



THE
MODERN
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OF LIFE



FEEDBACK

The Female Leaders Global Community

from October 20th, 2022 to May 18th, 2023.

BMW





There are no words to describe the meaning of this training in my life. Thanks to the fantastic tools I found here, my life changed 180 degrees. I understood that I was not on the right pathway and was not supposed to feel the way, I was feeling.

My peer group allowed me to feel supported and secure and know that my concerns and worries were shared and understood.

The investment of resources and speakers throughout the training is spectacular and enlightening. Thank you for bringing amazing and positive changes into my life.

-Elvia Cardona Acosta- Customs Coordinator/ BMW/ Mexico





This program opened my mind to be more conscious that I am not the only one dealing with the same situations and that every individual has their battles. Listening to the stories of the other leaders made me feel that I must start to actively hear the needs of others, understanding that they have different backgrounds. As a person who worked constantly in the standardization of processes, it is difficult to act differently for every individual, but that is the beauty of human beings. We are not all the same.

These ladies opened my mind.

Jeanine, as a coach, you were terrific by showing us inspiring videos and tools to deal with stress and making us leave our comfort zone. Some activities made me feel uncomfortable, like being in front of a video. It was very surprising and rewarding when we were ranked second in the masterpiece presentations. We could identify each team member's strengths, organize them, and make them work.

This is the first time I understood that in a video, it's important to show people that you care about them instead of being perfect. Life will not be perfect, but we need to enjoy the path.

Thank you, Jeanine, for inspiring me to be a better leader and showing us that feminine skills are essential in daily life and that we, as women, are in charge of spreading the value of being a woman. Finally, thank you, Sophie, for supporting the program. Most of your work, I know, isn't seen by us, but I know how hard it is to work magic and organize a big team like ours and help with technical programs.

Thank you for always being respectful and aware of the team's needs.

Next time, please let's go to Cancun to meet each other!!

Jeanine and Sophie, thank you for everything.

-Brenda Cruz Flores- *Customs and Export Control Specialist /BMW/USA*





Overall, the seven-month program was an enriching experience for me. I had the opportunity to exchange points of view with other women who were going through similar situations as leaders in their careers. The networking opportunities with fellow participants fostered valuable connections and collaboration. The program provided valuable insights and practical skills to support my growth in my leadership role. It is essential to point out that these insights were related to work and applicable to personal matters. Thank you for providing a transformative experience that empowers women as community leaders.

-Alejandra Aguiñiga- Production Planning and Steering Manager/ BMW/ Mexico





I enjoyed this leadership training so much because it's not your typical training with topics and explanations. It challenges you to go deeper and explore your motivations, desires, strengths, and insecurities to expand your learning and personal growth. The focus is on self-inquiry, connecting with your emotions and overall well-being to become a better leader. As female leaders, we often struggle with many topics and emotions that are not always openly discussed. The networking within this group was terrific, and everyone was so open and eager to share experiences and learn from each other's points of view.

-Denisse Puentes- *Head of Tax/ BMW/ Mexico*





The master class of the female leaders [Global community] pushed me to make time for “me” after a hectic corporate day. It focused me to pause my daily, busy activities to consider how I could improve aspects of how I handle things at work as a woman in a leadership position that could be improved or done in a way that didn’t drain me.

The meditation sessions, learning how to meditate (and why it's essential), getting to know the other cohort members, and discovering that we typically find ourselves in the same situations as women and leaders, were all enjoyable. It was lovely to feel the group's and Jeanine's empathy and support. I especially enjoyed when they were special guests (experts) in the session to address specific topics related to significant and sensitive subjects. For the masterclass presentation, I thought at the beginning it was an “easy” task, but it resulted in an excellent exercise on how we project ourselves to others. For example, I initially thought it was good-ok in the first video I made. Still, after hearing Jeanine’s feedback, I understood that we sometimes unconsciously project our fears and worries that hinder us from asserting ourselves more effectively in a meeting and “making our message louder”.

I want to thank Jeanine (and Sophie!) for supporting us in transitioning.

