

SABINE MEIJER

Coaching & Advies



WHEN DO YOU GO TO A COACH?

To be short: You go to a coach if you want to develop on a personal or professional level. Coaching has a powerful and very positive impact on your self-confidence, wellness, and/or work performance as a whole.

If you want to be more resilient, be able to set clear boundaries, to find the right balance in your life, to handle change or difficult circumstances better, to be able to deal better with loss, to find direction or want to be more in control. Then you have come to the right place. I can help you with all these goals, and goals like these.

HOW CAN I HELP YOU AS A COACH?

I help you figure out exactly what you want to do differently and how you can do that. To put you back into the driver's seat.

I'll not give you the answers, but I do help you find the answers. I'll guide you by asking you challenging questions, making you aware of your thoughts and helping you to give you more insight into the different choices you have by showing you different and often new ways to look at things and even making you think in a different way. Through my expertise I bring you perspective, insight and growth.

You know better than anyone else what is best for you and what suits you best. You just don't always ask yourself the right questions in order to find answers. I can help you with that. I challenge you, inspire you and support you, while you work on your development and on achieving your goals. And I will not just help you reaching your goals, but also help you reach an overall more happy and positive feeling. So you feel more confident in getting where you want to be & in pursuing your dreams.

I am affiliated with the Dutch Association of Professional Coaches and I comply with the guidelines of the Association (the guidelines are in Dutch).

Due to my bilingual upbringing, I speak fluent Dutch as well as English.

MORE INFORMATION?

Do you want more information about what I can do for you, how it works, what it costs and what others say about me? Then please visit my website: www.sabinemeijer.nl

ABOUT ME

AS A PERSON I CARE FOR PEOPLE, LIKE TO SEE THE GOOD IN LIFE, ENJOY GOOD FOOD AND COMPANY AND I SMILE OFTEN. I AM FLEXIBLE AND SOCIABLE AND I APPRECIATE HONESTY, LOYALTY AND INTEGRITY.

AS A PROFESSIONAL I AM A GO-GETTER, BUSINESSLIKE AND I APPRECIATE IF PEOPLE STICK TO WHATEVER THEY AGREED TO. HONESTY AND RESPECT ARE ALSO IMPORTANT TO ME AND I HAVE THE INTENTION TO MAKE YOU A BETTER PERSON THAN YOU ALREADY ARE.

MY BIGGEST ASSET IS MY DOWN-TO-EARTH, PRACTICAL AND GOAL-ORIENTATED APPROACH TO THINGS IN COMBINATION WITH MY POSITIVE OUTLOOK ON LIFE AND MY ABILITY TO LOOK AT THE LESS OBVIOUS SOLUTIONS.

IN ADDITION TO THIS, I THINK IT IS IMPORTANT TO ALWAYS APPROACH THINGS WITH A SENSE OF HUMOUR. I ALSO LIKE TO EXPLORE THE ROAD LESS TRAVELED IN ORDER TO FIND SOLUTIONS OR A NEW WAY OF LOOKING AT THINGS.

MY PASSION IS TO BRING OUT THE BEST IN PEOPLE, MAKE THE MOST OF THEIR QUALITIES AND, ABOVE ALL, TO LET PEOPLE TAKE CONTROL SO THEY CAN FIND THEIR OWN SOLUTIONS AND MAKE THEIR OWN CHOICES. I LIKE TO INSPIRE, ACTIVATE AND MOTIVATE THEM, WHILE THEY ARE TAKING CONTROL AND GROW AS A PERSON.

NOBCO

Nederlandse orde
van beroepscoaches

Affiliated with
EMCC
European Mentoring &
Coaching Council

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