and event presenter (DAX-30 Companies)
 - Conception, production & direction of interactive talk shows, business TV, business radio, Live stream shows & multi-media events (New Media & DAX-30 Companies)

Coaching Topics and Thematic Priorities

- **Global Women Empowerment**
Awakening 40+ Women, Professionals & Female Leaders
- **Transformational Coaching**
A New Consciousness of Balance & Heart-led Success
- **Innovative Learning & Development**
In partnership with the Conscious Business Institute
- **Masterclass**
Personal growth & leadership communication program for female leaders & ambassadors
- **Heart Messaging**
A powerful communication method based on authenticity, honesty, empathy and clarity
- **Be Well, Lead Well**
Includes the Be Well Lead Well Pulse assessment
- **Personality Typing System to realize Potential**
based on the Enneagram & Life Colors Assessment

My Motivation as a Coach

*As much as it is about BUILDING PEOPLE,
it is also about building YOURSELF.
As much as it is about touching the heart and soul of people,
it is about touching your own heart and soul.
If you want to make a difference as a leader,
if you want to connect with your team,
you have to connect and be in touch with yourself first.
People will ALWAYS be a reflection of your issues!
IT IS A fact - and it is a curse and a blessing...
Knowing this, you are always challenged to reflect upon yourself!*

*As high as our standards are, as much as we try to give our best,
there are and will be times,
we fail in leading ourselves and in leading others.
It is the commitment that counts, not perfection.
The inner journey is not easy stuff and it is not always fair,
you might get knocked down and it might take much longer than you think.
To learn about yourself, to lead yourself, to change yourself is a process that takes time.
Short-term success does not bring long-term values,
even if we live in a world, where short-term success is demanded.
But the inner journey is A JOURNEY THAT PAYS OFF!*

"I started my inner journey 28 years ago. I was resistant to it from the very beginning, though, and after a severe bike accident, I was too sick to live my passion at work or pursue my love for dancing. It was a long way of searching, international research, purpose quest, failures and successes. Looking back, I am a totally different woman today."

My motivation as a Changemaker:

Broadcasting meets innovative learning

Transforming humanity into fully empowered, conscious, and cooperative people

Global Women Empowerment in collaboration with Conscious Men

I feel driven to connecting & empowering women globally, not because we are weak and need support. I believe we are needed to bring human growth & leadership to the next level – as genuine change-makers, disrupters, leaders, healers, athletes, wild women, artists, educators, movers & shakers, and driving forces.

Quotes that characterize my Attitude, Work & Philosophy

- George Bernhard Shaw: "Some look at things that are and ask why. I dream of things that never were and ask why not?"
- Mahatma Gandhi: "First they ignore you, then they laugh about you, then they fight you and then you win!"
- Lao-tse: "He, who gains victory over others – is strong. But he, who gains victory over himself – is all powerful."
- Ram Dass: "We're all just walking each other home."

Interests

- Dancing: Jazz Dance, Flamenco, Salsa, Modern Dance, Tango, Ballet, Hip Hop.
- Travelling to places of Beauty, Spirit & Nature.
- Inspiring Media forms such as Soulpancake, OWN, Talkradio, TED Radio Hour, Super Soul Sunday, BBC4 & quality casting shows such as “The Voice” and more ...
- Further Education & Studies: Personal Growth & Spirituality, Arts & Philosophy.
- Photography
- Learning from inspiring Personalities through Movies and Biographies.

Testimonials

My first impression of her professional and clear presentation facing a few hundred people impressed me a lot due to her incredible authenticity, as well as rarely seen professional presentation. Later, in a 1: 1 coaching, Jeanine took me to my limit, which held the mirror up to me in all clarity. For this I am tremendously thankful to Jeanine, for it gave me completely new perspectives to all my activities. Her power is omnipresent, you cannot fool her.
Oliver Tholl – Regional Manager, BMW Group Munich

Jeanine is a wonderful, powerful and passionate coach who challenges the brave, questions the ordinary and really gets you to do new things. Dare it, you'll be surprised!
Sonja Piontek -- Director Marketing, BMW Asia

Jeanine characterizes her strong humanness, sharp mind combined with in-depth feeling and a powerful quality of communication. Her personal management coaching is uniquely designed. With her natural sensitivity to my needs, empathy and professionalism she has given me an outstanding time during my coaching process. As a manageress her methods are excellent to use in daily practice. Last, but not least, I would like to also emphasize her great performance training on camera.
Susanne Carl, Head of MINI International Marketing and Business planning, Key Account Management Regions, BMW Group Munich

The coaching with Jeanine exceeded my boldest expectations, because she has this exceptional gift to tune in to you and your energy which makes every session highly powerful -- it delivers great results!
Christel Reynaerts, CEO, Alphabet Netherlands