

Coach Profile

Founder & Creative Director of The Modern School of Life



Jeanine
van Seenus

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Education

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

Further Education Private education with Dr. Rob Robb, psychologist & management consultant and a Coach to numerous Hollywood stars and top European politicians. Dr. Robb also advised U.S. Presidents Ronald Reagan and Bill Clinton (USA, 5 years, 1996-2001): Systematic Education, Life Colors (Personality Assessment for Individuals & Team Coaching), Personal Coaching & Communication Training.

Manjushri Kadampa Meditation Center, Center for Modern Buddhism (UK, 6 months, 1996): Mindfulness Training, Breathing Awareness, Buddhist Teaching and Meditation Practices.

A one-year international Research Project on “Intuitive Communication & Emotional Intelligence of Indigenous Cultures” (USA & UK, 1997/1998): Personal portraits and interviews of more than 100 experts in the USA and UK. Published research in German magazines, including brand eins, Allegra, VDI Nachrichten. Development of *The 10 New Power Principles – the Foundation of The Modern School of Life*. Council Guide Training, Ehama Institute (USA, 3 months, 1997): Creative Imagination & Inner Child Work/Development of Female Strength & Intuition.

Findhorn Foundation (Scotland, 3 months, 1997): Inner Voice, Inner Child & Visualization Training, Intelligence of the Female Body, Transpersonal Psychology.

International Performance Training (2001 – 2004): Education in Health, Nutrition, Mental Coaching, Energy Management & Visualization as well as “Flow Technique” for Show Performances in USA, NL, Germany. *28 years of profound dance training with mentoring program and top trainers worldwide (Cuba, NY, LA, Paris, London, Amsterdam, Tenerife, Berlin, Munich to present)*

Private Training Vinito Zimmermann (Germany, 2006 – today): Education in Transformational Coaching & Implementation of the Feminine Principles into Daily Life.

Private Training at the Enneagram Institute of Colorado with Director Gayle Scott (USA, 2013 – today): The sacred psychology of the Enneagram is an essential resource for understanding Human Behavior and Motivation, enhancing Relationships, and realizing Potential. A profound and powerful tool for Self-Knowledge and Personal Development.

Additional

- Presentation Tools and Journalistic Communication Tools: Bridging, Key Messaging & 30 Second Statements: Concrete, Vivid & Personal (BR, Germany)
- Camera Work, Interview & Video Analysis & Storytelling (BR)
- Health & Inner Quality Management, Emotional Intelligence & Heart Intelligence Method (The Institute of Heartmath USA)
- The Work (B. Katie, USA) Questions to realize Projection & Blind Alleys.

- Mindfulness & Stress Reduction (Jon Kabat-Zinn, Eckhart Tolle & ThichNhatHanh/ZEN Buddhism, USA)
- Breathing Awareness (Lama Surya Das, Tibetan Buddhism, USA)
- Body Wisdom & Body Language (Somatic Psychotherapy, USA)
- The Art of Deep Healing (Annual Retreats in Abadiania Brazil)
- Development of a Vision Collage to create your Personal Vision & Life Goal (Bernhard Langwald, Germany)
- Systematic Coaching, based on scientific insights and the work of Rupert Sheldrake on “Morphic Resonance” (E. Eichiner, Germany)

Professional Experience

As Coach

- 15 years of international experiences in coaching: media- and performance-coaching, life coaching, top level coaching for CEO speaker engagements, CEO coaching for crisis communications and press conferences, leadership coaching, communication coaching. Authentic image building, crisis communications, female leadership coaching and individually designed coaching for women, “The Feminine Way to create Business & Life Success”, holistic coaching for health and work-life-balance: awareness building, mindfulness training, self-reflection, stress reduction and meditation.

As Trainer

- 15 years international experiences in corporate communications, consulting and executive training in a variety of industries including public and media relations (DAX-30 and leading global corporations).
- Transformational Leadership Development Program: “Visionary Women Alliance”.
- Top level and individual CEO Coaching (Board of Directors, DAX-30 and leading Global Corporations).

