

As a **coach, consultant, trainer, and facilitator**, I support individuals and groups in navigating processes of change and in reshaping the way they work together and lead themselves and others.

**Adopting new perspectives, questioning and transforming attitudes, and using communication in a purposeful and health-promoting way** are central aspects of my work.

In short: **Enabling transformation on all levels to shape the future**—this is what I am deeply committed to.

I believe in cooperation as humanity's greatest success factor, and my core values are always reflected in how I act and work: **integrity, love, humor, and sustainability**.



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## Professional Experience

**> 8 years of experience in the transformation team of an multinational energy corporation:**

- Design and implementation of company-wide transformation programs focusing on new ways of working and modern leadership culture
- Development and facilitation of leadership and team development journeys
- Workshop and conference design and facilitation (including large-scale events with more than 100 participants)
- Executive coaching and consulting

**> 5 years of experience as a life coach (+50 individual coaching sessions) and in conducting mindfulness courses and retreats for personal development and strengthening inner resources.**

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## Qualifications

- Systemic coach in organizations (DBVC certified)
- © Living Mindfulness Trainer
- Core Constellations – Systemic-Essential Constellation Work
- Agile Coach (PAL)
- MBTI Practitioner
- Lean Practitioner (iffs)
- Suggestopedia Practitioner (DGSL)
- Yoga Certifications: Traditional Hatha Yoga (500h Yoga Alliance); Yoga Nidra; Surya Namaskar

## My Offerings

**Cultural Transformation** – Designing sustainable and healthy change for everyone involved and for the organization as a whole to set the foundation for future success.

**Coaching** – Exploring and addressing development topics and alignment questions at eye level to enhance self-efficacy.

**Collaboration** – Strengthening teamwork and communication, cultivating motivation and team spirit.

**Mindfulness** – Learning to cultivate a mindful way of relating to oneself and others. For greater self-awareness and joy in life.

**Yoga** – Teaching traditional yoga practices as a path to greater stability and balance of body, mind, and soul.

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