

Wanna change how the world sleeps? Then join us as:



SLEEP PSYCHOLOGIST AT

**SHLEEP**

*We help the world sleep better*

### **About Shleep**

At Shleep we believe that people around the world deserve to sleep better for a more productive, healthier, and happier life. We provide workshops and coaching to corporations to improve their sleep. Our clients are some of the leading companies in their fields, i.e. one of the top 3 management consulting firms, a leading social network and a market leader in online music streaming.

Shleep is looking for a **psychologist with a background in sleep**

### **Roles**

We are looking for two major roles, please let us know if you can do one of them, or both.

1. Delivering interactive sleep workshops for groups of varying sizes (~15-50 people). These workshops cover why we sleep, what happens when you don't sleep enough and how to improve your sleep. We provide all content and materials and train you up to give such workshops. A deep knowledge of sleep is required (to be able to answer questions throughout the workshop).
2. Having individual coaching calls with clients on their sleep, using CBT-I techniques. A deep understanding and experience with CBT-I is a must for this role. Coaching is usually done remotely through Skype/video.

Being fluent in English is a must, please let us know which other languages you're fluent in.

**Location:** Shleep is based in Amsterdam, the Netherlands, but candidates from all over should apply, as we do a lot of international work.

### **Who we are:**

Our company is called Shleep and will help the world sleep better. We are two co-founders, Els and Jöran:

- Els is the sleep geek of our little family, having studied sleep during her masters and PhD at UC Berkeley. Before she founded our company, she worked for McKinsey for almost 3 years.
- Jöran is the businessman in this endeavor with a 7-year background in management consulting where he served as a project leader for Bain. He studied business and law and holds an MBA.

Furthermore, we have a team of biologists, psychologists, marketers and designers that are all awesome.

**Reach out to** [joeran@shleepbetter.com](mailto:joeran@shleepbetter.com) with a short cover letter and a CV.