

MARY-ROOS NIJS

TRAINER & MENTAL COACH

Mary-Roos Nijs is an experienced facilitator, coach, and trainer. She works with individuals and teams to improve their performance, self-awareness, and enables them to make changes in their mindset, behaviours, and attitudes in order to help them achieve their goals and aspirations through her coaching and training business.

She is committed to making a positive impact, and her soothing yet high-energy, and often humorous facilitating and training style guarantees that participants not only learn and grow immensely, but also have a great time doing it. She has become widely known for her cutting-edge workshops and coachings.

She is a 'Executive Coach and Business Trainer for Peak Performance'. She holds certifications in DISC profiling, Career Coaching, Talent Passport profiling, Master NLP, Psych-K, and many more.

She is the only professional in Benelux who teaches the Managing with Heart & Mind® programs.



CONTACT

- +32.468.13.69.76
- info@innerwellness.be
- in relationship - no children
- Maaseik - Belgium
- March 4, 1975

INNER WELLNESS | WELLLCOME

Trainer / Coach / Owner

www.innerwellness.be | www.welllcome.be | www.iw-teamsolutions.be

Inner Wellness has the mission to maximise the performance and happiness of teams, organisations, and individuals, providing change processes in which her clients dive deep to uncover, let go of, and transform anything that gets in the way of their best performance and happiness.

As a result, everyone is given the opportunity to realise their full potential through training, coaching and teambuilding programs.

MY LANGUAGES

Dutch		Native
English		Very Good
French		Good spoken
German		Good spoken
Spanish		Basics

EDUCATION ON COACHING & TRAINING

Certified Expert Organisational Training

- BAO Group (Elan Vital) - Brussel

Certified Business- & Executive Coach

- BAO Group (Elan Vital) - Brussel

Managing with Heart & Mind® Certified Trainer

- Holistic approach to create a powerful Performance Management Culture.
 - From Judgment to Awareness
 - From Reactive to Responsive
 - From Fear to Faith
 - From Surviving to Thriving
- Isra - Center for Training & Development – Mumbai (India)

NLP (Neuro Linguistic Programming)

- Practitioner: In Balance – Oostkamp
- Master: Arcturus – Kessel

DISC® Insights

- Basic Certification: DISC Factor Benelux - Veenendaal (NL)
- Teams & Values: People Keys – Ohio (USA)
- Leadership development: People Keys – Ohio (USA)
- Selling with personality: People Keys – Ohio (USA)

Talent Passport - Certification

- Pontis Management School – Antwerpen

Non-Violent Communication™ from Marshal Rosenberg

- Imboorling - Antwerpen
- Ai-Opener Training Instituut - Martin Van de Meulen - Rotterdam

Train-the-Trainer

- Pygmalion Training Center – Eeklo

Loopbaancoaching

- Pygmalion Training Center – Eeklo

Heal Your Life® - International Licensed Trainer

- Training based on positive psychology. This methodology offers tools and programs to stimulate a positive self-image, confidence, success and personal high performance professionally.
 - Licensed Teacher: Heart Inspired Ltd. - San Diego (USA)
 - Licensed Life Coach: Heart Inspired Ltd.- San Diego (USA)
 - Licensed Business Trainer: Heart Inspired Ltd. – Birmingham (UK)
 - Licensed Teacher - Trainer-the-Trainer: Heart Inspired Ltd.- Orlando (USA)
 - Licensed Life Coach - Train-the-Trainer: Trainer: Heart Inspired Ltd.- Birmingham (UK)

Stress Management Training

- Heart Inspired Ltd.- San Diego (USA)

Heart Coherence

- NLP instituut Arcturus - Kessel

Daniel Ofman's Core Quality Quadrant

- BAO Group (Elan Vital) - Brussel

Social Style & Team Coaching

- BAO Group (Elan Vital) - Brussel

EDUCATION ON COACHING & TRAINING

Breakthrough to Success

- The Jack Canfield Training Group – Sedona (USA)

The Happiness Project™- Loveability Coach training

- Robert Holden Ph.D. - New York (USA)

