

COACHING WHILE WALKING IN NATURE

'The natural pathway to sustainable direction of your work'

At certain points in your career, you may benefit from personal coaching. Together with a coach, you examine your personal development issues in order to maintain your knowledge and skills within your work as well as with the future in mind. You will gain insight into your own functioning: qualities and talents, obstacles and pitfalls. Walks in nature are a great metaphor for our career path. Which paths have you taken so far? What roadblocks are you hitting? What new paths are available to you, do you have what it takes to leave the beaten track? You choose your own path with the support of the coach. The changeability of nature serves as a symbol for the development process.

Answers from (your) nature

Nature provides awareness and self-insight on another level and offers numerous answers. Sometimes, it doesn't require more than to simply see and experience. One added benefit of coaching while walking is that you aren't forced to have eye-contact all the time, making it easier to focus on yourself. Silences occur naturally, creating space for reflection and new insights. The journey starts from



within, as it were. This track is intended for people who want to make their professional development more powerful by incorporating the emotional side of being human into their functioning in addition to their professional knowledge. As a result, you will learn how to make better use of your professional knowledge and skills, work more effectively and efficiently, and do your job more decisively and confidently.

Learning goals

- How and with what do I concretise my motivation to continue to work effectively and with enjoyment in the future?
- How do I increase my self-confidence at and in my work?
- How do I clarify what personal obstacles hinder my professional development and skills?
- How do I create (a better) work-life balance?

- How do I increase my self-knowledge and self-awareness in order to maintain and/or improve my professional knowledge?
- How do I find the inner motivation to improve my professional life?
- How can I communicate based on power instead of a lack of it, and how do I broaden my professional and personal vocabulary?
- How can I present myself better and why do I freeze up sometimes (incl. in view of future profession after reorganisation)?
- What are feelings and emotions, how do they affect functioning and the ability to use knowledge and skills, and how do I integrate them to broaden my professional knowledge?
- How do I create a personal action plan and roadmap to broaden my professional knowledge and skills in the short and longer term in order to use it to better plan and retain my current and/or future work?

Coaching format

The programme consists of an intake and 3 follow-up sessions (totalling 4 x 1.5 hours in the area of the Kralingse plas Rotterdam). A comprehensive, personalized syllabus (sent by post) will support this training. The interval between sessions will be determined by mutual agreement and as needed (between 2 and 4 weeks on average). You will also create an LSI Personality Profile, providing immediate insight into your functioning, thinking and behavioural patterns as well as your growth opportunities. The senior coach will then give you a concrete recommendation on a course that best suits your professional growth needs, all in consultation with yourself.



Walk & Coach area Kralingse plas Rotterdam

Results

This programme is aimed at people who want to boost their professional development by utilising the personal side of being human in their own functioning in addition to professional knowledge. You will learn to make better use of your professional knowledge and skills and work more effectively and efficiently, more decisively and confidently.

Contact/registration

Our qualified Levenskracht Coaches are experienced professionals. Within an atmosphere of involvement, respect and trust, they each flesh out the coaching process in their own way. You and your development take central stage.

For more information, feel free to get in touch with us at **06-52 044 211** or **info@doorsprong.nl**
www.doorsprong.nl



Iris Patricia Furer
(1966)

*Transformation Coach
Coaching practice
Rotterdam*



"You are a real "Menschenfreund" (someone who loves people). It is so obvious that you care and strive for an optimal." (personal remark from coach assessor)

Truth, love, clarity, freedom, and transformation are my core values in life that also underline my INSIDEOUT coaching that I started over 15 years ago. My attitude is to meet you heart to heart, eye to eye, with the intention to work towards the best possible outcome in every moment.

I spent my 30+ working years mostly with English speaking customers, coaching clients and people I meet on international conferences. I am a native Swiss-German/German speaker, and fluent in Dutch and French. Through the variety of work and management experiences I can understand and relate to business concerns and their impact on people on different company levels including those relating to leadership, and challenges at C-level.

Professional background and Credentials:

- Business Economist FH
- Basic study in Psychology for vocational and career counseling
- Accredited Journey Transformation Life Coach; including Enneagram Masterclass with focus on personality traits, leadership qualities, stress, depression, burnout.
- Certified systemic coach dvct (deutscher verband coaching and training)
- Certified business trainer dvct; including trainer for behavioral training, business constellation, facilitation of workshops / conflicts, change management.
- CAS (certificate of advanced studies) in Corporate Health Management
- Master license in profilingvalues – certificate as Value Based Profiler
- Projectleader and teamleader (vice director) in ad-hoc market research in Switzerland, responsible for the markets IT/telecom, finance/banking.
- Three years full time study for Business Economist FH, working part-time in the manufacturing and retail trade.
- Set up of INSIDEOUT Coaching Furer in 2008.