



Transforming Workplaces Through People Development

The Challenge: Stressed Teams, Stagnant Growth

76%

of employees reporting burnout

2.6x

burned-out employees more likely
to seek new jobs

\$12,489

cost per employee in replacement
costs and lost productivity



63%

more likely to take sick days



Meet Jenny:

Your Partner in People Development

As a certified coach and counselor with 15+ years in corporate settings, I combine a results-oriented approach with a focus on personal development. My experience in process optimization and compliance in health tech and manufacturing (e.g., Philips, LyondellBasell, Baker Hughes) helps me connect with clients in successful organizations. I support them in strengthening connections, building resilience, embracing growth, and enhancing productivity.

Tailored Programs for Maximum Impact

Interactive Workshops

Engaging skill-building sessions designed to address specific workplace challenges while promoting team cohesion and practical application of techniques.

Team Coaching

Collaborative learning environments that foster peer support while developing resilience, communication skills, and sustainable work practices.

Individual Coaching

Personalized development plans target career challenges, enhance leadership skills, and build an authentic professional presence.

Services: Building Thriving Workplaces



Career Growth

Approach personal development plans with confidence.



Resilience Training

Cultivate stress management and mental resilience



Workplace Well-being

Create supportive, positive environments.



Organizational Coaching

Enhance collaboration, and productivity

The Investment: A Happier, More Productive Workforce



Increased Engagement & Retention: Employees who participate in coaching are 2.3 times less likely to use extended illness benefits and nearly 10% less likely to leave their organization.



Improved Team Performance: McKinsey's research shows teams using coaching score 23 percentage points higher on sustainable lifestyle measures and 15 points higher on leadership development.



Enhanced Organizational Culture: Coaching increases self-confidence for 80% of recipients, while over 70% report improved work performance, relationships, and communication skills.



"Jenny is grounded and well-structured. She balances introspection with action, offering thoughtful, well-planned sessions. Her coaching helped me reach my goals." – Ana Ortiz Perez

Let's Transform Your Workplace

Contact me for a free consultation:

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