



Leading Academic



Coaching program

Transforming by reflection

In case your coaching question is specific and unique a fitting option would be **personal** coaching. Leading Academic offers an individual training program. Core of the program is the 1-on-1 sessions with a coach. Each Leading Academic coach specializes in at least two **areas**:

- Personal effectiveness
- Stress & vitality
- Career & career advancement
- Leadership skills
- Strategic moves & conflict resolution
- Communication & media

In addition to the 1 on 1 sessions you have the option to select other training modules that fit your needs. In this individual training program we work with a so called '**strippenkaart**' or voucher. We offer a 10 and a 20 unit voucher/strippenkaart, giving you access to these coaching and training sessions::

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|---------------------------------------|--------------------|
| • 1,5 hour face-to-face coaching: | 3 units (strippen) |
| • 1 hour online coaching: | 2 units (strippen) |
| • 30 minute coaching by phone: | 1 unit (strip) |
| • 2 hour individual training session: | 4 units (strippen) |
| • 1 day workshop*: | 3 units (strippen) |

* Please check the [Leading Academic website](#) for the upcoming workshops, their themes and dates. When you decide to attend our workshops, we offer the first one for only 1 instead of 3 units (strippen).

Practical information

- The **Coaching program** includes 20 units and is available for € 2.097,- (tax exempt).
 - The **Coaching program *light*** includes 10 units and is available for € 1.097,- (tax exempt).
 - The location for the face-to-face coaching is at [Boterstraat 24 in Utrecht](#). More convenient locations in terms of travel distance may be agreed on with your coach.
 - We don't charge for the location.
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Leading Academic stands for:

- ▶ Genuine interest
- ▶ Confronting with respect
- ▶ Future oriented

We acknowledge and accept you as you are with your unique set of skills, talents, experiences and personal history. We don't impose concepts on you. We believe that reflection and sincere respectful confrontation create change. We are convinced that balance and vitality are restored when your work and life are aligned to your true values, enabling you to make conscious choices.

In addition to this program we also provide in English & Dutch:

- ▶ Incompany & Advice
- ▶ Open enrollment programs
- ▶ Workshops



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Leading Academic is onderdeel van Reitsma consulting b.v.