

Profile / CV

Education (summary)

Master Coach, Sofia Manning Inspire, ICF-standard
Master, Neuro Linguistic Psychology - Coach/Crisis-handling certification
Master Enneagram (Psychological character model)
- and several relevant courses and seminars (stress, psychology, self-esteem, etc.)
Examiner, censor and coach by Sofia Manning Inspire



Work and professional experience (summary)

Own company offering coaching, management coaching and -sparring as core competencies (establ. 2007)
Affiliated to LGP-stresskoncept as the anchorman in Copenhagen and Zealand
External, in-house coach – on a permanent basis by 3 companies in the Greater Copenhagen
Partner in Flexcoaching.dk

Previous jobs:

Partner, Head of Administration, PR / Communication company
Many years of management experience from political parties as well as from the private and public sector
Own company, 1985-1995, health and fitness

Contact info:

Cellphone: +45 40 72 72 42
Email: anne@anneholmgaard.dk
Read more on www.anneholmgaard.dk
Office by Svanemølle station in the central Copenhagen area

My coaching

My passion is via coaching and sparring to give people new values as well as inspire people who really want change in their lives.

Through conversations with me as an experienced coach (+ 3000 sessions) you can concretise and reach your goals, learn to think about and handle your thought and behavioural patterns and og realise your future prospects.

You will learn how to transform your goals and thoughts into action and find the answers to your questions as well as uncover your full potential.

I can help you understand and accept the reasons for your actions and guide you towards an increased selv-worth – both when it comes to your job challenges and when it comes to the patterns in your personal life.

You have my full client confidentiality and I work according to the International Coach Federation's standards and ethical rules.

My core competencies:

WorkLife Coaching

WorkLife coaching focuses on the client's balance, challenges, potential and assignments. The objective is to create a balance so that the client may increase his og her well-being and energy and thus contribute optimally to his or her worklife. WorkLife coaching helps you see the big picture and which direction to choose in your worklife and increases awareness of the client's potential and offers specific techniques and tools. The use of these specific tools and sparring may also be included in the session, if the client desires.

Stress Coaching – Prevention and handling

Preventive stress coaching is for the client who wants to know more about stress and specific tools to be able to prevent stress proactively by implementing new routines in the work day.

Stress Coaching is for the client who has lost all perspective, is off work sick or is considering to do so. The session provides information about stress, tranquility, support, insight and knowledge, offers specific tools and is the road towards re-creating an overview of the client's situation and going back to worklife with new energy, insight and knowledge as well as job satisfaction.

Management Coaching

Management coaching helps resolve the client's management role and style. The primary motivation is established, and together we will create an overview of resources and untapped potential. Impact and punch, making the right priorities, delegation of tasks, maintaining focus and motivating employees are the buzzwords in these sessions. Tangible tools and sparring are part of this process.