



# Coach Potential Program

Discovering aligned leadership

For True Collaboration

# 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 practices in self reflection, self care, and manifestation. 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?

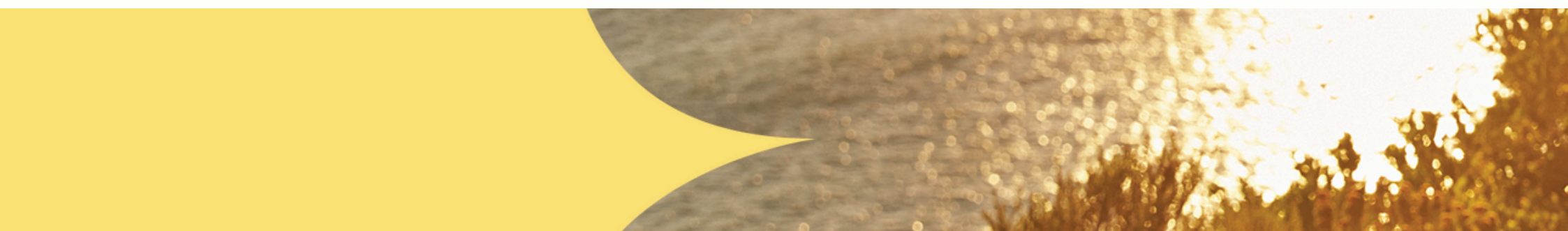
- How do I experience more authenticity and flow?
- How do I take my conversations to the next level and build relationships that are based on mutual acceptance and respect?
- How can I develop a coaching leadership style that empowers my team members and unlocks their full potential?
- How do I move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

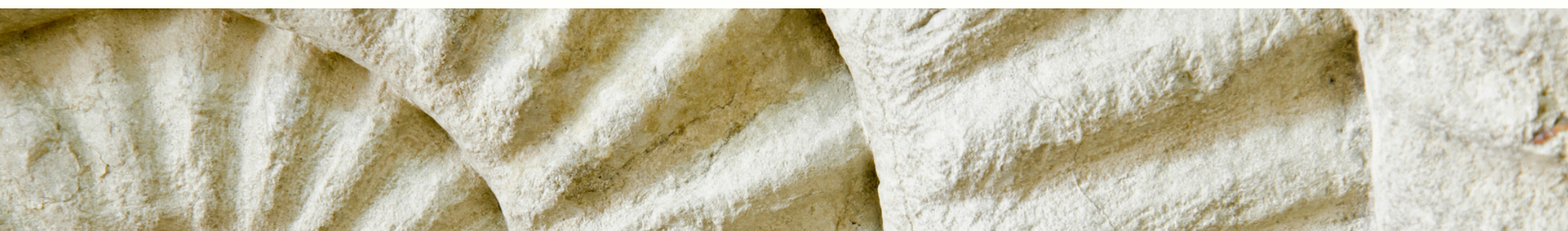
This program is designed for professionals who work in collaborative settings (organizations, teams), have leadership experience, and feel that more is possible in terms of realising their potential.

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 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

And you will receive a diploma with which you can get certified with the International Coaching Federation





# What characterises the program?

- A highly experienced team with a strong track record in training, coaching, and leadership; all 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

## Internationally accredited program

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

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





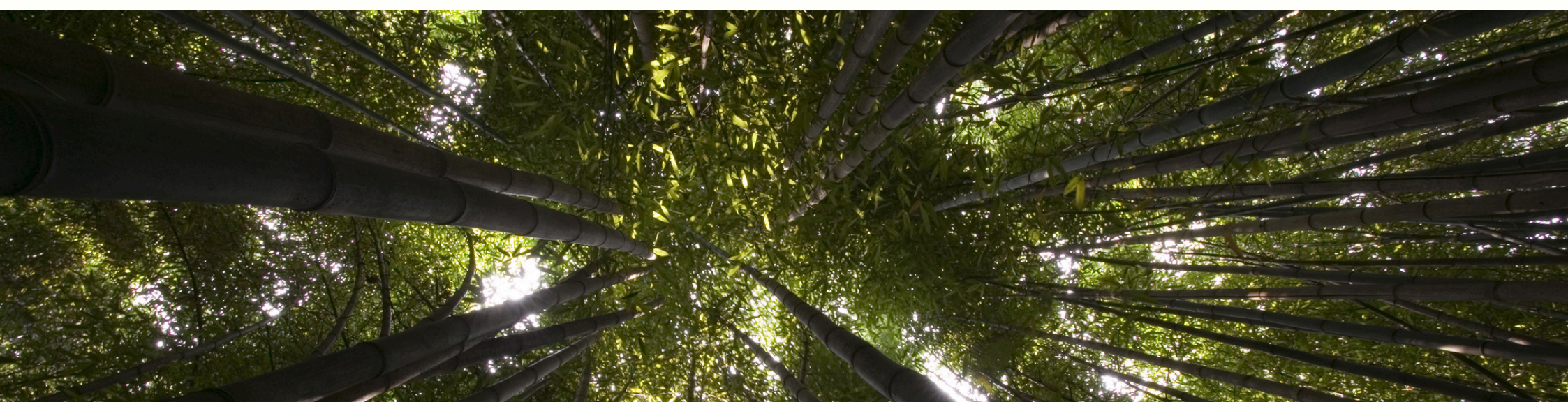
# Program set up

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

- \* Foundation: self leadership and introduction to coaching mindset
- \* Basics: introduction to coaching skills, continued personal work
- \* Deepening: integration of your personal work, and deepening of your coaching
- \* Mastery: further developing your own style and application

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
- Thirteen training afternoons: theory, exercises, practice
- Coaching practice, such as guest coach. events, feedback on audio recordings, peer sessions in triads
- Self-reflection and self-care practices
- Podcasts, videos and reading material on topics such as active listening, building trust, transformation, holding space, energy and emotions, the brain in coaching



# 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.

## Location

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

## Schedule and time investment

See Appendix I 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.





