

COACHING FOR (AND BY) FEMALE PROFESSIONALS

'Optimising your experiencing in work and life'

Women think, feel and act differently than men. Which is fine, because research shows that this strongly complements male input and makes an organisation stronger as a whole. Women are generally better able to perform more tasks simultaneously (multi-tasking), are empathic, have a great sense of responsibility and a well-developed ability to reflect. At the same time, they are more aware of uncertainties. It is important to prevent these qualities from becoming pitfalls. That is why support from a female levenskracht coach who knows these pitfalls is desirable.

Female factor

At many companies, the female-to-male ratio remains unbalanced to this day. Diversity policy is intended to bring about a change in this regard and increase the female factor. How can you, as a woman, function optimally in a field where the male factor is (still) the standard? Understanding your different roles, vitality, talents and pitfalls is indispensable in order to work and live life with vitality, success and enjoyment. It is



therefore of great importance to invest in personal development, which makes for a very powerful addition to all kinds of professional training. You will also create an LSI Personality profile, offering immediate insight into your functioning, thinking and behavioural patterns as well as your opportunities for growth. As a result, you will learn to make better use of your professional knowledge and skills, work more effectively and efficiently, and do your job more decisively and with more confidence.

Learning objectives

- 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 and results

Coaching sessions take place at the coach's office or online via Teams. The sessions can also be held while walking in the area of the Kralingse plas (Rotterdam). Online sessions take 1 hour, live sessions 1.5 hours with an interval based on dialogue and what is required. A comprehensive, personalized syllabus (sent by post) will support this training. 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, 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 profiling values - certificate as Value Based Profiler
- Project leader and team leader (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.