

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.

The focus is on the present and future, even though we can look to the past to draw lessons.

I will invite, challenge, and guide you to examine how you actually think, feel, and act regarding your situation. Equally important is that we focus on the drives you have and how you can use them even better as strengths.



You will increase both your rational and intuitive insight into this, and combine these insights with practical tools to make concrete decisions and take concrete steps forward.

To gain a clearer understanding of the relationship between the brain, body, and mind, we can also use body exercises, stimulate brain creativity, etc. Again, within the boundaries that 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?

We start with a live meeting. Then, we will decide what is most appropriate for each subsequent meeting.

How can you best prepare for your sparring/coaching?

By not preparing too much. If you can describe in your own words the challenge, opportunity, or problem you want to address, we have a good starting point.

I look forward to meeting you.
Koen



my contact info