



JEAN SCHOULTZ

Coach and Trainer

M 021 104 6092

jean@everestpeople.co.nz

[linkedin.com/in/jean-schoultz](https://www.linkedin.com/in/jean-schoultz)



human resources | training | coaching | recruitment | change



I am fascinated by people, what they do, how they think, what motivates and drives them. It is this fascination which drives me to make a significant difference with the people and organisations I work with, both individually and strategically.

Using my extensive coaching experience and knowledge to facilitate positive change, I believe that the key to personal and business success is through empowered people who take ownership, accountability and responsibility for their thoughts, feelings and actions. I work to develop these understandings in the people that I coach and train.

I have facilitated training both locally and internationally focussing on communication, leadership, emotional intelligence, customer service, self-leadership and coaching. Being flexible in my approach I can adapt styles to suit client needs. Being focused on results I believe my role is to challenge the clients thinking and their approach to access their talents and bring about real leadership success. Past management and leadership positions have enabled me to bring practical experience into the coaching and training I facilitate.

I am a qualified INLPTA certified trainer, master practitioner in Neuro Linguistics Programming, certified mBIT (Multiple Brain Integration Techniques) coach, Emotional Intelligence trainer with MSCEIT (Mayer Salovey-Caruso EI test).

Areas of expertise include:

- **Coaching:** One on one coaching for transformational change, using disciplines from mBIT, NLP and Cognitive Behaviour Therapy, as well as a variety of leadership and management models.
- **Conflict Management:** Using the CINERGY model to enable people with conflicting views to focus on achieving constructive outcomes. Using a variety of tools and techniques to support workplaces and the individuals within to build capability in managing challenging behaviours and assisting individuals build competency in conflict situations.
- **Mediation:** Certified by Resolution Institute as a professional mediator; using these skills to support the resolution of a wide range of disputes in an informal process where parties in conflict have the opportunity to express how they feel in a safe and managed environment.
- **Emotional Intelligence:** Certified by Langley Group as an Emotional Intelligence trainer; using the MSCEIT model for testing which is underpinned by robust scientific research, helping teams achieve optimal performance.
- **Leadership:** Focussing on the development and transition of people managers and people leaders. Facilitator of the Everest Leadership Development Programme along with individual and team coaching; creating and developing a leadership culture where people take ownership and support and challenge each other to deliver.
- **Communication:** Exploring the differences between people and finding ways to reduce the difference to bring about increased synergy, connection and influence.



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