



INSTITUTE *for* HEALTH *and* HUMAN POTENTIAL



Jennifer Krueger

Jennifer brings an extraordinary level of energy to her training and coaching of teams and leaders. She is a distinguished certified trainer and has spoken at a variety of Conference Board of Canada events, as well as delivered Keynote workshops to hundreds of people.

With a degree in Adult Learning and Development from the University of Toronto and twenty years of experience, Jennifer's masterful facilitation skills shine through from start to finish of every learning session she leads.

Her work has taken her to four countries, where she has broadened the number and variety of clients and learners she has worked with. In that time, she worked with such diverse clients as Ontario Power Generation, Magna, Unilever, Cenovus, ViaRail, Barrick Gold, KPMG, Stantec, and more.

Jennifer is as comfortable in a classroom as she is in a digital teaching environment. Her excitement, friendliness, openness and intelligence are instantly picked up on by all participants, leading to an environment where she quickly earns and establishes trust and excitement about the material they will cover and the lessons they will learn. She excels at identifying the key points in learning, no matter how complicated, and using real-life examples, experience and humor to clarify the "So what?" to the learner.

Jennifer's energy and approach are summed up in her motto which she credits to Nobel prize winning poet William Butler Yeats – "Education is not the filling of a pail, but the lighting of a fire!"



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About Us

IHHP is a research-based training company and has been a leader in Emotional Intelligence for over twenty years. It's a scientific fact that emotions precede thought. When emotions run high, they change the way our brains function, diminishing our cognitive abilities, decision-making powers, and even interpersonal skills.

Is your organization facing increased pressure, disengagement or lack of authentic communication? We build integrated programs with training, assessments and coaching based on neuroscience for real change. We translate the science behind managing emotions and teach people the skills to summon their best selves and do their best work during moments of truth.

Our clients see improved productivity, talent retention, a more agile workplace culture and higher engagement levels.

Whether you are an individual contributor or manage a team, we believe that PEOPLE make the greatest positive impact when they SHOW UP AS THEIR BEST selves.

Connect with a Leadership Consultant to discuss how you can get the most from your team!



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