

# Personal Resume

## Hilde Jans

### Personal data

Name Jans  
First names Hilde Johanna  
Sex Female  
Birth data and place 11 march 1969, Soest  
Nationality Netherlands  
Marital Status Married, two kids  
Address De Haag 32  
3993 AX Houten  
Country Netherlands  
Phone number +31306373137 / +31651576318

### Education

HAVO Soest, Graduated 1987  
VWO Hilversum, Graduated 1990  
Psychology University of Utrecht, Graduated 1996  
Masters Health Psychology  
Diagnostic registration NIP Graduated 1996  
(Netherlands Institute of Psychology)

### Post Academic

Pain certification ITON  
EQ-I (Emotional Intelligence)  
CBT (Cognitive Behavioural Therapy)  
Hypnotherapy  
Directive System therapy  
Protocol treatment of fear syndromes  
Goldstein course  
Acceptance en commitment Therapy (ACT)  
Mindfulness & Buddhism  
Personal Leadership

### Motivational Interviewing

Workshop by Mark Jensen 2005  
Motivational Interviewing three days by Rik Bes 2007  
Advanced Motivational Interviewing, Rik Bes & Jeff Allisson 2008  
Train the Trainer Motivational Interviewing, Barcelona 2009  
Joined Forum MINT inc 2011 & 2013  
Joined ICMI 2012 & 2014  
MI in groups, Chris Wagner & Karen Ingersoll 2013 & 2014

## Experience

**2007- present**

**Organisation:** Cambiamo ('Let's change')

**Own business, Since September 2007**

Focus on behavioural change of people and organisations.

Vision: focuses on personal optimisation by:

- Enhancing own responsibility en efficacy
- Enhancing insight in own values en qualities
- Enhancing and using own opportunities and inner wisdom.

I am inspired by insights of Miller & Rollnick, Prochaska & DiClemente, Covey, Seligman, Yalom, Johnson and Hayes.

Cambiamo services:

- Coaching
- Teambuildings
- Training
- Supervision
- Development and advice.

[www.cambiamo.nl](http://www.cambiamo.nl)

**2004- 2007**

**Organisation:** Symphony

**Function:** Managing Director/ Psychologist/ co-founder

Symphony was founded in November 2004, and it still operates on two locations.

Symphony serves multidisciplinary interventions and prevention for people who are not able to work because of pain or psychological problems. The goal is to get people back to work and enhance their personal functioning in every way.

Relevant responsibilities

- Managing director
- Determine Policy (short and long term)
- Responsible for treatments and professionals
- Coaching and training of (new) colleagues
- Develop interventions and training/ workshops
- Supervisor psychologists

**Training workshops I developed and partly provided:**

- Motivational Interviewing for doctors and Case Managers.
- How to enhance work satisfaction
- Communication training
- Stressmanagement training

**2001-2004**

**Organisation: Winnock**  
**Function: Managing Director/ Psychologist**

Winnock is an interventionist organisation. Winnock helps people to get back to work, who are at home for sick leave. Winnock works with Cognitive Behavioural Therapy in a multidisciplinary team.

Due to economic challenges the organisation downsized in 2003 from 19 to 14 locations and from 220 to 185 employees. I was involved to bring this reorganisation to a success, and to motivate people after the reorganisation.

**Relevant responsibilities**

- Managing Director
- Determine Policy (short and long term)
- Research and development
- Innovation
- Developing interventions
- Train Psychologists
- Analyse management information

**2000-2001**

**Organisation: Winnock**  
**Function: Manager Human Talent**

- Recruit and select new colleagues
- Train new colleagues
- Coach colleagues in their personal development
- Training communication
- Teambuildings

**1997-2000**

**Organisation: Winnock**  
**Function: Psychologist**

- Diagnostic interview / intake
- Psychological therapy - Pain treatments in groups (CBT)

**1995-1997**

**Organisation: Neuro-Orthopaedisch Centrum (N-OC) te Bilthoven**  
**Multidisciplinaire expertise groep**  
**Function: Psychologist**

- Diagnostic interview / intake
- Psychological therapy