# Program Leadership



**Gabrielle Sepers**

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



**Caroline Wamsteker**

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



**Martin Eimers**

20+ years of experience in  
HR executive  
management, Former VP  
Business Development at  
Vattenfall  
ICF PCC

## 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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[www.yinx-group.nl](http://www.yinx-group.nl)



# 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.'



Becky Nascimento (40).

*Founder & Former Marketing Director*

'I signed up to the CPP after achieving the ICF ACC and wanting to continue to improve my skills as a coach; I wanted to be able to conduct my coaching at a deeper level. What I have experienced as a person is a much greater level of transformation than I could have expected. I am more grounded, and connected to myself than before; this in turn, has supported the transformation of my coaching skills.'



Jan van der Lee (54).

*Lead Climate Agreement Program at TenneT*

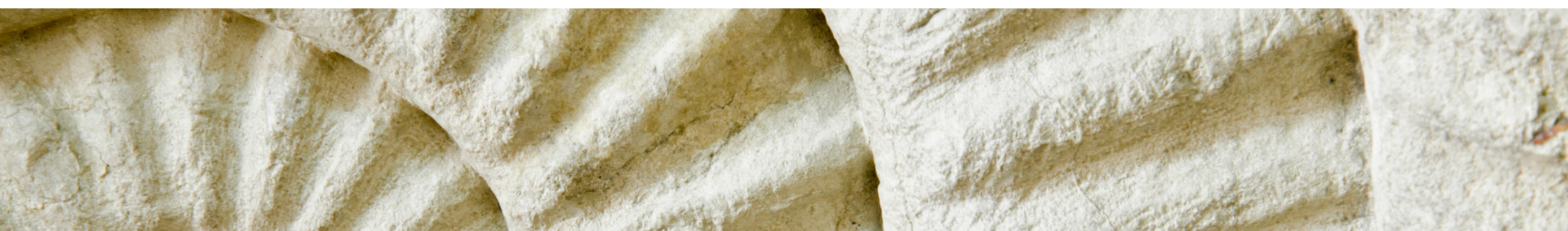
"I started this program with leadership goals: I wanted to be more present for and with my team. Become better at delegating, supporting and equipping my team to do it themselves. And I wanted to trust my gut feeling, and experience more energy, joy and freedom for myself at work. Looking back, I have 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'



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 I - Time Schedule 2025-2026 cohort

PLENARY GROUP MEETINGS KAAP DOORN		OTHER DATES	
Thurs 25 Sept (1000-1800)	Training 1*		
Fri 3 Oct (0900-2100) Sat 4 Oct (0900-1800)	Personal alignment work 1*		
Thurs 9 Oct (1300-1800)	Training 2		
Thurs 16 Oct (1300-1800)	Training 3		
Fall Break		Thurs 23 Oct (1300)	Upload Recording 1
Thurs 30 Oct (1300-1800)	Training 4		
Thurs 6 Nov (1300-1800)	Training 5		
Thurs 13 Nov (1800-2200)	Coach Event 1		
Thurs 20 Nov (1300-1800)	Training 6		
		Between Fri 21 Nov & Tues 25 Nov	Facilitator check in
Fri 28 Nov (0900-2100) Sat 29 Nov (0900-1700)	Personal alignment work 2*		
Thurs 4 Dec (1300-1800)	Training 7		
		Thurs 12 Dec (1300)	Upload Recording 2
Christmas Break			



PLENARY GROUP MEETINGS KAAP DOORN		OTHER DATES	
Thurs 8 Jan (1300-1800)	Training 8		
Thurs 15 Jan (1300-1800)	Training 9		
Thurs 22 Jan (1300-1800)	Training 10		
		Thurs 29 Jan (1300)	Upload Recording 3
Thurs 5 Feb (1300-1800)	Training 11		
		Between Fri 6 Feb Tues 10 Feb	Facilitator check in
Fri 13 Feb (900-2100) Sat 14 Feb (900-1700)	Personal alignment work 3*		
Spring Break			
Thurs 26 Feb (1800-2200)	Coach Event 2		
Thurs 5 March (1300-1800)	Training 12		
		Thurs 12 March (1300)	Upload Recording 4
Thurs 19 March (1300-1800)	Training 13		
		Sun 22 March	Upload session for level assessment
		Sun 29 March	Upload Book of Wisdom report
Thurs 2 April (1500-2100)	Graduation		

In addition, please plan for:

- Weekly journaling (hand in before Sunday 2200)
- Minimum of 6 peer coaching sessions, to be planned with 2 peers
- Preparation for classes
- Practice coaching sessions; as many as you like

\* Including overnight stay. For weekend 1 this is mandatory, for weekend 2 and 3 optional

\*\* Location for the Coach Event TBD