



JENNIFER KAMMEYER

COMMUNICATION COACH

1:1 Executive Coaching

Gain Confidence

Achieve Ambitious Goals

With actionable advice, Jennifer helps motivated life-long learners seize opportunities and reach leadership goals by tackling daily issues and strategizing long-term approaches.

Coaching is customized for each professional - I work with leaders' styles and situations to meet their goals

- Build Executive Presence
- Increase Public Speaking Confidence
- Improve Interpersonal Communication
- Lead Others Effectively and Compassionately
- Manage Up Tactfully
- Overcome Communication Anxiety

My Approach

During coaching sessions, I listen actively and lead my clients through exercises that facilitate self-reflection. We focus on the areas that are of highest use to the client in the moment. I provide my clients with frameworks, techniques, and advice for successful habit changing. I work with them to create specific and measurable goals and track progress. We find solutions to tactical problems to reach long-term strategic goals.

My Philosophy

Grounded in decades of industry and academic experience, I believe change starts with awareness and happens gradually over time with disciplined habit adjustments. Having a strong mindful awareness practice myself, I incorporate this practice into my coaching. My method requires first gaining insight into the motivations of undesirable habits and then replacing those actions with skillful practices that improve leadership communication.

Getting Started

The coaching process is customized for each professional and typically begins with a two hour in-person assessment and goals setting session followed by monthly meetings in person or via phone or video conference.

“Jennifer listened without judgment and offered advice and techniques that have helped me solve work challenges more effectively. With new insights, I am forming new habits that are enabling me to become the leader I want to be.”

- VP Corporate Marketing, technology company