

JESMINE HENEKE

Founder of JZH Coaching | Certified Life & NLP Coach

Bold Impact, Grounded Growth

Life and NLP coaching for self-awareness, emotional intelligence, leadership presence and practical transformation.



PROFILE

I help individuals, professionals and leaders move from self-doubt, overwhelm and uncertainty into clarity, confidence and aligned action.

My work combines NLP, coaching psychology, neuroscience-informed practices and hypnotherapy insight with the strategic thinking shaped by more than 15 years in corporate leadership.

CREDIBILITY

Certified Life Coach and NLP Practitioner

15+ years in corporate leadership

Experience across customer experience, compliance, legal, risk and operations

Postgraduate Diploma in Business Practice

Currently deepening expertise in hypnotherapy and neuroscience

CONTACT

info@jzhcoaching.com
www.jzhcoaching.com

Available for 1:1 coaching, leadership development, team sessions and corporate workshops.

COACHING FOCUS

Awareness creates transformation.

At JZH Coaching, growth is not about becoming someone else. It is about understanding yourself more deeply, shifting the patterns that no longer serve you and taking practical steps toward the life, career and impact you want to create.

Personal Transformation

Build self-awareness, confidence and intentional action.

NLP Mindset Coaching

Reframe limiting beliefs, self-talk and subconscious patterns.

Emotional Intelligence

Develop emotional regulation, presence and healthier responses.

Leadership Development

Lead with clarity, accountability and human-centred impact.

Career Clarity

Reconnect with strengths, purpose and professional direction.

Team & Corporate Workshops

Support communication, alignment, resilience and practical behavioural change.

THE JZH APPROACH

1 Awareness

Understand your patterns and triggers.

2 Alignment

Reconnect with values, strengths and direction.

3 Action

Build practical habits and sustainable change.

Ready to work with more clarity, confidence and intention?

Book a free consultation: info@jzhcoaching.com | www.jzhcoaching.com

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