



# Coach Potential Program

Expanding  
aligned leadership

# The Coach Potential Program (CPP)

**The Coach Potential Program (CPP) equips leaders to lead from their authentic self, to empower others and to lead through collaboration.**

**We train leaders to coach at the highest level. And we give them the tools they need to grow their presence and authenticity, and to build stronger connections. This will enable you not only to provide a professional coaching conversation, but also to take your leadership to the next level.**

## Coaching as a leadership skill

Ever asked yourself one of the following questions?

- How do I experience more authenticity and flow?
- How do I take my conversations to the next level and build relationships that are based on mutual acceptance and respect?
- How can I develop a coaching leadership style that empowers my team members and unlocks their full potential?
- How do I move away from authority towards a more collaborative culture?

What all of these questions have in common is that they require the ability to

fully be yourself, while also relating to others in an empowering way. This challenging balance opens the door to a range of new options, solutions and possibilities.

The key to finding this balance is a deeper level of self-awareness, presence and consciousness. Our personal alignment work supports leaders in building this. It also requires a different kind of listening and interpersonal communication.

Coaching skills give you the foundation and framework you need to achieve that level of interaction.





## Our style of coaching

There are many different coaching styles, schools and theories. We offer you a solid foundation built on the Core Competencies from the International Coach Federation.

We invite you to explore your own authentic style of coaching. Our theoretical framework connects science and spirituality and is rooted in:

Neuroscience  
Mindfulness  
Positive psychology  
Body & emotions coaching

Transformational coaching  
Energy work  
Systemic coaching  
Voice dialogue

---

## For you?

This program is designed for professionals who work in collaborative settings (organizations, teams), have leadership experience, and feel that more is possible in terms of realising their potential.

You are for example an executive, a manager, a leader, an HR professional, an entrepreneur, a consultant or a trainer.

You are curious, you have life experience, you feel a desire to create something meaningful, and you sense that now is the time to make that happen.

You are looking for:

- A professional program with a personal approach
- Support in unlocking your potential
- Inspiration and practical tools
- Challenges and a warm welcome
- The opportunity to learn and grow with a group of like-minded people
- A safe, supportive and challenging environment, in which you can experiment with new skills
- Coaching skills at the highest level

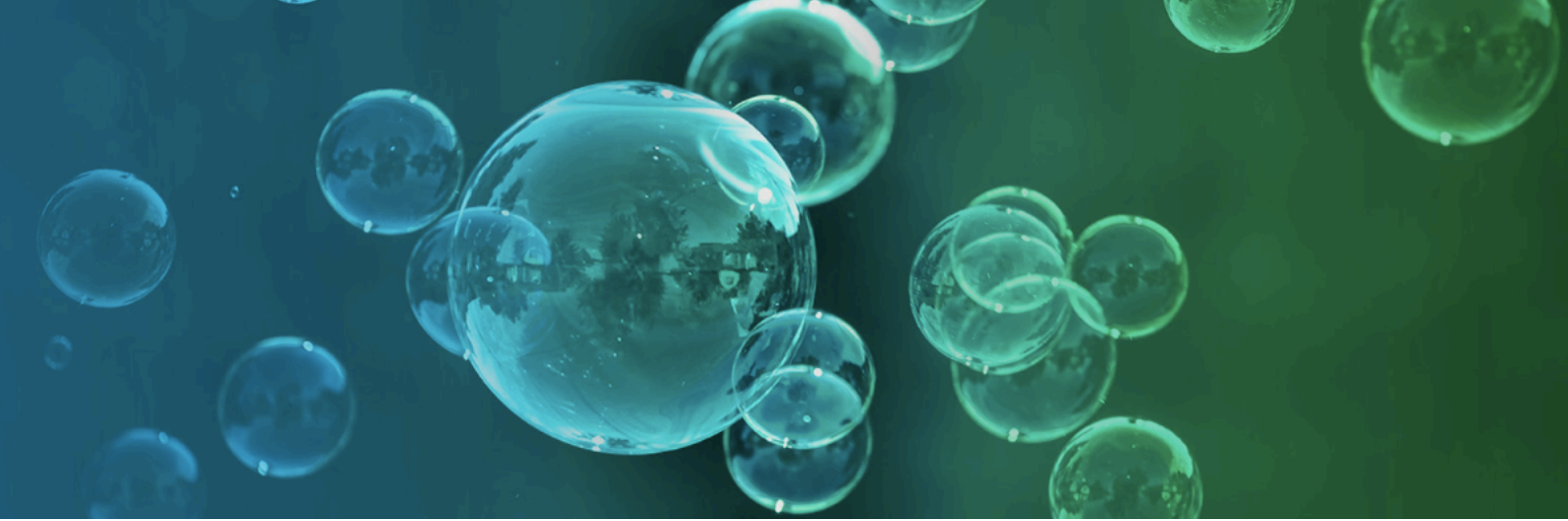
# What the Coach Potential Program will bring you

On completing the program, you will experience...

