

T A K E



C O M P A N Y C O A C H I N G

Hi there.

I'm Hannah - a personal + professional coach offering coaching services across the Netherlands and UK (and other places in Europe).

I hold space for people to nurture a greater sense of trust and belief in themselves and their work, so that they can create their own version of success.

I specialise in work-related themes, like:
identity, creativity, communication, stress, confidence, balance, motivation
and more.

I have a 10 year background working as a strategist in the agency world, so I understand all the joys, pressures, challenges and work cultures of creative corporations.

I have also been a yoga therapist for the past 5 years. I am very interested in how the body responds to all the stressors of work and can become a tool for us to digest, rest and recover from it. It is also interesting to look at how the body can gear us up to the other end of the scale: motivation, performance + connecting well with others in a team.

I launched my own private coaching practice, TAKE, in 2020. I am qualified with the International Coaching Federation, and trained with Barefoot Coaching of Chester University. My approach is rigorous, perceptive, and empathetic.

It's an honour to work with everyone I work with, and I hope that perhaps, I will have the honour of working with you and your company too!



I've designed and led workshops throughout my entire career (both as a strategist and coach), have run many qualitative research groups, as well as teaching regular yoga classes, being a business coach on a city scheme for starting female entrepreneurs, and of course, coaching people 1-1 every week.

I am very used to and skilled at holding space for people to explore, expand, learn, and work things through.

Here are a few brands and companies I'm associated with and worked with in some of the above capacities...



A bright sun is positioned in the upper right quadrant of the image, casting a warm glow across the sky. The sky is a deep blue, and there are several large, fluffy white clouds scattered throughout. The sun's rays are visible, creating a lens flare effect.

T E A M C O A C H I N G

GROUP COACHING FOR JUNIOR - MIDWEIGHT WOMEN

I offer group coaching to women in the first chapters of their career.

I do this because I believe the early years of your career are deeply impactful and shape what you believe to be true of yourself, success, and how things work.

My coaching space is a safe and confidential space for women to explore what is happening in, and how they can move through, the experiences they have at work. It is space for them to explore their identities as they grow in their career, their ideas of success, challenges in communication and work relationships, getting work done, and more.

There is no judgement, there is no expectation of who they 'should' be, other than themselves.

6x 1.5hr coaching sessions take place biweekly or monthly, over 3-6 months.

There is a maximum of 6 people per group.

The group create and enter a coaching agreement together to set rules + expectations, keep the container safe and the support unwavering.

What happens in the sessions stays in the sessions. Each group forms its own goals that I respond to with various exercises, tools, and methods.

I do not share details with leadership or their managers, or try to 'do' anything with them. This is important for the group to feel that:

- a) they can work through what is actually important to their own sense of professional development
- and, b) they can speak as freely as possible without the fear of it getting back to their manager.

If you are interested in this service, let me know and we can discuss more detail so that I can give you a quote.



1-1 COACHING FOR SMALL TEAMS

I offer 1-1 coaching for small teams.

This could be: a team within a large company, a small company with a small team, a team of leaders, a specific level of employees in a department, or something else.

My coaching space is a safe and confidential space for your team to explore what is happening in, and how they can move through, the experiences they have at work. It is space for them to explore their identities as they grow in their career, their ideas of success, challenges in communication and work relationships, getting work done, and more.

A starting suggestion*, is that I coach 1 day every 2 weeks.

12x 45-min appointments/month, across 3-12 months.

This covers either 12 employees to get monthly coaching, or 6 employees to get bi-weekly coaching.

**Other set-ups are available on discussion.*

I can include an onboarding session with leadership/HR/management to discuss company goals and workforce challenges.

I can include pre and post coaching surveys, feedback or consulting sessions.

However, what happens in the individual sessions stays in the sessions.

This is important for individuals to feel that:

- a) they can work through what is actually important to their own sense of professional development and,
- b) they can speak as freely as possible without the fear of it getting back to their manager.

If you are interested in this service, let me know and we can discuss more detail so that I can give you a quote.



A bright sun shining through a blue sky with scattered white clouds. The sun is positioned in the upper right quadrant, creating a lens flare effect. The clouds are soft and white, contrasting with the deep blue of the sky.