The Sedona Method

- Learning Strategies USA – Hale Dwoskin
- Training on the art of letting go of stress, fear, worry, anger, frustration, negative mindset and other limitations in such a way that the effectiveness and potential of the individual is significantly increased. The outcome is improved performance, reduced stress, protection against burnout, and the ability to work and live in a state of flow, which influences employee happiness.
 - Basic Training
 - Advanced Training
 - Facilitator Training
 - Effortless Creation
 - Financial Liberation Training
 - Resistance Dissolver
 - Sustainable Success
 - From Fear to Fearlessness
 - The Power of Love
 - 120-hours Personal Coaching Program (Chuck Goodwin)

EFT (Emotional Freedom Technique)

- Emofree seminar - USA
- EW coaching – Antwerpen

Psych-K® Facilitator

- Delight Training & Coaching - Eindhoven (NL)
- My Celeste – Scherpenheuvel

Hypnosis & Coaching

- Hypnoschool – Aarschot
 - Basic training Hypnosis
 - Jeffrey Stephens Direct Hypnosis Protocol
 - Advanced Hypnosis
 - The Swan Technique

The Virtues Project™ - Facilitator

- Deugdenproject - Groesbeek (NL)
- Virtues Project – Canada
 - Training and coaching with virtues & inner strengths.
 - Award winning method - United Nations in 1994

Meditation & Mindfulness - Train-the-Trainer

- Heart Inspired Ltd.- San Diego (USA)

Transactional Analysis

- BAO Group (Elan Vital) - Brussel

AVIATION : EDUCATION AND TRAINING

Training with yearly or two-yearly examination (20 years of experience)

- Safety Training
- Security Training
- Fire Drill
- First Aid
- Evacuation drill
- Crew Resource Management
 - A Nasa originated training - CRM can be defined as a management system which makes optimum use of all available resources to promote the efficiency of the operations.
- Leadership training
- Assertiveness training
- Handling conflict- & aggression
- Customer care & commercial training
- Intercultural communication

Sabena Flight Academy – Steenokkerzeel

Sabena (DAT) & Brussels Airlines – Brussels Airport

CLIENTS & REFERENCES

(coaching, training, workshops, teambuilding, ...)

- Toyota Motor Europe
- Promoplan N.V.
- Dancohr Cosmetics Nederland
- Carglass
- Umicore N.V.
- Nestlé
- KPN Group Belgium
- Bayer
- Borealis Polymers
- Exxon Mobile
- BASE - Brussel
- ISS Facility Services
- Delta Lloyd Bank
- Rabobank Zuid-Limburg
- Cevora / Cefora
- Henkel
- Novotel
- KBC Bank
- D.S.M. Engineering
- Landelijk Dienstencoöperatief
- Ministerie van Leefmilieu, natuur & energie
- Ericsson Nederland
- Universiteit Maastricht
- Rijksdienst voor Pensioenen
- Trajekt Nederland
- The Voice van Vlaanderen, VTM, Vitaya TV, ...
- Various hospitals, government agencies and healthcare institutions in Belgium and the Netherlands
- ...

Please visit my websites to read dozens of references and testimonials from happy clients: www.innerwellness.be

OFF THE SHELF TRAINING PACKAGES (DUTCH + ENGLISH)

- DISC® INSIGHTS-based programs
 - For communication, leadership and team development.
- From Stressed to Refreshed®
 - An Inside-Out Approach to Stress Management
- The Assertiveness Bootcamp®
 - Learn to Speak Up and Stand Out in Life and Work
- Well-being, 'well'-thinking, 'well'-feeling!
 - Finding Balance and Joy in Everyday Life
- Transform Your Mind, Transform Your Life®!
 - A Holistic Approach on Self-Love and Empowerment
- Free Your Mind, Find Your Flow®!
 - A Step-by-Step Guide for Unlocking Your Potential
- Embrace Your Power®
 - A Journey of Personal Transformation
- Better Together®
 - The Fun Way to Boost Team Happiness and Performance
- The Self-Esteem Makeover®
 - Transforming Your Mindset and Performance
- From Stagnation to Inspiration®
 - Developing a Growth Mindset for the Future
- Train the coach
- Train-the-trainer
- Communication training courses
- From Boss to Coach®
 - Embracing a Coaching Leadership Style for Elevating Your Team's potential
- Leading with Love®
 - The Power of Heart-Centered Leadership in Today's Workplace
- The Magic of Believing!
- Heart & Mind® Training programs