

DR. JUTTA LENZ

*Management Consultant / Facilitator
Business & Health Coach / Mindfulness (MBSR) Teacher*



Dr. Jutta Lenz M.A. is a Doctor of Philosophy, has a Masters Degree in Psychology, and specializes in Sports Science, Educational Science, Business and Health & Wellness Management coaching.

Jutta has acquired MBSR / MBCT (Mindfulness Based Stress Reduction / Mindfulness Cognitive Therapy) Education from the University of Stellenbosch, South Africa and The Massachusetts Medical School, USA.

With 36 years of experience, she specializes in executive coaching, organizational development and health management in the U.S, Norway, Germany, Austria, Switzerland and South Africa. She also works with the governments of Germany and Austria.

Jutta teaches about leadership, hosts seminars and workshops about strategy, vision and goals, especially in the Change Management field.

My Mission is to help people to grow their inner self so that they can find their own way to discovering a meaningful life.

- Dr. Jutta Lenz

Jutta focuses on empowering Managers and Leaders to successfully manage stressful situations related to changes in their personal lives, their teams, or organisation.

She also provides coaching to develop their personality and strengths as a Leader, a human being - for the daily business of living.

Jutta works with top executives as a process facilitator and coach, for individuals and organizations.

She has an eye for systemic relationships while human beings go through processes of change and provides coaching to cope with life crises, stress, burnout and conflict.

Jutta lives in South Africa for most months of the year and regularly travels to Europe for work.



SERVICES & TRAINING OFFERED IN COMPANIES AND GOVERNMENT INSTITUTIONS

An Overview



Dr. Jutta Lenz is a facilitator for individuals and organizations while they are going through a time of transformation to deal with life crises, change and conflict. She offers participative coaching and counselling, as well as health and well-being coaching.

BUSINESS CONSULTING

- How to manage Change as a Leader
- How to lead people and organizations successfully
- How to develop a Team
- Professional Conflict Management
- Effective Communication (the appraisal interview, problem and conflict discussions, etc.)
- How to work on Change Management processes
- Self-leadership training to mobilize inner resources
- How to lead oneself and others in a mindful way

HEALTH & WELL-BEING

- Healthy Leadership
- Healthy lifestyle work/life balance
- Stress Management & Burnout prevention: nutrition, exercise, relaxation methods
- Presentations on a variety of health & well-being and employee development topics
- An 8-week MBSR Course - Stress Management through the practice of Mindfulness. Offered as Group or Individual sessions.

We offer executive coaching and client counseling which includes online-sessions after the first meeting.

We provide presentations, moderation and facilitation of workshops and conferences - e.g. for the Development of strategy, vision, values, goals, structure guidelines, knowledge management, conflict management, change processes etc.

We determine peoples' needs in the organization by identifying the actual problems , such as the real reasons for de-motivation, lack of responsibility, inconsistent work-ethic, negativity, poor performance etc.

MBSR

MINDFULNESS-BASED STRESS REDUCTION

Stress Management through the practise of Mindfulness

Presented by Dr. Jutta Lenz

AN 8-WEEK PROGRAM OF 2,5 HOUR SESSIONS: FOR GROUPS AND INDIVIDUALS

In the past 46 years, MBSR has been the most scientifically researched anti-depression and stress reduction program, making it the leading program for managing difficult life situations that will have a physical impact for many decades.

It deviates from many other stress programs by focusing on building a deep inner relationship with yourself in order to mobilize your own strength.

The desired outcome is to get focused to make clear decisions so that you can reshape your life and give it a different direction instead of just learning stress management techniques.

MBSR is an eight-week training program, for groups or individuals, focused on various mindfulness methods and the practical integration of these into everyday life. Participants learn how to use their inner resources and abilities to better cope with stress, anxiety, pain, illness or depression.

