

Analysis reports Coaching

Know who you are and become the best you can be

More and more is expected from us and we try our best but is this it? Does your career or home life still suit you? Your coach supports you with issues in a variety of situations at work or in your personal environment.

The closer you are to being true to your inherent nature, the more balanced you are. You can make better choices and experience more positivity, calmness and a more natural self-confidence.

Van Rein Coaching provides **individual coaching** with personal challenges concerning, amongst other:

- × increasing self-knowledge and developing goals
- × tension, anxiety, loneliness, feelings of incompetence or inefficiency
- × changes in prevailing living and working conditions including:
 - ✓ study choices
 - ✓ career changes
 - ✓ relationship changes and/or separation
 - ✓ cancer
 - ✓ burnout

An important starting point in a coaching process is **mutual trust and respect**.

- × Your coach makes an analysis report with information you have provided.
- × This analysis gives us insight into, amongst other, your:
 - ✓ original and acquired characteristics
 - ✓ ways of feeling, thinking and acting
 - ✓ conscious and subconscious motivations
 - ✓ characteristics: causes and consequences
 - ✓ personal qualities, causes and possibilities
- × Together we use the insights from the report to work towards the results you are seeking.
- × The number of appointments is entirely up to you. Some prefer and are able to take steps independently, choosing a first appointment to discuss the analysis and a second appointment at a later time. Others benefit from, and wish to have, more sessions for sound boarding.

In both situations email and telephone contact is a possibility. Skype calls are more common with clients who reside in another country. The initial meeting to discuss your report will preferably be a face-to-face meeting.