

1:1 Leadership Communication Coaching

I advise motivated life-long learners who see opportunity for personal and professional growth and want to leverage their existing talent to become even better at what they do.

My Philosophy

Grounded in over 25 years of industry and academic experience, I believe that change starts with awareness and happens gradually over time with disciplined habit adjustments. My approach requires first gaining insight into the motivation of undesirable habits and then replacing those actions with skillful practices that improve leadership and communication.

My Approach

During coaching sessions, I focus on being fully present, actively listening, and leading my clients through exercises that facilitate self-reflection. Having a strong mindful awareness practice myself, I incorporate this practice both in the manner I coach and in my recommendations. I provide my clients with frameworks, techniques, and advice for successful habit changing and work with them to create specific and measurable goals and track progress. With a reassuring personality, I continually listen to concerns and offer an outside perspective without judgment.

The leaders with whom I work vary in style from extremely time-efficient individuals with specific immediate issues to those who are long-term focused with strategic strength goals. Everything I do is customized to the professional. Although goals are very personal and vary by situation, some common leadership and communication goals include:

- Building Executive Presence
- Increasing Public Speaking Confidence
- Improving Interpersonal Communication
- Leading Others Effectively and Compassionately
- Managing Up and Communicating with Supervisors
- Accommodating Varying Working Styles
- Overcoming Communication Anxiety
- Finding a Voice in an Ambitious Culture

Getting Started

The coaching process is customized for each professional and typically begins with a 2-hour in-person assessment and goals setting session followed by monthly meetings in person or via phone or video conference.

I consider it an honor to work with talented leaders on their professional growth. If you are interested in more information, please reach me at jennifer@jenniferkammeyer.com and visit www.jenniferkammeyer.com to hear what clients have to say about my services.

“Jennifer approaches coaching differently than other coaches out there. From the beginning, she focused on me, listening without judgment and offering advice and techniques that have helped me solve work challenges more effectively. But what has been truly unexpected are the connections she’s made to different experiences in my life that have prevented me from reaching my full potential. With these new insights, I am forming new habits and beliefs that will enable me to become the kind of leader I want to be,” VP Corporate Marketing, Tech Company