



Coach Potential Program

Discovering
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. As a coach, and as a leader you are strongly standing on your own two feet, rooted in your 'being'.

We support you in designing your own self care, self reflection and manifestation practices.

We will give you tools to grow your 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 transformative coaching

There are many different coaching styles, schools and theories. We invite you to explore your own authentic style of coaching. To support you with that we offer you a few foundations:

First, we base our coaching on the solid foundation of the core competencies from the International Coaching Federation.

Second we offer you our YINX competencies of transformation and empowerment, which includes skills such as alignment, self care, attunement, 'titration' (stepping in and out), holding space and setting boundaries.

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/Internal Family System

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
- The opportunity to learn and grow with a group of like-minded people
- A welcoming, supportive and challenging environment, in which you can experiment with new skills
- Coaching skills at the highest level
- An accredited program that allows you to become professionally certified as coach with the International Coaching Federation

What the Coach Potential Program will bring you

On completing the program, you will experience.....

- Greater personal awareness and presence
- Increased 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
- 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, 1:4 ratio of facilitators to participants)
- Blended learning: experiential learning, online teaching modules, in person sessions focused on interaction, application and experimenting.

Program set up

The program lasts 6 months, with a break halfway through and consists of 4 phases:

- * Foundation: self leadership and introduction to coaching
- * Basics: ACC-level coaching
- * Deepening: PCC-level coaching
- * Mastery

These four phases comprise the following components:

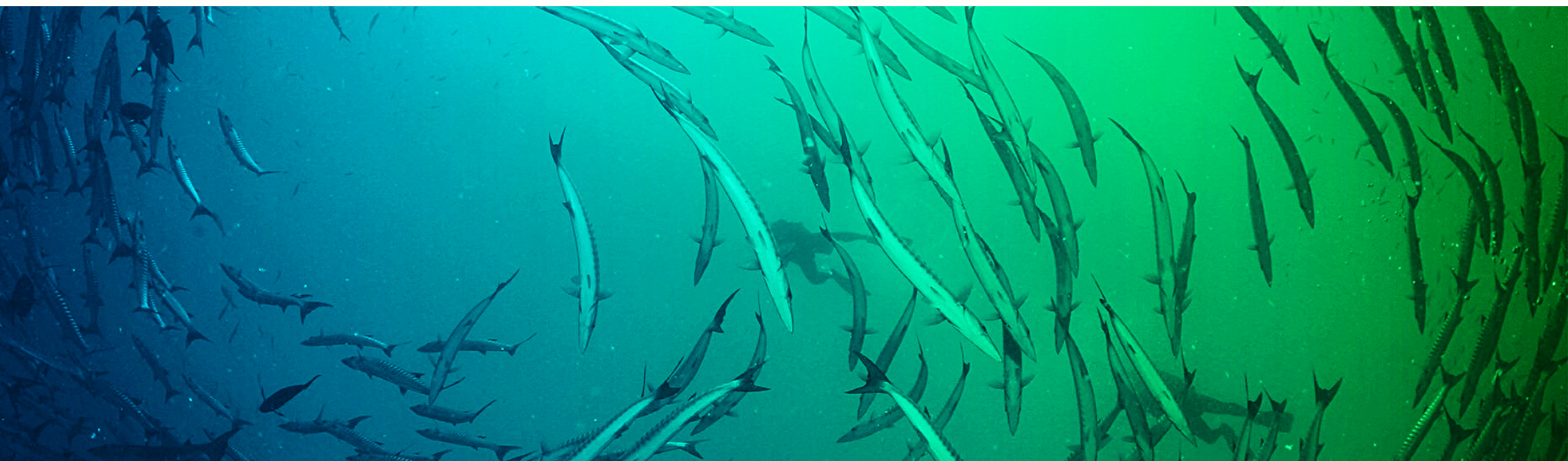
- Personal intake, personal facilitator check-ins
- Three alignment weekends: experimenting and practicing; creating personal experiences in order to become more present and aligned with yourself
- Twelve training afternoons: theory, exercises, practice
- Podcasts, videos and reading material on topics 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

Internationally accredited program

Accredited program

The YINX Coach Potential Program is accredited by the International Coaching Federation as a level 2 Accredited Professional Coach Training.

Upon completing the program, you will receive a certificate, with which you can get certified as a professional coach ("PCC") with ICF.



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.

Schedule and time investment

See Appendix II for the time table of the upcoming program;

Plan for an average of 0,8 day a week (Thursday class + prep. work + practice coaching) plus the three weekends.

Financial investment

Euro 14.750,- (Excl. VAT) including accommodation costs
Limited options for a scholarship are available.

Location

Location will be in central NL, in a nature surrounded area.





Program leadership



Gabrielle Sepers

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



Caroline Wamsteker

17+ years of experience in coaching and training coaches, source of wisdom



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:

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Appendix I - What CPP-graduates said about their experience



[Vincent Timmers \(44\).](#)

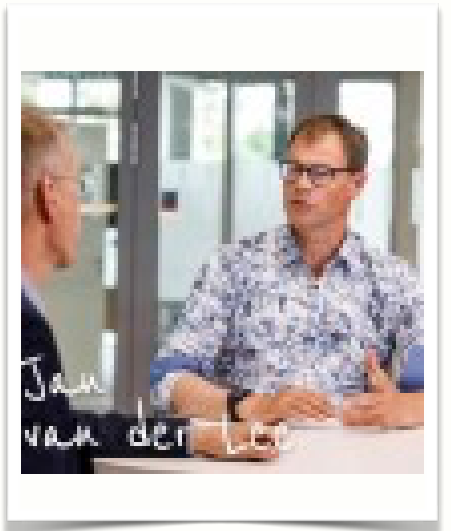
Partner Ebbinge

"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 \(54\).](#)

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\(29\).](#)

M.D., Keynote speaker, Coach/therapist

"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."

Appendix II - Time Schedule upcoming program

Plenary Dates CPP 2024 - 2025

| | | |
|---------|-------------------------------------|---|
| Week 40 | October 3 October 4 October 5 | 13.00-21.00 9.00-21.00 9.00-17.00 |
| Week 41 | October 10 | 13.00-18.00 |
| Week 42 | October 17 | 13.00-18.00 |
| Week 43 | October 24 | 13.00-18.00 |
| Week 45 | November 7 | 13.00-18.00 |
| Week 47 | November 21 | 13.00 -18.00 |
| Week 48 | November 29 November 30 | 09.00-max 21.00 09.00-16.00 |
| Week 49 | December 5 | 10.00-15.00 |
| Week 2 | January 9 | 13.00-18.00 |
| Week 3 | January 16 | 13.00-18.00 |
| Week 4 | January 23 | 13.00-18.00 |
| Week 5 | January 30 | 13.00-18.00 |
| Week 7 | February 14 February 15 | 9.00-max 21.00 9.00-16.00 |
| Week 10 | March 6 | 13.00-18.00 |
| Week 12 | March 20 | 13.00-18.00 |
| Week 14 | April 3 | 15.00-21.00 |

*To be scheduled individually: coaching practice with peers, facilitator check ins.