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## We offer you 3 types of coaching:



### WorkLife Coaching

WorkLife Coaching will help you create focus & balance in your work life, which will increase your job satisfaction.



### Career Coaching

Career Coaching focus on your expectations compared to your motivation in your career- and working life.



### Executive Coaching

Executive Coaching will help you clarify and optimize your management and your management style.

## Coaching via flexible benefits

For many years, coaching has been an option for companies who offer flexible benefit packages and want to focus on the well-being of their employees. Coaching can be used to work on the job situation, as well as job development, so that it becomes clearer what the person coached wants to do, can do and stands for.

The company benefits from the employee's new energy and his or her ability to focus more on the main objectives, which will contribute towards the company culture, the core values of the company and the bottom line.

The employee obtains an overview of their job situation and, they get a plan and tools to shift up a gear and moves on to obtain more influence and have more impact as well as more energy. This process results in more drive, a better balance and insight.

By buying coaching hours via Flexcoaching.dk; your employees can save up to 50%.

## Flexcoaching.dk



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Please see a full description under each type below:

## **WorkLife Coaching**

### ***Mastercoaches: Lisbeth Storm and Anne Holmgaard***

In WorkLife Coaching we focus on your challenges, opportunities, tasks and assignments. The goal is to create a balance, so your well-being, influence and energy increases. WorkLife Coaching will, among other things, help you create an overview of the situation at hand and help you find the direction to head for. You will be made aware of your full potential, and you will be given tangible techniques and tools to use in your everyday life. In the process we will be working on what motivates you and how to optimize your work effort.

### **5 hours:**

Select this option if you are basically satisfied but lack inspiration, an overview of your job situation or simply need a change.

### **10 hours:**

Select this option if you want a more thorough change in your working life. This process gives you an opportunity to change your job patterns and focus on what motivates you. With 10 hours you have the possibility of implementing and maintaining all this in your everyday work life.

### **15-20 hours:**

Select this option if you want a radical change over a longer process, in which you may integrate your changes and in the long run are able to change persistent habits and routines. This option lets you learn more about yourself so that you are well equipped to be able to see the bigger picture in a world of constant change.

### **Price: WorkLife Coaching**

5 hours: 1000 kr. per hour (gross)

10 hours: 900 kr. per hour (gross)

15-20 hours: 800 kr. per hour (gross)

## **Career Coaching**

### ***Mastercoach: Lisbeth Storm, who has many years of experience within career counseling.***

Career Coaching is specifically targeted towards your wishes for your future career and a clarification hereof. You will obtain a better overview as to what you are propelled by; is it for example status, professionalism, development, or continuity? What thoughts and expectations do you have with regard to your career? And do they suit your personal and basic satisfaction? During your Career Coaching, an internationally developed profile analysis called *Decision Dynamics Career Model™*, which requires special authorization, will be incorporated to clarify your own career profile.

**Price:** Career Coaching is fixed at 5 hours of kr. 1300 per hours (gross)

You can also use WorkLife Coaching to work with your career. Career Coaching is for you, who feels undecided in your current career and where a profile analysis, which brings insight to your expectations, compared to your motivation, will help you towards a career in the right direction.

## **Executive Coaching**

### ***Mastercoach: Anne Holmgaard, who has 20 years of management experience.***

Executive coaching, discussions, and competent feedback will help you clarify and optimize your role as a manager and your management style, whether you have many years of managerial experience, or have just been appointed as a manager, or just want to prepare for your first job as manager. We will also help you establish your primary motivation, create an overview of your resources, and work with specific managerial challenges, for example staff interviews, staff meetings, distribution of resources, impact and punch - as well as how to motivate employees.

**Price:** Executive Coaching is fixed at 10 hours of kr. 1500 per hour (gross)