

THE RESET HOUSE

Reset Coach training



# The training

## What

The Reset coach training teaches how you can participants

- let explore and develop fundamental insight on behaviour, emotions, feelings and patterns
- provide insights into next steps and make their plan for the future

## Parts you learn to master

### Reset \*

Training through knowledge sharing, instruction, practical practice and relaxation

### Narrative coaching \*

The right conversation in a form of empathy and pure countertransference

# Global approach

## Elements

Trainers and candidate trainers train two and a half days, including overnight stay, in a small group

You practice as a participant and as a trainer

The results of the exercises are discussed in the group, and provide self-reflection and development points

During the exercises and at the end of each part of the day a tutorial is provided about the modules that has been trained

## Setting

The combination of training, eating, cooking, exercising together, being able to retreat 'to your room' or walking in the quiet surroundings, ensures relaxation

The homely setting gives you the peace and attention to take in learning goals

The training locations provide privacy and meet high standards of hygiene



# Specific approach

## Day 1 - Reflection

Reflection on the current context from different angles

Tutorial Setting

Download: Recognize the daily routine from a centered point of view

Seeing: witnessing the daily routine from a distance

Tutorial Part 1

Sensing: recognizing feeling on behavior and patterns

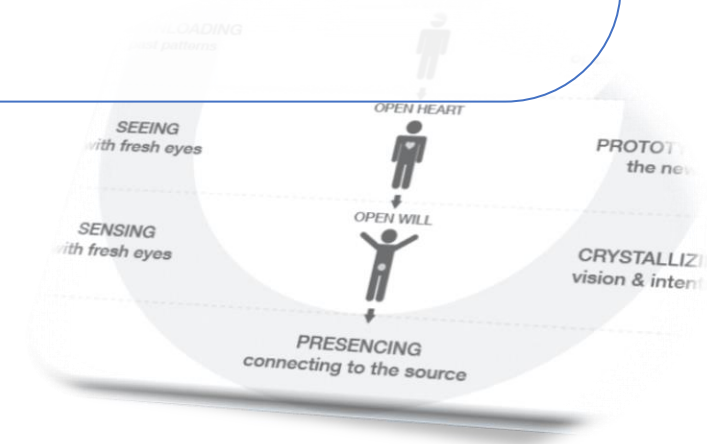
Presencing 1: letting go of limiting patterns

Tutorial Part 2

## Day 2 - Concretization

Concretization of vision, steps, tools and action plan

- Presencing 2: insight into the new direction
- Crystalizing 1: linking personal values to the direction
- Tutorial Part 1
- Crystalizing 2: the future plan, the what, how and when
- Tutorial Part 2
- Evaluation and closure



# Value of a Reset Coach for clients

Partial enumeration

## You can tackle the following case studies

An employee who is stuck

An employee who does the same for too long

'breakthroughs on complex personal cases'

Guiding people who are ready for a new step

merge departments

## Senior management questions

Increase influence

C-suite accompaniment'

Result

Change of behavior, 90% of the participants puts their Reset plan into practice

Participants grow in function / take a different position

More personal discipline and better problem-solving skills

Higher employee and customer satisfaction



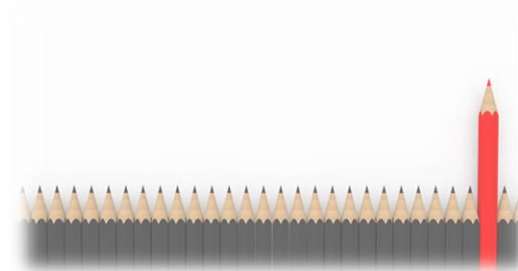
# different than usual

## Sum of the parts

- No nonsense approach with an eye for the human dimension
- You will be trained by the better trainers in the Netherlands (feedback from participating trainers)
- Training in a homely setting
- Complex change management translated into understandable and concise exercises
- Combination of training, coaching
- Clients experience fast results

## Customer quotes

- "The combination of content, quality and setting make the Reset a phenomenal program"
- "I have never experienced this, empathetic approach and logical methods that make the puzzle come together"
- "I don't like soft programs, but this is the best thing I've experienced in 25 years"



# Investment

## Specification (ex VAT)

Total investment per participant:	€2.485,-
Training	€2.045,-
Logistics	€430,-





Locations

Rotterdam, Rijswijk, Utrecht, Hulshorst, Dalfsen, and Amden (Ch)