Maria del Pilar Alvarez Gallardo

- *Launch Excellence Team & Environmental Mgmt. Manager/ BMW/ Mexico*





- This program provided me with very good tools to help me to manage my emotions and be more prepared for conflict situations, such as breathing management, meditation, etc.
- I had a really good experience with the network. I learned a lot from my peers and enjoyed our sessions discussing many challenging topics and situations, such as being a leader, maternity, and being the quota.
 - One of the most important things I learned or improved was that the program suggested a series to help me move forward in a very difficult situation.

Thank you!!

-Martha Aguillon - *Tax Manager/ BMW/ Mexico*



Siemens Energy





The Female Leadership Program was a great learning experience, mainly because
It gave me the opportunity to

- connect with women inside and outside the Siemens Energy organization
- learning about their strengths and vulnerabilities
- and above all, see many of my colleagues evolve into their most beautiful and powerful versions.
I'm so proud of them. Thank you.

-Aniela Marval-**Joint Venture Partner** *Market and Business Development/ Siemens Energy/ Mexico*





First, I'd like to say THANK YOU!!!

Thank you for all your effort and dedication . Even in the most critical moments, reconciling everyone's agenda was a challenge, and you still managed to motivate many of us.

This program taught us many things, how to breathe, how to clear our minds, to have our own tempo. It taught us to listen to others, to listen to our own voice, and to be close and present. We have learned how to be better leaders, getting to know our team better and breaking down barriers so that there can be sincere openness and connection. In this program, I put myself on my priority list and learned that I must care for myself to care for others. And I did great networking here, but nothing compares to the partners and friends that I now have. Thank you so much.

*-Priscila Akemy Kajiya- Head of Finance and Commercial Sales Manager/
Siemens Energy / Brazil*





First, Thank you for this opportunity to be part of this program.

Thank you for the wonderful feedback that we receive during the program.

It was a fantastic experience to learn and to know amazing people, their histories and challenges.

-Adriana Nascimento Silva- Head of Finance/ Siemens Energy/ Brazil





It was a pleasure to participate in the program. It was a journey of self-knowledge, and I could feel my growth and development as a leader. The final presentation was a very special moment as we had an excellent opportunity to see a summary of the entire journey and reminisce about the stages. In my case, it was even more special because I watched it together with Karen and our Director. We could explain to him the importance and relevance of the program and showcase our achievements. He was very impressed with the result. It was a beautiful moment to validate ourselves as empowered female leaders, sharing smiles and tears of emotion. I will always be grateful to have been a part of it. Thanks a lot for these unforgettable memories!

-Danielle Dias- Proposal Finance Coordinator/ Siemens Energy/ Brazil



Being part of this program changed my life. From practicing different languages (English in the live sessions and Spanish with my dear peer ladies) to talking about personal experiences like in therapy. It was not easy to manage agendas because, at the same time, I was nominated to lead a complex project in my company. Our office moved to another city (50 min away from my home) to make it more challenging. But every minute of the program was worth it.

Since 2020 I am in a path of self-knowledge and trying to take care of myself. I am proud of my accomplishments. This can sound strange since I am often known as a communicative person to appear very incredibly capable, strong, and confident. I can pretend very well. This program came when I needed it the most. I could meet incredible women, share ideas, experiences and learn from them. A lot! How many insights and tips we shared, how many hours we spent talking about our role as female leaders ...

Jeanine is a great woman. I admire the love that she has for what she does, and the joy that she has every time she spoke to us. She is inspiring! Every session had 90 minutes, but it should be 3 hours! She has so much to tell, to teach, to show. I thank Jeanine from the bottom of my heart for every minute she spent with us. I am a different person and professional now. And I am enjoying being this new me.

*-Alessandra Freitas Rodrigues- Quality Management Coordinator/ Siemens Energy/
Brazil*





The training was good and with lots of disruptive information. It has for sure contributed to my better understanding of what should be a good “female Leadership.” It was conducted in a light and harmonic way.
Thanks a lot for all your effort in conducting it with such passion and love!