COACHING WORKSHOPS

WHAT IS A CAREER, ANYWAY?

This workshop is designed to widen people's perspective on what their career means to them.

It facilitates greater contentment with and commitment to their career. \It encourages people to:

- a) Develop greater awareness and understanding of their 'why'
- b) Get clearer on what 'success' looks like for *them*
- c) Take more ownership of their work goals

There are exercises to help people identify the role their work plays in their life. We explore frameworks to understand what needs work can and can not meet, and what conversations or actions they need to take at work in order for work to feel more satisfying.

Ultimately, this workshop can create more confidence in self-managing,



W O R K S H O P

EXPLORING + EXPRESSING YOUR VOICE

This workshop is designed to support people who want to get more familiar and comfortable with speaking their mind, sharing their opinion, or asking for what they need or want.

It explores the voice in both a literal and mental way.
There are exercises that explore how it would feel to say certain things in various different ways - to try things on for size.

There are also exercises that give people tools and structures to help them communicate certain feelings, requests, opinions, concerns etc. It offers people a safe space to make expressing your voice a non-pressurised, and sometimes, playful set of experiments.

It is an opportunity for people to learn and practice tools that they can practically take back out in to the workplace with them.



BURNOUT, BOUNDARIES + BALANCE

This workshop is designed to support a stressed workforce.

It is for companies who want to encourage a healthier working culture and empower employees to develop a healthier relationship with their work.

Various exercises explore:

- What 'balance' means to different people
- What kind of things energise or drain you
- Things people can do to resource themselves when they are becoming over-stressed
- What a boundary is, the worries + feelings around setting one, and how to actually set and respond to boundaries

People come away from this session with a greater understanding of what kinds of things might send them towards feelings of burnout, a toolkit of things to do for themselves if they spot the signs of that, and a foundation around



CHANGING WHAT IT MEANS TO BE CONFIDENT

This workshop is designed to confront the more widely accepted consensus that confidence is loud. It can be, if that's your style, but there is room for confidence to show up in other ways.

I see many people who have a clear and connected inner voice, but don't feel that it is 'correct' because it doesn't look like the common definition.

This workshop goes through various exercises:

- To explore how feelings of confidence have shown up for people in the past (whether it fits the stereotype or not)
- To identify the factors that will allow someone to thrive in confidence and those that make it feel challenging
- To create a deeper sense of self-belief and self-trust that someone can keep coming back to when their confidence feels like it's having a wobble

People will leave this workshop having a new and wider appreciation for how confidence can look on different people, and deeper connection to their own version of it.



CONNECT WITH YOUR CREATIVE FLOW

This workshop is for anyone who's job requires them to be consistently creative.

Creative blocks are a frustrating challenge to have, because creativity is supposed to be so fun. However, by nature, it is not something you can just turn on and off like a tap - it comes in waves and flows; it comes and goes.

The workshop seeks to unpick what people's biggest challenges are with producing creativity, and then offers various tools and exercises in response.

These tools and exercises can be anything from:

- Exercises to trigger you in to a creative state
- Introducing new rituals to keep your creative energy in flow
- Methods to alleviate the stress and frustration of creative block
- Building a stronger personal connection to your creative side so you can call on it and tap in to it more easily

People will leave the workshop with a more optimistic perspective on how their creativity works, and a practical suite of tools they can draw up to stay connected to it.



A bright sun shining through a blue sky with scattered white clouds. The sun is positioned in the upper right quadrant, creating a strong lens flare effect that radiates across the sky. The clouds are soft and wispy, adding texture to the background.

A P P R O A C H + I N V E S T M E N T

If you are interested in any of my coaching services or workshops, please get in touch so that we can discuss your needs and situation.

I can flex my offerings to be more tailored.

The approach and quote I propose can differ, depending on:

the length of time,

the length of sessions,

size of the team,

whether you would like consulting or debrief sessions included, etc.

Please email me with as much information as possible (we can figure the rest out together) at

hannah@takecoachingamsterdam.nl





**INTERESTED? CURIOUS? KEEN?
I'D LOVE TO HEAR FROM YOU.**

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