



PUBLIC FEMALE SPEAKERS

Certified Advanced Master's
Program for Female Leaders &
Ambassadors

Communication got stuck
COLOUR UP
YOUR PERFORMANCE &
COMMUNICATION
BRING DIVERSITY
through New Communication
Styles, Different Personalities &
Fresh Perspectives into your
Company



NEW GENERATION WOMEN



The Modern School of Life is challenging mainstream education, performance & communication by inviting the whole Female Leader & Speaker - mind, body, emotions and spirit - to show up 'on stage' inside and outside their community & company.



From a neuro-physiological lens: As a species, we are meant to be connected, not to be solo performers. Women are weavers & yielders. We were born to come together and collaborate to grow personally and inspire growth systemically & collectively.



'Fear of Speaking up' is at an all-time high. As a result, we became a 'Culture of Silence'. Therefore, this program's foundation is based on recent discoveries in neuroscience (Poly Vagal Theory) and focuses on maintaining a "window of presence" despite external triggers, self-regulation, and setting the stage for safety from the inside out.



Conscious & embodied performance & communication are not just about presenting facts, figures & data but also help to cultivate wisdom, compassion, connection, collaboration, and professional knowledge for the benefit of all.

Purpose

BE BRAVE & SAY IT AS IT IS.
You were born to be real, not to be perfect.



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Shifting from 'plastic authenticity' to
authentic vibrancy, from hiding behind
PP slides to making your voice matter.

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WHAT
YOU
LEARN

RECLAIM YOUR VOICE & SHIFT OUT OF SELF SILENCING



TRANSFORM YOUR FEAR OF SHOWING & SPEAKING UP





“
**MAKE
COMMUNICATION
A MATTER OF YOUR
HEART**



ENGAGE OTHERS THROUGH STORY & **HUMAN** CONNECTION

Deepening your knowledge:

Explore a language that initiates human connection & emotional bonding. Learning how 'to think differently,' how to make concise, concrete examples, create stories, take ownership, and how to get to the heart of crucial messages quickly.

A black stage with five bright yellow spotlights shining down from above. The beams of light create a hazy, atmospheric effect with visible light particles. The text 'SETTING THE STAGE' is in white, and 'YOUR STAGE' is in black on a pink rectangular background.

SETTING THE STAGE YOUR STAGE

01 ON STAGE

02 ON CAMERA

03 IN SOCIAL MEDIA

04 IN MEETINGS

05 IN CONFERENCES



YOUR
IMPACT
ON STAGE



YOUR IMPACT IN MEDIA

PROFESSIONAL
MEDIA & INTERVIEW TRAINING

APPLY MODERN FEMALE LEADERSHIP COMMUNICATION



Words of diplomacy & politics alone are neither bringing teams together nor moving them forward. We need a leadership communication style that is personal & immediate, that takes ownership, connects & is self-reflective. A communication style that touches on shared feelings & common ground, embraces people's diversity & shapes the next chapter of integer leadership conversation.

A NEW GENERATION OF WOMEN, AND THIS IS WHAT I SEE FOR THEM ...

- ❖ I see women coming forward to being genuine *feminine* female leaders with a strength that comes from WITHIN versus a role they learned to play to be accepted, seen and heard.
- ❖ I see them letting go of built walls, armors, protection or pleasing behaviours to step forward with a warm, compassionate and powerful heart that connects and is connected.
- ❖ They will not be perfect. Therefore relatable, human, transparent, honest, and courageous to touch tender ground, communicate as grown-up adults and know how to say things as they are.
- ❖ They break free to explore new pathways & allow themselves to drop their grey, black & white costumes to show up in red heels or sneakers, in pink dresses or colourful jeans - demonstrating that belonging & safety comes from connecting through essence, not through keeping the form.
- ❖ This New Generation of Women is ready to grasp unspoken words and move a fresh & liberating life force into stuck areas of their working and private environments.
- ❖ They are beautifully imperfect and the relatable, soul-minded, smartly uniting role models we have been waiting for.

