

# Reset Coaching Insights / Breakthrough

Coach Experience      20 year  
Coachings                > 300

**For whom:** Professionals and leaders who: get stuck in patterns, want to improve effectiveness and resilience.

**Format:** Preferred physical (with option for online support)

**Duration:** 7 sessions on average ( $\pm$  1 session/month)

**Result:** Deep understanding of obstructive patterns and a workable roadmap for sustainable change

**Location:** Preference Schoonhoven, locations elsewhere in the Netherlands possible

# THE RESET HOUSE

**Possible trajectory, will be definitively shaped together**

## **1 Intake & Exploratory interview (1 session)**

→ Clarify the question, context and desired outcome

→ Understand the current pattern

Goal: Clarity about what requires attention

## **2\_Patroonherkenning & Reflection (2 sessions)**

→ Clarify Modes of Thinking and Behavior that Hinder

→ Identify automatic responses and triggers

Goal: Awareness & insight

## **3 Breakthrough session (1–2 sessions)**

→ Discuss blockages in a safe setting

→ Restructure old patterns into new choices Goal: Emotional and cognitive breakthrough

## **4 Action Planning & Integration (2 sessions)**

→ Develop a concrete plan for practice

→ Strengthen intention to behavior

Goal: Embedding desired change

## **5 Closure & Evaluation (optional 7th session)**

→ Reflecting on progress, celebrating insights

→ Fine-tune the follow-up plan with measurable goals