



JENNY CAMPOS  
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# 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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