In Short

Participants:	6 to 12 pre-selected participants from <i>The Female Leaders Global Community</i> / Cohort 1 & 2
Duration:	4 Days retreat (onsite) plus 2 x 90-minute sessions (online).
Start:	3 Options, 2023: September 26 th to 29 th / October 17 th to 20 th / October 24 th to 27 th .
In-Person & Online Experience:	<p>4 Days retreat (Tuesday to Friday) in a TV studio in Munich, Germany.</p> <ul style="list-style-type: none">- Supervised Small Group Work with Jeanine (onsite)- 1:1 Camera & Performance Coaching with Jeanine (onsite).- 1:1 Compassionate Inquiry Sessions on stage fright with Jeanine (onsite).- Media- & Interview Training with an International Journalist & Media Trainer (onsite). <p>90-minute preparation session before the retreat (online).</p> <ul style="list-style-type: none">- Personal Assessment (Life Colors) with US Psychologist & Jeanine (online). <p>90-minute integration session after the retreat (online).</p>
Closing/ Specialty:	<p>Presentation & Networking with Senior Leaders from Headquarters: Siemens Energy, BMW & SLB.</p> <p>The evening of the last retreat day comes with Champagne & is open to Senior Leaders & Guests.</p>

PROGRAM OUTLINE

ONLINE PREPARATION SESSION (90 MINUTES)

FOUNDATION – YOUR ASSESSMENT (LIFE COLORS) & ‘FINDING YOUR CONNECTION & SAFETY ZONE’ BASED ON THE LATEST NEUSIENCE DISCOVERIES, POLY VAGAL THEORY.

1st DAY in TV Studio - EXTERNAL COMMUNICATION - THE ART OF IMPACTFUL PERFORMANCES. WHAT MAKES A GREAT PERFORMANCE? WHAT MAKES IT BORING?

THE EFFICACY OF PROFESSIONAL PREPARATION. EXPLORING YOUR AUTHENTIC VOICE & PERFORMANCE STYLE. BUILDING CONNECTION & SAFETY OFF & ON STAGE. PITFALLS & COMMON MISTAKES. SELF-AWARENESS VERSUS EXTERNAL PERCEPTION. BEFRIENDING YOUR CAMERA PICTURE. BEFRIENDING YOUR VOICE. MEETING YOUR BODY WHERE IT IS & FINDING YOUR PLAY ZONE. THE FIRST DAY COMES WITH MULTIPLE GROUP & CAMERA PRACTICES TO INTEGRATE & EMBODY THE INNER & OUTER WORK.

2nd DAY in TV Studio - INTERNAL COMMUNICATION – EYE-LEVEL COMMUNICATION, ‚REPORTING IS NOT A PASSED - FAILED EXAM’. FEAR OF AUTHORITY & UNDERSTANDING THE PSYCHOLOGICAL REASONS BEHIND THESE COMMON FEARS. THE RULE OF 5 IN ACTION. CHANGING ‘A CULTURE OF SILENCE’ BY SPEAKING UP WITH AWARENESS, COURAGE & HONESTY. YOUR MEETING & CONVERSATION STYLE: HOW CALM, HUMAN & HONEST, CLEAR & CONCISE ARE YOU COMING ACROSS? ROLE PLAYS ON HAVING ADULT CONVERSATIONS AND COMMUNICATING TENDER TOPICS, „*WE CAN DO HARD THINGS*”.

3rd DAY in TV Studio - MEDIA & INTERVIEW TRAINING – PREPARING FOR COMPELLING INTERVIEWS, TALK SHOWS & PANEL DISCUSSIONS. IN AN INTERVIEW SETTING, HOW MUCH CONTROL DO I HAVE? BRIDGING & 30 SECONDS STATEMENTS. FINDING YOUR KEY MESSAGES. FROM COMPLEXITY TO SIMPLICITY. HEART MESSAGING & DEEPENING THE PRACTICE OF STORYTELLING. ON AIR - YOUR 1:1 MEDIA- & INTERVIEW TRAINING. HOW TO WRITE STRONG POSTS.

