

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.

We advise people to start with a series of at least five coaching sessions. Then together with your coach you can decide how you want to proceed. 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.

The coaching sessions are held at our offices in Amsterdam or Utrecht.

Several of the twelve colleagues who work for Human Connection work as professional coaches. Here, Marit Weiss explains her approach. You can find the profiles of the other coaches on our website. 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!

Coach: Marit Weiss

I have been working as an organisational consultant, facilitator and coach for several years. I work for a range of clients and help (management) teams and individuals get the best out of themselves and one another. I often say, "Everyone can benefit from coaching." And I really believe this is the case: no matter where you are in your life, to have someone hold a mirror up to you, help you see patterns in the way you think and act, and help you decide on the best way to tackle things, so you can clear the way for new initiatives. Who wouldn't benefit from that?



As a coach my approach is:

- ✓ Personal: I focus in on your question. What's your goal and your starting point? How did you get to this point? What are your perceptual filters? And what are the patterns behind these filters?
- ✓ Professional: I'm very thorough. I create a relationship of trust. And I know what I'm doing.
- ✓ Practical: The coaching has to relate to your life. How do you accomplish what you want to do or achieve? It's great to set ambitious goals. But it's even better to take (small) steps towards achieving them in your daily life.

I know what I'm talking about. I set up a network through which I have been helping young professionals deal with issues related to their career and lifestyle and other vital questions. I have experience in the public and private sectors and I know the ropes. And of course I also know what it's like to be on the receiving end having gone through various coaching and training processes myself. I know from experience that change depends on human intervention.

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