

MARY-ROOS NIJS

TRAINER & COACH

Mary-Roos Nijis is a seasoned consultant, coach, and trainer with a deep passion for empowering individuals and teams. Through her coaching and training programs, she inspires professionals to elevate their performance by fostering positive transformations in mindset, soft skills, and resilience. Her approach enables participants to achieve their goals and realize their ambitions.

With a calming yet dynamic training/coaching style infused with humor, Mary-Roos ensures that participants not only gain valuable insights and personal growth but also enjoy the process. Her innovative workshops, training sessions, and coaching programs have earned her widespread recognition within her field.

As a business trainer and mindset coach, Mary-Roos holds an impressive array of certifications, including DISC Insights, Talent Passport Profiling, Master NLP, Psych-K, Executive Training, the Sedona Method, and more. She is the sole professional in the Benelux accredited to deliver the internationally renowned Leading with Heart & Mind® programs.

With her expertise and dedication, Mary-Roos is an inspiring partner for anyone seeking to grow, lead, and excel.

Delivering impactful training and coaching as a freelance professional under renowned training organizations, combining expertise and adaptability to drive results.

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.



CONTACT



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- in relationship - no children
- Maaseik - Belgium
- March 4, 1975

MY LANGUAGES

Dutch	<div></div>	Native
English	<div></div>	Very Good
French	<div></div>	Good spoken
German	<div></div>	Good spoken
Spanish	<div></div>	Basics

EDUCATION ON COACHING & TRAINING

Certified Expert Organisational Training

- BAO Group (Elan Vital) - Brussel

Certified Coach

- BAO Group (Elan Vital) - Brussel

Leading with Heart & Mind® Certified Trainer

- Creating powerful Performance Leading 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 mastering the art of letting go of stress, fear, and a negative mindset to unlock your full potential. Achieve greater performance, reduce stress, prevent burnout, and embrace a state of flow—boosting both productivity and 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

- Hypnoseschool – 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)

Introduction into 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, ...)

- NIKE
- Action
- Toyota Motor Europe
- NUXE Cosmetics
- Bosch
- SBB Accountants
- Logos
- 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
- Ministerie van Leefmilieu, natuur & energie
- Ericsson Nederland
- Universiteit Maastricht
- Rijksdienst voor Pensioenen
- 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

OFF THE SHELF TRAINING PACKAGES (DUTCH + ENGLISH)

PERFORMANCE

- **DISC® INSIGHTS**-based programs for...
 - Communication
 - Leadership
 - Team development
 - Sales
- Powerful Communication
 - Krachtig communiceren (Dutch)
- Dealing with Difficult Customer Behavior
- Heart & Mind® Training programs
 - Leading with Heart & Mind®
 - Team development
 - Culture change
 - Communication
- From Boss to Coach®
 - Embracing a Coaching Leadership Style for Elevating Your Team's potential
- Unlocking Effective Communication Skills
 - Building Stronger Connections for All
- Free Your Mind, Find Your Flow®!
 - A Step-by-Step Guide for Unlocking Your Potential
- Better Together®
 - The Fun Way to Boost Team Happiness and Performance
- Train the coach
- Train-the-trainer

WELLBEING

- 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
- The Self-Esteem Makeover®
 - Transforming Your Mindset and Performance
- From Stagnation to Inspiration®
 - Developing a Growth Mindset for the Future
- Leading with Love®
 - The Power of Heart-Centered Leadership in Today's Workplace
- The Magic of Believing!
- Transform Your Mind, Transform Your Life®!
 - A Holistic Approach on Self-Love and Empowerment
- Embrace Your Power®
 - A Journey of Personal Transformation