In Other Areas

- Talk Show Host, Producer and Journalist: 10 years experience in the Broadcast Media Industry (TV/Radio Presenter, Anchor, Producer, News Presenter, Commercial Broadcasting and ARD).
- Professional and multilingual Performing “...at the Heartbeat of People!” Spokesperson, Anchorwoman, Interviewer and Talk Show Host, Keynote Speaker and Event Presenter (DAX-30 Companies): - *today*.
- Concept Development and Production of “Corporate Talk Shows” and “Business TV” (DAX-30 Companies): *2 Years*.
- Public and Media Relations Consultant: *2 Years*.
- Creative Concept Development (Webcasting) for a Dutch Consultancy Company and Global Marketing and Communications of Multinational Electronic Corporation: *6 Months*.

Coaching Topics and Thematic Priorities

- Female Professionals & Leaders: Female Leadership within A New Consciousness of Balance & Success.
- Performance, Media & High-Level Communication Coaching for Top Managers.
- Leading Yourself FIRST: The Inner Journey – Success from the Inside Out.
- Change Catalyst for People in Change Processes: “*What do I want to do with the Rest of my Life – What do I really want?*” “**Why** am I doing, what I am doing?”
- Heart Messaging: Learning to communicate from and work with the Language of the Heart – the Language of Intuition, Authenticity, Maturity, Empathy and Clarity.
- Stress Reduction: Meditation/Breathing Practices & Awareness, Mindfulness & Yoga Dance.

My Motivation as a Coach & Trainer

*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 bliss. ...

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.

IF IT WAS EASY, EVERYBODY WOULD DO IT!

*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 20 years ago.

I resisted it from the very beginning, yet I was too sick to live my passion at work or my passion for dancing. It was a long way of search, international research, failures and successes - looking back, it was so worth it!

I learned from the best school ever: The Modern School of Life!

My motivation as a coach:

To share the essence and wisdom of my in-depth, international experiences, *different* education as well as knowledge from The Modern School of Life.

To guide Top Managers to win over the hearts and minds of their large and small audiences.

To inspire a New Consciousness of Balance and Values.

To empower female clients to create possibilities, self-esteem and vision:

“Her power is experienced as graceful and strong, as authentic and compassionate, as moving and encouraging, as gentle and determined, as inspiring and passionate as well as nurturing and embracing. She walks her talk and speaks her heart. She understands the opposite and stands up for what she believes in. She is guided by her personal vision and sees the bigger picture of her own and her company's life. Her strength comes from an inner knowingness and faith in herself. She accepts what she must accept and she changes what she feels to change. Her warmth, vibrancy, integrity and intelligence break barriers. In touching the heart of people, she gets right to the core of what really matters. She is on a journey. Authentic power is her destination. Females who do not see themselves as limited will bring forward a new dimension of leadership, in which the feminine is balanced with the masculine power.”

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!”
- Laotse: “He, who gains victory over others – is strong. But he, who gains victory over himself – is all powerful.”

Interests

- Dancing: Jazz Dance, Flamenco, Salsa, Modern Dance, African Dance, Hip Hop.
- Travelling to places of Great Spirit, Power Places and Pure Nature.
- New Media forms: Soulpancake, OWN, Talkradio, TED Radio Hour, Super Soul Sunday, BBC4 and quality casting shows such as “The Voice”.
- Different Views of Inspiration: Religions, Art, Philosophy, Spirituality – without dogma.
- Learning from inspiring Personalities through Movies and Biographies.

Testimonials

I was amazed that after only a few hours of coaching, I could immediately feel and see the difference on camera. Focusing on the key messages made a huge difference in my communication style and impact. I was able to recognize myself clearly through the mirror you put in front of me. Your profound psychological skills helped me to see where I need to be more authentic and more secure in my strategy. Thank you ever so much! A great team! The training had, indeed, a lasting effect on me. I still feel inspired and enthusiastic.
Michael Fehn, CEO, E.ON Czech Holding and E.ON Česká Republika

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, Head of Strategic Naming, BMW AG Munich

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, Head of International Corporate Sales, BMW AG Munich