

JR SERVICES

Coaching, training and online learning

Clarity, resilience and conscious leadership in complex environments.

Systemic coaching, leadership training and online learning for senior leaders, entrepreneurs and teams.

- **Systemic Coaching**
Unlock clarity. Align with your values.
- **1:1 Reset Session**
Relief, grounded clarity, renewed direction.
- **Leadership Coaching & Training**
For individuals and teams.
- **Online Courses**
Mini courses, trainings and expert programmes.

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Clarity, resilience and conscious leadership in complex environments.

JR | Regenerative Leadership supports senior leaders, entrepreneurs and teams in developing more conscious, sustainable ways of leading. Choose the format that fits where you are.

01

Systemic Coaching

Unlock clarity. Align with your values. Lead with purpose.

*Based on the St. Gallen
Coaching Model®*

Values-based systemic coaching invites you to look at your life from a broader perspective: the deeper patterns, relationships, beliefs and values that shape your experiences and influence your decisions.

WHAT YOU GAIN

- **Systemic insight** and awareness
- **Clarity, alignment** and direction
- **Healing on a cellular level** through somatic processes
- **Sustainable change**, rooted in your values

IDEAL FOR

- Executives, entrepreneurs and founders
- Professionals in transition
- Parents and individuals seeking personal growth and transformation

4–7 SESSIONS | 1.5 H EACH

Weekly or every two weeks, as agreed.

02

1:1 Reset Session

Find relief, grounded clarity and renewed direction.

Maybe you have been holding a lot lately, and yet something still feels unclear, tense or repetitive. In 90 minutes we gently look at what is already shaping you: your patterns, your environment, and the way you have learned to lead yourself within it.

IN THE SESSION

- Step out of mental noise
- Zoom out and view your situation systemically
- Recognise the patterns and influences at play
- Reconnect with what matters

YOU LEAVE WITH

- A clearer understanding of your situation
- A compassionate perspective on your patterns
- Inner orientation and realistic next steps

Ideal for inner tension & restlessness, repeating patterns (incl. in relationships or work), lack of clarity, times of pressure or transition.

SINGLE SESSION | 90 MIN

Book online at "Services - 1:1 Reset Session"



03 Leadership Coaching & Training

Transformational leadership development for individuals and teams.

A journey that starts with fundamental questions: who you are, what you value, and how you lead yourself and others. The aim is to develop regenerative mindsets that unlock the full potential of you, your team and your organisation.

FOR INDIVIDUALS: COACHING PACKAGES

- **Self-Leadership** (4.5 h): How do I lead myself?
- **Leadership of Others** (4.5 h): How do I lead my team and organisation? Builds on Self-Leadership.

FOR TEAMS: TRAINING PACKAGES

- **SYSTEM CHECK** (6.5 h): Know exactly where you stand. Your team builds its own solutions.
- **SYSTEM SHIFT** (11.5 h): Define what must change. We build the solutions with you.

Especially requested if: accountability, communication or direction are lacking, conflicts resurface or work systems are inefficient.

What it brings: increased awareness and regenerative mindsets, clarity and stronger cohesion, sustainable work systems, higher motivation and vitality.

GROUP AND 1:1 FORMATS

Full details in our Coaching and Training Packages documents.

04 Online Courses

Make a big leap in your awareness and become a regenerative leader.

Deepen your regenerative leadership practice online, from short mini courses to a guided training programme and programmes developed together with experts.

MINI COURSES

- **MC1:** Introduction to Regenerative Leadership
- **MC2:** The Regenerative Leader (incl. 2 h coaching)

EXPERT FUSION PROGRAMS

- **EF1:** Change Leadership
- **EF2:** Navigating Complexity

ONLINE TRAINING: REGENERATIVE LEADERS

A 5-week programme with 5 webinars and coaching sessions, including case studies, a regenerative tool-kit and Q&A rounds.

LIMITED SPOTS

More courses coming soon.

ABOUT THE FACILITATOR

JR | REGENERATIVE LEADERSHIP

Julia Ruff

Founder and Lead Trainer, JR | Regenerative Leadership

WHY THIS WORK

Julia founded her consultancy and knowledge hub for conscious business and leadership development out of a deep conviction that this is what our collective future needs. With ten years of experience in corporate sustainability, as a department head, manager, CSR lead, consultant and researcher, she saw many promising projects fail long-term due to gaps in leadership, communication and systems thinking. Her guiding question: *How can we channel human energy into truly sustainable success?* She believes it all starts within.



HER APPROACH

Grounded in the St. Gallen Coaching Model®, systemic thinking and the principles of Living System Design (U-Theory, Presencing Institute), Julia works at the intersection of leadership, awareness and human and organisational wellbeing. Her coaching creates space for leaders to examine patterns, reshape habitual emotional and somatic responses, create clarity in complexity and make values-aligned decisions that serve both performance and wellbeing.

WHO SHE WORKS WITH

C-suite executives, senior leadership teams, department heads, entrepreneurs and professionals across multinational organisations.

FOCUS TOPICS

- Self-leadership and personal growth
- Change, transition and complexity
- Burnout prevention and wellbeing
- Values, purpose and team development

CREDENTIALS

- Dipl. Value-Oriented Systemic Coach, Business Coach and Health & Resilience Coach (CAS/ISO/ICI), Swiss Coaching Academy
- Regenerative Leadership Programme, University of St. Gallen (Switzerland)
- Certified instructor of the LEGO® SERIOUS PLAY® Method
- Part-time lecturer on Sustainability & Leadership at universities (on request)
- M.A. Global Studies (Sociology, Political Ecology), B.A. Business Administration

"Helping leaders cultivate clarity, resilience, and conscious leadership in complex environments."

30

MIN

Not sure where to start? Book a free 30-minute introductory call

Tell us where you are, and we will recommend the right format for you.

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