

Caterpillar Spirit

Jamie Müller is the owner and founder of Caterpillar Spirit. Personal and professional experiences have led her to support people through transition and change with a focus on intercultural topics. We provide the opportunity to learn, experience, reflect and grow through our various and diverse programs. Our areas of expertise include:

- Coaching - Intercultural, Life and Transition
- Intercultural Competence
- Expatriation and Repatriation
- Change and Transition Management
- Business English
- Country Briefings

We provide customized services for all of our clients. We offer exceptional experience, expertise, patience, and trust.

Intercultural Training / Workshops

Our intercultural trainings focus on working across cultures in a variety of spaces—doing business, negotiating, presentation skills and more. Trainings/ workshops include modules specific to understanding communication styles, thought process and everyday tips to increase and build intercultural competence.

Expatriation/Repatriation Preparation Training

Intercultural training reduces the chances of expatriate assignments going wrong. It aids the employee and family to better approach and deal with the relocation, ensuring that the negative consequences of 'culture shock' are greatly reduced. Our preparation trainings provide participants with the necessary information to effectively adapt to their new environment and ease the transition process in both their professional and personal life.

Country Briefings

Do you need specific cultural information to prepare for your next business trip? Team meeting? Project assignment? Country Briefings provide an introduction to a particular country and culture in a format which fits a busy schedule. While it is impossible to learn everything about a particular country and culture in a short amount of time, Country Briefings provide key information necessary to understand the surface level of a culture.

Coaching

We specialize in three areas of coaching: Intercultural, Life and Transition. Coaching provides intelligent, practical and adaptable strategies to accomplish your goals. Using specific tools and coaching models, we help you move from being 'stuck' to a place of action and change to move you forward.

Business English

Our Business English programs are customized and flexible to meet your specific professional needs and goals for English in the workplace as well as increase your confidence. We provide *Culturally Correct English*, so you learn how to use the language in a culturally appropriate manner.

Are you interested in learning more? Let us know how we can help. We look forward to hearing from you and working together.

Jamie Müller · Achalmstraße 15 · 71116 Gärtringen · Germany
T +49 (0)7034.149 927 · M +49 (0)172.75 71 479 · www.caterpillarspirit.com · jamie@caterpillarspirit.com