-Natalia Amoroso Lima- *Head of Procurement/ Siemens Energy/
Brazil*





What a journey! I am incredibly grateful for the opportunity to participate in this program. Despite the various changes in my life, it happened at the perfect time. The person I am now, writing this feedback, is entirely different from the one who entered the program. Initially, I was uncertain about what to expect from the program and myself. I knew I needed to gain more confidence and take control of my life and career. There were challenging weeks when we were encouraged to confront topics that were easier to ignore but not necessarily healthier. The support and inspiration from the circle of women in the program empowered me. It was a judgmental-free environment where I felt safe to express myself and embrace who I truly am. For the first time, I dare to speak my mind without apologizing for it. People have noticed my change and my confidence continues to grow. Though there is still a long way to go, I have taken the first step. I want to express my gratitude to all the girls for their patience and support. You have profoundly impacted me, and I am forever grateful.

-Lesly Morales- Business Development Professional LATAM/ Siemens Energy/
Mexico





From the beginning, a sense of inclusivity and support was present. The experience of forming a special connection among all the amazing leaders was crucial in gaining fresh perspectives on my personal and professional challenges. As a female leader, sharing my story with the girls, hearing their perspectives, and learning from their different backgrounds was transformative. How we got connected made us stronger together! The power of new learnings and connections was transforming similar issues. Thank you, Jeanine, for guiding us on this fantastic journey!

-Nalu Tacini- General Manager/ Siemens Energy / Brazil





This program was an exciting challenge for me. Jeanine's meditation practices & breathing exercises were a strong support throughout the journey. I tried meditation a few years ago, but my mind often wandered. The videos and guidelines provided by Jeanine were the best help for me. It was also a fantastic experience to lead breathing exercises with my peer group. Speaking of my peer group, they were the best gift I received during the entire program. The support and kindness from Raquel and Natalia provided an incredible foundation for facing all the challenges during the program. Regarding my personal growth, I told Jeanine that I don't enjoy making videos. However, during this program, I pushed myself to create videos I had never done before. It was a significant challenge for me, but I am grateful for all the positive feedback I received from both of you. With the support and advice from Jeanine, I persevered until the end. This program was an excellent experience. I want to emphasize your positive attitude and your willingness to help. I also appreciate all the knowledge I gained from you and the other participants in this program. If had to sum up these months in two words: Gratitude and kindness.

-Nathalia Gutierrez Castillo- *Finance Manager of Sales North Andina/ Siemens Energy/ Colombia*





I will always remember this class with love. I can guarantee that this class differs from any other class you have taken. The time you spend in this program is a gift for you! It is about how to manage your feelings without hiding them. It is about using your feelings to grow as a person and professionally. You also learn to take care of yourself by learning to breathe and understanding that you aren't in charge of everyone around you. If you care for yourself, you can share more with the people you love and those who occasionally need you.

"Be gentle with yourself."

*-Ana Maria Ordoñez- Head Open Market Sales & Marketing RLA/
Siemens Energy/ USA*





Being part of the Female Leadership Program with Jeanine allowed me to understand myself better, my priorities, and who I am as a woman. In our lives, women can take on many roles along the way that are important, fill our time and make us forget who we are and what our essence is. The program reminded me that to be a leader at work and at home, I must know myself first, connect with my vulnerability and my body, be fully present and own my presence in the places I am in. I am grateful for this incredible experience and for the connections that I was able to create over the last few months. I feel I am a better leader after the program and am grateful for the opportunity. Furthermore, I will act as a promoter for the company so other women have the chance to experience the same opportunity.

-Karen Valle- Finance Sales Head for Latin America/ Siemens Energy/ Brazil



Participating in the program was a truly transformative experience, filled with personal growth and profound emotions. It became a powerful journey of healing and embracing my feminine energy and understanding how to apply it in my everyday life.

Nowadays, when faced with a challenge, I've learned the importance of taking a step back, pausing to breathe, and then responding in a more composed and thoughtful manner. This newfound ability has been invaluable in helping me navigate through life's ups and downs.

The program gifted me with a beautiful opportunity to view situations through the lens of compassion and empathy, both in my professional and personal spheres. I've discovered a greater capacity to understand and connect with others on a deeper level, fostering more meaningful and fulfilling relationships.

I cannot express how genuinely grateful I am to have been part of this life-changing journey. The support, camaraderie, and wisdom shared during our group meetings have left a lasting impact on my heart. I already miss the sense of belonging and the uplifting energy of our gatherings.

