

## Individual coaching

### - *Realize your full potential* -

Our individual coaching program is designed to be comprehensive, personalized and tailored to your specific needs and objectives. We understand that each individual is unique and faces different challenges in their personal and professional life, which is why our coaching process is based on a holistic and strengths-based approach.

We work with you on a one-on-one basis to help you identify your goals and develop a customized action plan that takes into account your individual needs, personality, and the context in which you operate. Our coaches are experienced in working with research and science professionals, and they bring a deep understanding of the unique requirements, needs, and challenges faced by individuals in these fields.

The individual coaching process is flexible and adaptable, and we use a variety of techniques and tools to support you in your journey. It typically consists of several stages, starting with an **Initial Assessment and Contracting stage**. During this stage, we conduct an initial assessment to understand your current situation, goals, objectives, challenges and expectations from us. We then work with you to determine which coach best suits your needs and establish a clear agreement about the coaching goals, objectives, and expectations.

The second stage, **Coaching Relationship Building**, is focused on establishing a rapport and trust between the coach and you. It's important to us that you feel comfortable and confident in the coaching relationship and that you know your coach is fully committed to your success.

The third stage, **Coaching Sessions**, involves working with the coach to explore your thoughts, feelings, and behaviours. Together, you will set achievable and measurable goals for the coaching process and develop a detailed action plan that includes SMART goals and a clear timeline for implementation. The coach will support you in implementing the action plan, provide guidance and feedback to help you stay motivated and on track, and monitor your progress towards your goals.

Finally, the coaching process comes to an end when you have achieved your goals and feel that you have gained the skills and knowledge you need to continue on your own. The coach will provide a **final assessment and recommendations** for continued growth and development.

At every step of the way, our coaches are committed to helping you achieve your goals and create a more fulfilling and satisfying life. We believe in empowering you to reach your full potential and we are here to support you every step of the way.

### **Cost**

Our coaching sessions last 45 minutes and **fees are individually tailored** based on the level of support required. Our six-month coaching package, consisting of biweekly sessions, costs € 3,500 + 19% VAT.