



Clarity. Resilience. Growth.

# BUSINESS OFFERS

**Jennifer Dorbic**

Empowerment Mentor in Berlin & online

# WHAT'S INSIDE

As an Empowerment Mentor, I help companies navigating change **manage stress**, build resilience, improve team communication, and prevent burnout, fostering **mindful growth** and a positive work environment



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# ABOUT ME

I'm Jennifer, an Empowerment Mentor for companies and individuals navigating change and high stress.

I hold a Bachelor's degree in **Media and Communication** and Philosophy and have completed a year of Master's study in Entrepreneurship. With over six years of experience in **Human Resources**, I've guided companies of various sizes—from intern at HelloFresh to Team Lead People Operations at Parity, a Crypto & Web3 company—through periods of change, honing my skills in strategy and **change management**.

In 2021, I completed a one-year training program to become a **Life Coach** and obtained my **NLP Practitioner** certification in 2023.

My personal journey has shaped who I am today: overcoming a congenital defect, moving alone from Berlin to Bavaria at 16, **enlisting in the military** at 20, and working as a butler on a luxury cruise ship at 24. These experiences have fostered my dedication to **supporting others** on their own journey.



# SERVICES

## GROUP TRAININGS

Online & In-Person

### Focus areas:

- Resilience and stress management in the workplace
- Clarity and self-leadership development
- Fostering innovation and creativity in teams
- Enhancing mindfulness, focus, and self-responsibility
- Trust-building exercises for stronger team dynamics and motivation

**Price: Please contact me via email**

## 1-ON-1 COACHING

Online & In-Person

### Focus areas:

- Self-management and work-life balance
- Resilience and stress management
- Improving communication and feedback skills
- Goal setting and achievement
- Change management and navigating transitions
- Building self-confidence and self-leadership

**Price: Please contact me via email**

Note: All topics are also available as lectures.

# BENEFITS

01



## Enhanced Resilience

I provide tools and strategies to help individuals and teams navigate stress and challenges effectively, enabling them to bounce back stronger from setbacks.

02



## Clarity and Self-Leadership

Achieving clarity is essential for growth. Participants define their goals, enhance decision-making skills, and take ownership of their paths, fostering greater self-leadership and accountability.

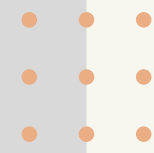
03



## Improved Team Dynamics and Trust

Creating a trusting environment is essential for teams and organizations. I provide trust-building exercises and communication techniques that enhance team relationships, boost morale, and increase productivity.

# CONTACT



## Let's work together!

Empower Your Team, Transform Your Organization.

I'm excited to explore how we can work together to enhance employee satisfaction and performance in your organization. If you're ready to foster a culture of resilience, clarity, and collaboration, let's connect!



### Email

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### Website

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### Location

Berlin & online

Feel free to reach out for any inquiries or to schedule a consultation. I look forward to hearing from you.

