

Here you find answers to some frequently asked questions.

Which topics can be addressed?

Any important professional challenge or opportunity where you find it difficult:

- > either to get the actual question itself and its consequences fully clear,
- > or to get a good perspective and see possible ways forward,
- > or to choose the best way forward for you,
- > or to start taking concrete action.

What will you get out of your sparring/coaching?

**MORE
EFFECTIVE
AND SUSTAINABLE
SELF-STEERING,
USING YOUR
RATIONALITY
AND INTUITION**

Wherever you are today in the above-mentioned steps, you will make clear progress all the way into taking concrete action.

You will also get new insights and practical tools to better 'self-steer' your thoughts and actions in a more effective and more sustainable way.

What type of sparring/coaching can you expect from me?

First and foremost, you can expect a way of working together where we aim for concrete results while respecting your boundaries for what suits you.

Within your boundaries, you will be invited, challenged, and guided ... to explore how you actually think, feel and act about your situation ... to increase both your rational and intuitive insights ... and to combine those insights with practical tools to move forward.



We will not focus much on the past but instead on the present and the future. And to ensure you find solutions that fit your situation and specific needs, I will not be giving you advice from my perspective. Rather, we will clarify and broaden yours.

To increase your insight into the brain, body & mind, we can also use body exercises, stimulate the brain's creativity, ... Again, within your boundaries for what suit you.

What experience and knowledge do I use?

My knowledge comes from over 30 years in business roles in different organizations, my work as coach, coaching leader, and consultant, and from over 40 years of body & mind training (martial arts, yoga, etc.). This is completed with practices from my professional coaching education, and methods based on neuroscientific insights into how the brain, body and emotions influence each other.

Live meeting or video/phone call?

Each meeting can be either live or via video/phone call. In the start-up and for more complex or more sensitive topics, however, live meetings are to be preferred.

How can you best prepare for your sparring/coaching?

By not preparing too much. If you have read the above and can describe in your own words what the challenge, opportunity, problem is that you want to address, we already have a good starting point.

I look forward to meeting you.



my contact info