

Individual Coaching Programme



If you are ready to create sustainable success in your life – this is for you...

In the individual coaching programme, we focus on your personal goals, your resources, and your commitments. We go as far and as fast as you want.

What you achieve:

You are probably already quite successful and you want to raise the bar – right? Depending on what you choose to focus on and commit yourself to in your coaching programme, you develop your personal leadership, your team leadership, your creativity, your relations, your way of operating (towards more effortless efficiency) or your ability to be fully present, fulfil your purpose in life or live a passionate (work) life or...

The coaching programme could (but does not have to) be based on:

- 🌿 Your [HBDI® profile](#) (describing/mapping your thinking preferences)
- 🌿 Your [passion test](#) (where you discover your top 5 passions in (work) life enabling you to live your most passionate life in accordance with your life purpose)
- 🌿 Your general desire to experience more success, joy or fulfilment in life
- 🌿 A sudden change in your life that you do not know how to deal with

How I work:

As your coach, I help you create sustainable success for you and your team (if you are a leader). I combine my logical, rational, analytical thinking, and knowledge of the human brain with my curiosity, presence and intuition. I help you identify and trust in your resources, enhance your capacity, identify and overcome challenges and see things in a new perspective. I also identify and support you in breaking any non-supportive patterns or beliefs that you might hold. I directly and kindly challenge your beliefs. Please be aware that your coaching programme might involve “homework”.

The coaching programme consists of at least 5 and preferably 10 sessions. The first session is 90 minutes. The following are 60-75 minutes. We meet at my office in Aarhus or on skype.

I am looking forward to helping you

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