

CAROLIEN OOSTERHOFF

MASTER TEACHER TRAINER COACH

CONTACT

085-0041553
hello@carolienoosterhoff.com
www.carolienoosterhoff.com
Bloemstraat 22-3, 1016 LB Amsterdam

SKILLS

Coaching | Teaching | Training behaviour
Pedagogy | After School Care
Videomaker life stories | artists shorts
Massage therapist

MAIN EDUCATION

Post HBO Register Coach

Phoenixopleidingen

2009-2012

Professional Communication


English Teacher 2nd degree

Noordelijke Hogeschool

1988-1993

Second degree English Teacher

LANGUAGES

English 
French 
German 

PROFILE

Master Trainer & Coach human behaviorist | Trainer/Coach | Child Specialist | Dog/Parent behaviorist (to be). What's my overarching mission? To be a voice for people (and animals) in vulnerable positions. I always go the extra mile and have a keen eye for detail. I quickly grasp complex family dynamics and, thanks to my education and experience in this area, I can also provide support to all those involved with the care recipient. I'm intelligent, creative, and handy too. I hold a teaching degree and bring both a cheerful sprinkling of grey hair and the work experience to match. With post-graduate certification in Transactional Analysis, Systemic Work, and NLP, I bring a well-rounded skill set to the table.

WORK EXPERIENCE

2022-now

Family coach for children with special needs

www.carolienoosterhoff.com

My focus is on working with children. Children with misunderstood behaviour, vulnerable children, or those with chronic illnesses – that's where I truly feel called. Most of the parents I support have children who qualify for the WLZ (Long-Term Care Act) or are/were under the Youth Act. In essence, my work revolves around life course guidance, which is the best way to summarise it, as caring for your child often implicitly or explicitly means supporting the entire family – relieving stress, stepping in, untangling issues, or thinking things through.

Senior Trainer / Coach

2009-2023

www.heartpepper.nl

Senior Behavioural Trainer/Coach

Led transformative coaching and training programmes focused on self-awareness and self-care for trainers, coaches, and caregivers. Designed and delivered courses, workshops, and VIP learning paths, helping professionals overcome challenges such as boundary-setting, client engagement, and relational dynamics. Leveraged expertise in Emotional Bodywork, Systemic Work, Art, and Language to support over 1,400 individuals nationally and internationally since 2007. Guided by teachings from renowned mentors, I specialised in fostering resilience, clarity, and unshakable relationships for professionals in caregiving and leadership roles.

Consultant Trainer/Coach

[Krauthammer International](#)

2007-2009

As a consultant, I combined strategic sales expertise with people development, talent management, and change processes. Responsible for acquiring new clients and projects, I managed the entire sales cycle, from initial contact to contract negotiation and closure. I also fostered long-term client relationships through tailored training, coaching, and workshops. Skilled in project coordination for international assignments, I delivered impactful results in change management and leadership development. With a keen eye for detail and quality, I thrived in dynamic, cross-cultural environments, leveraging my Master's degree field to drive success. Fluent in both English and Dutch.

CAROLIEN OOSTERHOFF

MASTER TEACHER TRAINER COACH

CONTACT

- ☎ 085-0041553
 - ✉ hello@carolienoosterhoff.com
 - 🌐 www.carolienoosterhoff.com
 - 📍 Bloemstraat 22-3, 1016 LB Amsterdam
-

EXPERTISE

- Training
- Coaching
- Teaching
- Writing
- Systemic Work
- Transactional Analysis
- NLP



WORK EXPERIENCE

English Teacher

Geert Groote School Amsterdam **1999-2004**

Teacher English (second degree) and mentor 7th grade.

Consultant

Brunel **1996-1999**

Spearheaded the establishment of the consultancy divisions in Groningen and Leeuwarden, focusing on Recruitment and Selection. Managed the full recruitment lifecycle, from sourcing and interviewing candidates to matching top talent with client needs. Built strong client relationships, developed tailored solutions, and expanded Brunel's regional presence. Demonstrated leadership and entrepreneurial skills by setting up new offices, driving business growth, and ensuring high-quality service delivery.

Consultant

Sandoz Pharma **1994-1996**

In my first role, I served as a Medical Representative, covering the provinces of Friesland, Groningen, and Drenthe. I engaged with general practitioners, specialists, and pharmacists to provide information on Sandoz medications. Responsible for sales and revenue targets, I built strong professional relationships and ensured effective promotion of pharmaceutical products. Received internal training in medical fundamentals to support my role.

CAROLIEN OOSTERHOFF

MASTER TEACHER TRAINER COACH

TO WHOM IT MAY CONCERN,

After a fulfilling career in consultancy, training, and coaching, I have shifted my focus a few years ago to what I believe is my true calling: working with children with special needs. Driven by a strong sense of justice and a desire to support those in vulnerable positions, I am committed to making a meaningful difference in the lives of children and their families. My background has equipped me with skills in communication, empathy, and strategic problem-solving, all of which I believe are invaluable in this field.

Throughout my career, I have built strong professional relationships, guided individuals and teams toward growth, and worked with sensitivity to human dynamics. These experiences have shaped me into someone who can see the bigger picture while paying close attention to the details that matter most.

I am excited to bring this dedication and perspective to a role where I can support and advocate for children with special needs. I look forward to connecting with you.

SINCERELY,



CAROLIEN OOSTERHOFF