- Greater personal awareness and presence
- More effectiveness and focus in your leadership
- Greater creativity in how you approach situations
- More confidence and trust in yourself
- A deeper connection with others
- More meaningful conversations
- More flow and energy in your life
- A greater sense of your purpose

You will be able to support others in unlocking their potential by:

- Conducting coaching conversations on a professional level
- Communicating more effectively
- Empowering others to take ownership and initiative
- Creating a safe environment and building trust and connection
- Creating clarity and focus
- Increased sensitivity; sensing, feeling, recognizing body language and intervening based on these observations
- Being comfortable in the not knowing of transformation



## What characterises the program?

- A highly experienced team with a strong track record in training, coaching, and leadership (ranging from business to mental health); all of our professionals are certified by the International Coaching Federation
- An integrative approach that speaks to heart and mind and offers a framework and tools that connect science and spirituality
- A personalized learning journey (intake and personal learning objectives, 1:3 ratio of facilitators to participants)
- Blended learning: experiential learning, online teaching modules, offline sessions focused on interaction, application and experimenting

---

## Program set up

The program lasts four months, with a break halfway through and comprises the following components:

- Personal intake, personal facilitator check-ins
- Three alignment weekends: experimenting and practicing; creating personal experiences in order to become more present and aligned with yourself
- Twelve training afternoons: theory, exercises, practice
- Podcasts, videos and reading material on topics such as active listening, building trust, transformation, holding space, energy and emotions, the brain in coaching
- Coaching practice, such as guest coach events, feedback on audio recordings, peer sessions in triads
- Self-reflection and self-care practices

See the attachment for the dates of the upcoming programs.

# Practicalities

## Language

The training material is in English to allow participants from non-Dutch backgrounds to participate. Some alternatives (e.g. books) are available in Dutch. If there are non-Dutch speakers, the classroom sessions will be in English. In that case, translation to Dutch will be possible.

The communication with your facilitator, your coaching practice, etc. can be in Dutch, English or German.

## Timing

See the YINX-website <https://yinx-group.nl/become-coach-or-facilitator/coach-potential-program>

## Location & Covid-19

The location for the CPP is in the Utrecht region.

It is a nurturing location in nature, offering home made, organic and locally produced food.

All Covid-19 rules and regulations will be taken into account.

## Time investment

Plan for an average of one day a week (Thursday class + prep. work + practice coaching) plus the three alignment weekends.

---

## Financial investment

Company funded                      Euro 13,000, - (excl. VAT)

Personally funded – business  
(sole trader or 'zzp')                  Euro 11,000, - (excl. VAT)

Personally funded - private              Euro 11,000, - (incl. VAT)

*Only if there is no company or  
business payment possible.  
Tax deductible*

Limited options for a scholarship are available



## Program leadership



Gabrielle Sepers

*Former Chief Compliance & Risk Officer at KPN, INSEAD MBA, consultant McKinsey, entrepreneur*



Saskia Palmen

*Psychiatrist, M.D., Ph.D., former head of the psychosis department at UMC Utrecht, entrepreneur*

## Want to find out more? Contact us!

For more information, or a no-obligation chat to find out whether this program fits your learning goals, please contact:

Saskia Palmen      +31 6 - 52 38 68 39    - [saskia@yinx-group.nl](mailto:saskia@yinx-group.nl)

If you'd like to get a taste of the program, you're welcome to volunteer to be coached by a participant of the current CPP during one of the live Guest Coach Events.

## Appendix I: What CPP-graduates said about their experience



**Vincent Timmers (41)**

Consultant Ebbinge

*"The Coach Potential Program brought me a higher consciousness level; I am more aware, of both myself and the interaction with others, which allows me to choose my actions. I connect on a deeper level, and I have the tools to quickly get to the essence in conversations."*

**Jan van der Lee (52)**

Lead Climate Agreement Program at TenneT

*"I started this program with leadership goals: I wanted to be more present for and with my team. Become better at delegating, supporting and equipping my team to do it themselves. And I wanted to trust my gut feeling, and experience more energy, joy and freedom for myself at work. Looking back, I have achieved all these goals. And... as a bonus, I learned how to conduct a coaching conversation on a professional level. Something I turned out to really enjoy. But the most important thing that the CPP has brought me is the transformation that I have gone through as a person and as a leader. I am driving my life again. I make my own choices and follow them through. No compromises. And I am able to do that in deeper connection with others, giving them support and confidence."*



**Mia Wessels (27)**

M.D., Founder De Jonge Dokter, Metanoia

*"The CPP has been one of the most valuable and impressive experiences in recent years. In addition to a full training as a coach, I have developed as a person and made major decisions that I am now reaping the benefits of. It felt like a transformation to an authentic life."*





### Cancellation Policy

- *For participants that have signed this registration form, and have been confirmed by YINX Group BV the following cancellation policy applies*
  - *You can cancel without cancellation fee until 6 weeks before the start of the program.*
  - *If you cancel within 6 weeks of the start of the program, a cancellation fee of 25% will apply.*
  - *If you cancel within 4 weeks of the start of the program, a cancellation fee of 50% will apply.*
  - *If you cancel within one week, the full program fee will apply.*
  - *Cancellations must be in writing, sent to [yinx@yinx-group.nl](mailto:yinx@yinx-group.nl).*
- *YINX Group BV can cancel the training until one month before the start, if the number of participants is below 10. In that case, the training fee will be refunded. You can also choose to defer the payment to the next Coach Potential Program.*