



Karen Nanninga

Karen is passionate about accompanying people on their personal development paths: when delivering training to a group or when coaching individuals.

Karen Nanninga, after a career as Executive Assistant at Management and Board level, has been a Trainer, Consultant and Speaker in the field of management support for over 25 years. She is also a Certified Business and Life Coach for Professionals.

Karen's objective is always to develop and mobilize personal potential and inner wisdom, to encourage people to take steps, to empower them to set and reach goals, to inspire them to live the life they want. She strongly believes that each individual can make a difference in his/her own environment, no matter what position (s)he holds. Each person's role goes beyond his/her job description, as we all bring unique personal competence, talents and interests to the workplace. Leadership is her motivation and message in all her professional areas and activities.

Karen's main subjects for training, seminars and workshops:

- To build the team manager/assistant
- To shape added value from the role and the position
- To understand organizations and to learn management tools
- Tools for setting and reaching goals
- Mental training for personal effectiveness
- (Intercultural) communication
- The international Assistant
- Coaching skills for the assistant
- Priority and time management
- Project management

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