

GOOD-FIT CONVERSATION

60 minutes complimentary

In this first session, you will have the opportunity to find out more about my approach to Coaching. And I will have the opportunity to find out more about your coaching goal (personal or professional) and your current situation. We will also discuss an individualized coaching approach which will include duration, frequency of sessions and costs.

COACHING SESSIONS

Individual 60 or 90 minutes sessions take place either in personal meetings, per Skype or by phone.

In-between sessions, you will focus on jointly agreed activities:

- **Reflection:** identifying triggers of typical situations; observing your default strategies; reading, journaling, etc.
- **Implementation:** of agreed actions and experiments, based on your learning and newly found insights

Support

I'm available to my clients by phone or email in-between sessions.

FEES

Executive and Individual Coaching

Upon request.

Pro Bono Coaching

I'm offering to 10 % of my clients pro-bono coaching. If you are finding yourself in financially difficult circumstances and are willing to work on improving something important in your life, you are welcome to contact me for available slots.