



## Coaching by Human Connection

As an organisation you want to get the best out of your people. If employees are able to grow, the organisation they work for grows with them. As a consultancy that specialises in change management, we assist our clients with their thinking process. We provide services for a wide range of clients, from non-profit organisations to commercial enterprises and private individuals. We will be happy to help you get the best out of yourself, so you can improve your ability to connect with and lead others. Individual coaching is a resource that can be used for this purpose.

### How does it work?

Before deciding whether you want to embark on a coaching process with one of our coaches, you are welcome to inquire about the possibilities (over the telephone or over a cup of coffee) without any obligation on your part. You can explain what you want to focus on, and together with the coach you can examine your objective and what you want to achieve. The coach will help to sharpen and clarify the issues involved by holding up a mirror and challenging you to explore what lies behind your question. Then together you can agree how often and when you want to meet.

Several of the fourteen colleagues who work for Human Connection work as professional coaches. Here, Sjef van Gool explains his approach. You can find the profiles of the other coaches on our website [www.humanconnection.nl](http://www.humanconnection.nl). It is very important that you feel an affinity with the person who is coaching you. So please feel free to get to know a few of our coaches!

The coach location, the number of appointments and the interval is agreed in consultation. The average number of appointments is between 5 to 8, depending on your coach and situation.

Between the coaching sessions you will often be given exercises, which will help you examine and apply what you have discussed in your coaching sessions in your daily life.

If your employer is involved or is paying for the coaching, we will make clear agreements with your employer. However, it goes without saying that what you discuss with your coach will be kept confidential: nothing you say will be disclosed to your employer. If desired, a mid-term review session can take place. We look at the progress at process level. However, the content is confidential and will not be linked back.

### Coach: Sjef van Gool

Practical, using everyday insights. I like to work with people to raise their awareness of obstructive behaviour. "Why do I do what I do?" "Where do I excel and what gives me energy?" Together we will search for the right buttons; you remain or become empowered, and enjoy your work. I thereby also look at the flipside: what are the consequences of your behaviour and where are your blindspots ...



In other words, I like to provide support close to the working environment and focus on insights that you can apply immediately. This is accompanied by energy and genuine engagement!

- Awareness
- Own strength and quality
- Energy
- Belief
- Development

### More information:

Sjef van Gool  
[Sjef@humanc.nl](mailto:Sjef@humanc.nl)  
06 – 517 84 914