

Coaching



Coaching creates new possibilities and perspectives

Coaching is a focused and intensive one-on-one interview that allows you to work with your professional resources and potential for development, in addition to challenging you to realize your own potential and to use new practices.

The object of coaching is to enhance your personal impact and to give you ideas for tackling obstacles and challenges in your job in an effective and personally satisfying way.

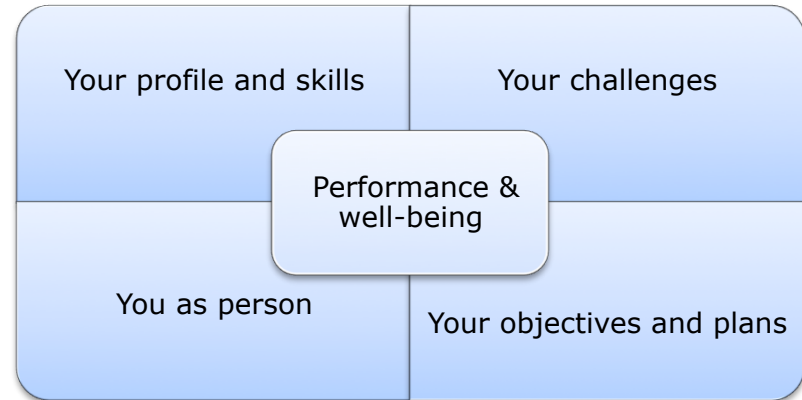
Target group

We conduct coaching sessions for executives, middle managers, and staff, who wish to develop their personal skills and modus operandi for the purpose of achieving their own personal and professional objectives.

When is coaching needed?

- Need to manage concrete and current challenges as a professional
- Need to create an overview of your job function including making a concrete plan for your efforts
- Need ideas for managing your own and possibly others' stress and workload
- Collaborative challenges that you want inspiration to manage better
- Challenges relating to work-life balance and career choice
- Need a neutral space for reflection where personal and sensitive issues can be discussed in confidence
- Wish to gain greater insight into your own behavioral patterns and conduct

Focus of a coaching program



Requirements and benefits

An individual coaching program requires an active and dedicated effort, and the benefits are closely related to the level of personal commitment.

Consultant

An experienced industrial psychologist from erhvervpsykologer.com

Program and duration

An individual coaching program typically consists of 5-10 interviews of 1½ hours over a period of 3-8 months. This can be followed up with a regular monthly interview to maintain the focus on objectives, implementation and continued development.

Contact and more information

Contact erhvervpsykologer.com for more information: tel. + 45 39 18 66 66 or email: info@erhvervpsykologer.com