

Why 'Caterpillar Spirit' ?

Be Yourself. Everyone else is taken.

We decided on our name, Caterpillar Spirit, to express a few ideas about who we are, what we do and how we do it.

The Transformation Process of a Caterpillar

We focus on the process of change and transformation as well as the end goal. We highly value the importance of the work done along the way to meet a goal or manage a transition.

A caterpillar can also mean that you are on your way but have not yet reached your goal- a place where so many of us find ourselves.

A caterpillar may represent a specific area of your work, your life or may be symbolic of the 'larger you' and your undiscovered potential.

The various stages of a caterpillar spoke to us in this way. These stages can illustrate personal, professional or organizational change and development.

Spirit

Spirit is the essential principle influencing a person. What influences you? Who inspires you? Are you living the life you desire?

Finding and defining your own spirit and learning how to live in it, professionally and personally, is a key element in our programs.

The Color Green

We choose the color green as it symbolizes growth, harmony, freshness and fertility. Green has great healing power and is the most restful color for the human eye.

Green also stands for stability, endurance, and hope.



Jamie Müller
Founder of Caterpillar Spirit

Jamie Müller **jm**
CATERPILLAR SPIRIT

Caterpillar Spirit
Achalmstraße 15
D-71116 Gärtringen
Germany

T +49 (0) 7034.149 927
M +49 (0) 172.75 71 479

www.caterpillarspirit.com
info@caterpillarspirit.com

DEVELOPING CULTURAL FLUENCY & INTELLIGENCE



Jamie Müller **jm**
CATERPILLAR SPIRIT

DEVELOPING CULTURAL FLUENCY & INTELLIGENCE

Coaching

Training

Facilitation

Language

Caterpillar Spirit

Founded by Jamie Müller in 2006, Caterpillar Spirit specializes in programs for individuals and teams to effectively manage change and transition, 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
- ▶ Training
- ▶ Facilitation
- ▶ Language

Our services are highly customized to meet your specific needs.

Value

We provide:

- ▶ Information, Resources & Practical Tools
- ▶ Experience, Knowledge & Competence
- ▶ Clarity, Direction & Trust
- ▶ Perspective, Authenticity & Understanding

Our Work Philosophy

- ▶ Life, personally and professionally, gives us all kinds of twists and turns. We understand this. You can see it in our flexibility and the way in which we customize each and every program.
- ▶ We give value and honesty, first and foremost.
- ▶ We strive to provide the very best services everyday.
- ▶ We look to establish long-term relationships and trust with our clients.

Coaching

How would you describe your ideal day? What would you change? What would stay the same? What are you doing when you are happiest? Where are you stuck?

Coaching provides a partnership and dialogue between you and the coach to create value-based goals, a plan to achieve them and the support necessary to keep you in action.

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 change and action to help you move forward.

Training & Facilitation

Intercultural Training

Are you working across cultures? Is your team a mix of several cultures and personalities? Knowing how to effectively work across cultures is a necessary competitive advantage in today's world.

Caterpillar Spirit offers a variety of customized intercultural training programs and workshops to create a basic understanding of intercultural competency to in-depth sessions with specific topics and cultures. Our programs bridge cultural gaps and assist in managing the inevitable culture bumps along the way.

Expatriation & Repatriation

The decision to relocate abroad can be exciting and difficult all at the same time. Expatriation Training deals with the various aspects of the professional and personal move, including how to manage the 'mental move' and how to best prepare you and your family for the challenges and opportunities you will face in a new culture and country.

Repatriation Training prepares you for returning 'home'. Defining how you will use your experience abroad back in your home country is a key element of this program.

No two moves are exactly the same. As such, these programs are highly customized to meet your specific professional and personal needs.

Country Briefings

Do you need specific cultural information for your next business trip or conference? Are you on the go, hopping from meeting to meeting?

Country Briefings provide an introduction to a particular culture in a format convenient for those traveling and unable to participate in a traditional face-to-face setting.

Language

Learning a language takes time and many hours of practice. Caterpillar Spirit's Business English Coaching provides you with the chance to receive *customized, private* lessons to meet *your* specific goals in a time-efficient manner.

Culturally Correct English™ ensures that you speak English not only correctly and effectively, but that you use the language appropriately within the cultural context.

Translation

Our translation services provide you with high quality, accurate translation of your documents in an efficient and timely manner.

We offer translation from English to German or German to English. Our *Culturally Correct Translations™* are completed by native speakers of the target language with quality checks from those competent in the source and target language to edit, proofread and ensure accuracy.

