



SELF COACHING PROGRAM

# Connect with your inner power

Self Coaching Program



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## Connect with your inner power



## Overview

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## Aim of this program

Stress takes away yourself power.

It makes that you become weak and because of this lack of energy, you lose your stability, the faith in yourself and all what is happening around you.

You aren't able to see opportunities anymore only you see possible treats around you.

This self-coaching program gives you the tools to release physical, mental and emotional stress.

The effect is that you will become more open and calmer.

You will experience more stability and connect with your inner power.

So, you can handle every situation, and have a healthier relationship with yourself were selfcare takes an important role.

This is a good foundation to build stable and good relationships with others.

# What is stress?

Stress does not only come from work pressure and your personal life, it is also about the mindset.

Actually it is all about our mindset, this is our biggest stress factor.

Usually we are focusing too much on external circumstances, and this makes that you lose a lot of energy.

You want to have an impact on your business, on your clients, in your private life. But since you can't change other people or the situation around you, this doesn't work and you end up getting tired and stressed.



# WHAT IS STRESS?

Other times you might adapt and change yourself too much, you go to the other extreme.

You want to be what other people expect of you, to meet their expectations and be perfect.

This can make you feel exhausted and stressed.





## WHAT IS STRESS?

People often live too much in the past and in the future and forget about living in the now. This program wants to help you to be more in the now and to see what you can really have an impact on. That is just yourself, your own thoughts.



It is actually your thoughts that create the most stress and in turn cause a physical reaction in your body. Once you have an impact on your thoughts by increasing your awareness, you will have less stress, both physically and emotionally, and you will be healthier in your relationships. This in turn means also less stress coming from this aspect of your life.



1 2 3 4 5 6

1. Physical exercise to get in balance
2. Breathing exercise to give your energy system a boost
3. Meditation to become more calm and clear
4. Get a realistic view on life - change your mindset
5. How to create the life you want with these tools
6. Come Back day - time to reflect

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The different modules of the Self Coaching program



The length of the standard program is 6 workshops of each 3 hours.  
Between each module there is a break, which enables participants to integrate what was learned into everyday life and to practice.  
In this way it is then possible to go deeper and deeper with each module and bring about the desired change.

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The process of the Self Coaching program



# An overview of our other trainings

- Leading by living your full potential
  - 9 of 14 volle dagen
  - Doel: design your own life
- Rust vinden in een hektische wereld
  - 8 sessies van 2 uur
  - Mindfulness programma gefinetuned op de bedrijfswereld
  - Doel: train de flexibiliteit van je geest





# An overview of our other trainings

- Mind
  - Get Space in the mind
  - Get in Balance
  - Turn all your good intentions into success
- Life and relationships
  - Stand grounded in your life and work
  - Compass to success
  - Become an effective leader



Contacteer ons voor vragen!

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