As I move forward, I carry with me the lessons learned and the bonds formed during this program. It has undeniably shaped me into a better version of myself, and I am excited to continue applying these newfound insights and skills to create a more positive and meaningful life.

Thank you Jeanine for having me as part of it!

-Débora Inácio De Amorim- *Business Strategy/ Siemens Energy/ Brazil*



SLB





I liked the leadership program because it differs from a typical class.

I loved it because it took me out of my comfort zone, and thanks to the group activities, I have understood that the chaos that sometimes happens to me doesn't only affect me but also other women. Furthermore, I have understood that it is necessary to express what you feel because, often, because of culture, our families, or society, we have learned to keep quiet and make other people happy, forgetting about ourselves.

Here are the best points of this program:

It is a program that goes outside the scheme because it does not have a syllabus or an agenda.

The program seeks to find you and help you grow as a person.

You share with women from other industries and learn from their companies, as well as how they manage their time between their personal lives and work. Doing a one-on-one with Jeanine has been the best because I discovered things I never thought would be in my subconsciousness.

Today I am working on overcoming events that happened in my childhood.

This program has exceeded my expectations.

It has helped me face problems in my family and professional life that overwhelmed me.

After all, I could not say "no." Now I can handle situations where it is necessary to say "no".

I am infinitely grateful for this opportunity. It has helped me a lot in my personal life to express my emotions, understand others, and learn to allow my mind to meditate. I never thought I would achieve it, but with practice, it has brought me peace and tranquillity. Professionally, I feel that every day in meetings or when I interact with people, "I do it consciously". I do not allow stress or frustration get to me. I have learned to listen to others, especially those closest to me.

And I have shared tips or practices provided to us in the program.

-Fernanda Maldonado- *ECU APS Supplier Manager/ SLB/ Ecuador*





The women's leadership program meant a change in my life through a change in my mindset. Self-awareness was something I had never thought about before, and thanks to the coaching and closeness from Jeanine, I realized that the lack of sense and purpose I was experiencing in my own life was due to not knowing my desires, my patterns, and a life where I was trying to make everyone happy but neglecting myself. Now, I feel empowered to raise my voice at work and in other aspects of life. My words can impact other women's and men's lives, especially those who feel not enough. This program is powerful, energizing, and, perhaps most importantly, human at a level that no other program or institution can match.
A big thank you!

*-Angelica M Baron- Onboarding Process Performance Owner/ SLB/
Colombia*





I'm incredibly happy and grateful to be part of this journey. Connecting with myself and recognizing my inherent value as a woman and leader has been a blessing. Simultaneously, I had the opportunity to connect with amazing women experiencing similar journeys, despite growing up in different cultures, realities, and educational backgrounds. I've come to understand that our feelings and concerns are alike, and we possess the power, the right, and the responsibility to support and grow together.

-Saray Fernandez- Engineer/ SLB/ Colombia





When I had the first session, I immediately realized this would not be the typical course. Even though it took me a while to adjust, it reminded me of key concepts such as being in touch with my intuition, finding strategies to get self-grounded during stressful situations, and the importance of vulnerability as leaders. It also introduced me to the concept of feminine and masculine energy, which is not necessarily tied to gender, and the importance of embracing the balance of these in our leadership roles.

To my dear Jeanine, I would like to thank you for the incredible energy and passion you brought to each one of the sessions. Engaging virtually with 30 leaders must not be easy. Thank you for your openness during the one-on-one sessions, we discussed many personal things, and you helped me embrace, recognize, and acknowledge my inner child.

-Daura Aceros- Geounit HR Business Partner RP-PS/ SLB/ Colombia





Personally, the female leadership training was completely different from what I had imagined. As a finance person, I always expected to receive clear answers on how to deal with and solve problems. However, during the course, we arrived at the problem or the area for improvement, but the questions remained open for our understanding, conclusions, and resolutions. This process helped me analyze and question myself more than I had anticipated or desired, but it ultimately helped me grow as a person and a professional.

Among the positive aspects, I would like to mention the following:

It allows us to engage in self-analysis. As a coach, Jeanine focuses more on the human being than just the professional aspect. The material used is dynamic and presented clearly.