4th DAY in TV Studio – SHOWING UP, CELEBRATION & NETWORKING - WITH SENIOR LEADERS FROM HEADQUARTERS (SIEMENS ENERGY, BMW, SLB). WHAT HAVE I LEARNED? WHAT DO I WANT TO PRACTICE AGAIN? WHAT ARE ‘MY TAKEAWAY RESOURCES’? IN THE FUTURE, HOW DO I PLAN TO SHOW UP & ENCOURAGE OTHER WOMEN TO DO THE SAME? WHAT IS MY PRESENTATION TOPIC FOR MY LIVE PERFORMANCE AT HOME? THE EVENING OF THE LAST DAY IS OPEN TO YOUR GUESTS.

ONLINE INTEGRATION SESSION (90 MINUTES)

INTEGRATION & INSPIRED ACTION – HOW DID I INTEGRATE MY LEARNINGS? SHARING THE HIGHLIGHTS OF YOUR RECORDED LIVE PERFORMANCE - HICK UPS & MASTERY.

INVESTMENT

***€ 3425 / \$ 3750**

per Participant

**This includes:*

- ✓ *Fee for international Journalist/ Media- & Interview Trainer*
 - ✓ *Fee for US Psychologist & Personal Assessment*
 - ✓ *Fee for High-Performance Coach & Program Leader*
 - ✓ *Fee for two 90-minute Online Sessions*
 - ✓ *Rent for TV Studio & Beverages*
- ✓ **The Accommodation and catering are not included.*



JOINT VENTURE PARTNERS



Support

The Program Leader. We are planting new seeds. This collaborative process can only work if we stand strong together.



Support

Transformation happens individually AND systemically.
Highly recommended:
Organizing lunch talks and speaking events to **make more female role models (with female qualities) visible in your company.**



Spread the Vibe

For the Benefit of ALL to co-create a **Ripple Effect.**



Highlight

Your **Participants** for future Speaking Opportunities. They **are the signature card of your Company.**



Payment Process

Should the **payment process** require more than 5,0 hours, every additional hour will be charged with \$45 - per hour.



Payment Terms

Payment is made **before the Retreat.**

Today, Jeanine is the Director of The Modern School of Life & The Female Leaders Global Community.

Jeanine works today as an international educator, speaker, producer, transformation & leadership coach, and psychotherapist. She became passionate about empowering female leaders & professionals, working with diverse, large & small groups, communities, and individuals. She also coaches female leaders to establish themselves as role models, become visible in the public eye, and encourage other women to come forward.

In addition, Jeanine works in private practice. Her own path of learning & knowledge is driven by the newest research and neuroscience, including advanced training in somatic psychotherapy. She combines modern psychotherapy & mind-body coaching for individuals & young adults, dedicated to a holistic approach that embraces mind, body, emotions and spirit.



Education

Psychotherapist (HPG)
Somatic trauma & IFS therapist
Pain Reprocessing therapist
Transformation coach
Poly Vagal Theory-informed coach
Resilience business & health coach
MBSR & mindfulness meditation teacher

Master's Degree

Communication Studies, Journalism, Psychology

Traineeship

Broadcast journalism

Professional Background

Public Broadcasting (ARD)
TV & Radio Presenter, Talk Host & Producer
News Anchor & Journalist
Corporate Communications
Personal- & Leadership Development
Global Women Empowerment.

For over 20 years, Jeanine has been empowering some of the world's largest companies, including BMW Group, Adidas, Infineon, Deutsche Bank, and Siemens.

In addition, she directed, produced & hosted interactive talk shows, events & innovative learning formats at large enterprises. Furthermore, she led diverse & creative teams and brought corporate communications, leadership & personal development programs to new heights.

