

Reset Coaching Insights / Breakthrough

Coach Experience 20 year
Coachings > 600

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: Shaping and embedding the desired change

5 Closure & Evaluation (optional 7th session)

- Reflecting on progress, celebrating insights
- Fine-tune the follow-up plan with measurable goals

Goal: Establish and celebrate desired change