Despite the number of participants and the virtual setting, Jeanine tries to ensure everyone is engaged and included.

-Patricia Viscara- *Treasury Lead/ SLB/ Ecuador*





When I started the program, I felt overwhelmed by how personal and profound each session was. I was initially frustrated with the meditation practice because I am always in high-energy mode, juggling multiple responsibilities such as parenting duties, work deadlines, grocery shopping, and gym sessions while also focusing on professional development. However, I soon realized the importance of setting aside time for myself to listen to my body's signals and quiet the external noise. I experienced the power of letting my mind roam freely during meditation. I witnessed how my anxiety and mood shifted, how my thoughts became more evident, and how my decisions were no longer driven by stress. It was a transformative experience.

I am grateful to have had the opportunity to participate in this program, and I hope to inspire more people to incorporate meditation into their lives.

-Johanna Navarrete- G&G Technical Sales/ SLB/ Ecuador





My experience in the Female Cohort has been incredibly enriching. It has allowed me to discover myself, accept myself, and recognize my talents, giving me the confidence to face any challenge.

I applied to the Female Leadership Cohort because I was going through a job transition. I had been in a familiar area, my comfort zone, and I wanted to learn leadership techniques and improve my communication skills with male and female peers.

The challenge was difficult as I struggled to connect with people in my new division. However, the techniques I learned during the program helped me communicate effectively, assertively, and without fear. I have gained great empowerment and am proud of who I have become.

On a personal level, meditation has been instrumental in managing my anxiety. I can now control it better, starting my day with a small meditation and gratitude exercise. This practice brings me joy and allows me to share a sense of peace with my loved ones, especially my son, Mateo.

I am immensely grateful to SLB for granting me this wonderful opportunity.

-Carla Andrade- Supplier Manager/ SLB/ Ecuador





Firstly, I express my sincere appreciation for the comprehensive content covered during the 7-month training program. Jeanine's expertise and ability to explain all concepts clearly and concisely, with patience, love, and serenity, were genuinely admirable.

One aspect that particularly stood out to me was the discussions on self-compassion, self-awareness, and vulnerability and how these can be transformed into learning experiences and strengths. The one-to-one session with Jeanine was incredibly impactful. It helped me understand that we all carry our burdens and that everyone can make small changes to move forward with more courage and strength. It taught me the importance of embracing our past while enjoying the present for a better future.

Furthermore, the interactive discussions with our peer groups and the masterpiece exercise fostered valuable collaboration and knowledge-sharing among participants. Hearing different perspectives and approaches from professionals in various industries was incredibly important and beneficial.

Overall, I wholeheartedly appreciate the effort put into organizing this certification training. It has indeed been a unique experience compared to other traditional training. The learnings on self-awareness, self-compassion, and assertiveness are valuable skills I have been applying at work with my colleagues and at home, creating more empathetic and motivational environments. Thank you for providing me with the opportunity to be part of this certification training

-Raquel Correa- MCA Delfi Champion/ SLB / Ecuador





The one-on-one session was an amazing experience for me. The videos about vulnerability resonated with me, and I also appreciated the opportunity to prepare our videos. As the program unfolded, I began to see the value in the methodology and the activities. It was a journey of understanding and growth, and I'm grateful for the experience.

-Sharon Dremova- Field Development Manager/ SLB / Colombia





Importance of Gender Balance: The course effectively emphasized the significance of balancing female and male behaviors in leadership roles. This understanding contributes to creating a more inclusive and diverse work environment.

Positive Impact of Female Characteristics: The course commendably highlighted the positive impact of female characteristics on the work environment and personal life. Exploring these qualities further can promote a collaborative and empathetic culture within organizations.

Mindfulness Techniques: The incorporation of mindfulness techniques was valuable. These techniques provided participants with practical tools to disconnect the mind, enhance focus, reduce stress, and improve overall well-being. These skills are essential for effective leadership.

These highlights demonstrate the course's focus on fostering gender balance, embracing positive female characteristics, and promoting mindfulness for personal and professional growth.

-Nathalia Dal Piaz- WH Supply Chain Customer Services Manager/ SLB/ Colombia



Ana's video Feedback