WHAT YOU CAN EXPECT TO GET OUT OF THE COURSE

- You will experience an increase ability to relax and experience calm
- enjoy greater energy, enthusiasm and appreciation for life
- heightened self-confidence and more acceptance for life as it is
- an increase ability to cope more effectively with both short and long-term stressful situations
- reduce the tendency of over-thinking, experiencing repetitive thoughts, and chronic worrying
- let go of the habit to avoid or suppress things, to push them away, to cling to them
- experience a stabilized mood, the ability to feel joy again
- live a more conscious life and practical application methods of self-reflection

THE MBSR COURSE IS FOR PEOPLE WHO ARE:

- stressed out from work or private life issues
- suffering from acute diseases or chronic pain
- burdened by psychosomatic complaints
- impaired by anxiety or depression
- suffering from sleep disorders
- affected by internal unrest and / or moods
- desiring to improve their situation and health
- seeking a useful health treatment supplement

MBSR

8-WEEK PROGRAM OVERVIEW

Our First Appointment is an introduction to MBSR and getting to know each other.

- What is MBSR actually?
- The doing and being mode of the mind
- A life in "automatic mode" as opposed to conscious awareness and freedom of choice
- What does mindfulness mean?

Week 1: Beyond "automatic action"

- If I could live my life again? How mindfulness can help recapture our lives
- Introduction to sitting meditation, breathing exercises, body scan.

Week 2: A different kind of knowledge

- Thinking and remembering, the central aspects of knowledge in the doing mode can move us very far from the immediacy of present experience
- The hidden power of thought: thoughts
- Sitting meditation, bodyscan, 3min respiratory space

Week 3: Learning to perceive the present - gather the scattered mind

- Stretching and breathing meditation
- introduction to mindful yoga

Week 4: To perceive aversion, to deal with negative thoughts

- Sitting meditation: mindfulness of the breath, body sounds, thoughts
- Introduction of walking meditation. 3 minutes breathing space

Week 5: Allowing things to be what they are

- Why it is so important to develop the attitude of allowing or letting go
- Sitting meditation: working with difficulties
- Welcome difficulties and work with them through the body

Week 6: Recognize thoughts as thoughts

- Feelings give rise to related thought patterns
- Develop an early warning system for depression
- Sitting meditation: seeing thoughts as transitory mental phenomena
- Silent Retreat Day of the common silence Saturday, the
- e.g. Walk in silence with Yoga QiGong etc. different meditations

Week 7: Friendliness in daily activities

- Build up joyful activities or activities to master as an act of kindness towards yourself
- Various meditations, 3 minutes breathing space
- Create an action plan for yourself!

Week 8: Realizing the deep importance of maintaining the practise of mindfulness

- One day of silence retreat preferable on Saturday between 7th and 8th week

"A clear motive carries us, so we practise, whether we feel like it or not, we force ourselves, because we remember what is really important and valuable to us."

For more information about this and other courses, see Jutta's contact details on last page.

JUTTA'S COACHING METHOD:

A resource and solution-orientated process consultation, i.e.

The Client is the expert on his problems and solutions.

The Coach is the expert on the methods which are used. Jutta supports clients to find their own solutions and do not give any advice or offer any solutions which are not developed together with the client.

These methods work for all topics in industry and management, in social, health and therapeutic spheres and in the development of one's own personality (self-coaching).

The quality of the outcome of the coaching can be assured by means of a scale, as implemented changes become measurable. The processes that Jutta applies are scientifically validated.



A SELF-PRACTICE OF LIFELONG LEARNING

Jutta is socially engaged in the problems of orphans in South Africa.

Jutta's foster daughter of 21 which she met when Phumla was 3 years old, have passed away in 2019.

In 2020 Jutta has registered her own foundation named Jutta Olga Weller foundation www.weller.ngo. Her vision is building campuses in Africa for youngsters who grew up in foster homes, until they are ready to move out and have a good base of education.

Jutta and her son have also set up an IT Center at the Mulamula Education Center Project in Limpopo.

Jutta enjoys the benefits of exercise and runs marathons, loves yoga and ballroom, latin, salsa and flamenco dancing. She does Shotokan karate and have completed her black belt, 2. Dan.

DR LENZ CONSULTING

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Quote by Heraclitus:

"The only thing that is constant is change"