JR | REGENERATIVE LEADERSHIP

COACHING PACKAGES

For individual leaders and entrepreneurs

Build the awareness, clarity and inner direction you need to lead yourself and others.

Systemic coaching to recognise the patterns influencing how you think, feel, perceive and act, and shape a way of leading that supports your own growth and the people around you.

01 | **SELF-LEADERSHIP**
How do I lead myself?

02 | **LEADERSHIP OF OTHERS**
How do I lead others?
Builds on Self-Leadership.



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OVERVIEW



A two-step journey from self-leadership to leading others.

Our coaching packages guide you through two steps. First you gain clarity on how you lead yourself. Then you look at how you lead others: your team and your organisation. Package 2 builds on Package 1. Therefore, Package 1 must be completed before Package 2 can be booked.

	SELF-LEADERSHIP Package 1	**LEADERSHIP OF OTHERS** Package 2
GUIDING QUESTION	How do I lead myself?	How do I lead others: my team and my organisation?
WHAT IT DOES	We identify: **1.** your values and what drives you **2.** your belief systems and patterns that hold you back and bring you forward **3.** your life map and impact within **4.** your goals and how you can reach them sustainably	We identify: **1.** how you lead your team and organisation (based on the insights from Package 1) **2.** conflict points and patterns that hold you back, individually and as a collective, and unused potential **3.** individual and collective strengths **4.** where you and your organisation can grow, and the means required
YOUR OUTCOME	Clarity, awareness of your patterns and a solid base for leading others	Clarity on direction, stakeholders, work systems and your growth as a leader
PREREQUISITE	None, this is the starting point	Package 1: Self-Leadership
DURATION	4.5 h	4.5 h
INVESTMENT	**540 USD**	**540 USD**

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PACKAGE 1

SELF-LEADERSHIP

Find clarity and direction, understand your patterns, activate your inner potential.

THE CHALLENGE IT ADDRESSES

Capable leaders and entrepreneurs often keep everything running, yet feel disconnected from their direction, their values or their energy. Old patterns repeat, and they are hard to see from the inside.

YOUR OUTCOMES

- **Clarity on who you are and where you are heading:** your values, strengths, needs and responsibilities
- **Clarity on the patterns that hold you back:** beliefs, perspectives, communication and behaviour patterns that work against you, including your blind spots
- **A clear picture of your personal ecosystem:** the relationships and responsibilities that shape your private and working life
- **Clarity on whether your routines and work systems still serve you**
- **Tools for a calmer, more focused mind:** mindfulness practices to work with a busy mind
- **A solid foundation for leading others with awareness**

WHAT WE DO

- **Personal stakeholder mapping:** we map your personal ecosystem, in your private life and at work, and look at it from a bird's-eye view using Living System Design.
- **Self-reflection journey:** guided by key questions, we strengthen your awareness of your strengths and identify the patterns that hold you back, such as self-sabotaging beliefs and communication and behaviour patterns.
- **Mindfulness practices:** simple practices that help you work with a busy mind and recreate clarity.

QUESTIONS WE EXPLORE

- Who am I, and where do I want to go?
- What do I value, and what are my needs and responsibilities?
- Which patterns and blind spots hold me back?
- Do the routines and work systems I built still serve me?

GOOD TO KNOW

This session is deeply reflective and can bring up emotions. That is a natural part of the process, and we make deliberate space for it.

WHAT YOU RECEIVE

A summary of your key insights and next steps.

BEST FOR

Leaders and entrepreneurs who want more clarity, awareness and inner direction before taking the next step in how they lead.

DURATION **4.5 h**

INVESTMENT **540 USD**

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PACKAGE 2

LEADERSHIP OF OTHERS

Activate the full potential of your team and business, for sustainable success.

Prerequisite: Package 1, Self-Leadership. Leading others builds on how well you lead yourself.

THE CHALLENGE IT ADDRESSES

Leading a team or organisation means holding many moving parts. Slow decisions, unclear responsibilities, communication gaps or unused potential are often visible, but their cause or solutions are not.

YOUR OUTCOMES

- **Clarity on your direction:** how your vision, mission, values and intended impact compare to the reality you lead in
- **Clarity on how you lead others:** your leadership style, built on your Self-Leadership insights, and how it shapes your team and organisation
- **Clarity on what holds you back:** the conflict points and patterns that hold you and your team back, and the potential that remains unused
- **Clarity on your strengths:** yours and your team's, and how to build on them
- **Clarity on your stakeholder landscape:** bottlenecks, pain points and opportunities for growth
- **Clarity on your work systems:** where communication, accountability, delegation and decision-making need to be strengthened
- **Clarity on your growth:** where you can grow as a leader and communicator, the means this requires, and the next steps to further unlock your team's potential

WHAT WE DO

- **Direction and impact:** every ship needs to know its direction in order to lead the crew. We revisit your vision, mission and values, and the impact you are aiming for.
- **Self-reflection journey:** we look at the different layers of corporate leadership and at how you lead others, including your collective strengths and the patterns that hold you back.
- **Multi-layered stakeholder mapping:** we map your business or organisation and its stakeholders through Living System Design. This activates whole-system thinking and your intuition to identify bottlenecks, pain points, conflict points and opportunities for growth.
- **Work systems and growth path:** we review how communication, accountability, delegation and decision-making work in practice. Together we define where you and your organisation can grow, and the means required.

Areas we may examine: direction, project assessment, goal setting, internal and external communication, accountability, task assignment and delegation, decision-making and problem-solving, strategic planning, strategic partnerships, performance evaluation and impact measurement, recruiting and onboarding, HR development, conflict resolution.

QUESTIONS WE EXPLORE

- Who are we, and where do we want to go?
- What tendencies and patterns hold us back?
- Do the work systems we established still serve us?
- How can I grow as a leader and communicator, and how can we grow as a team?

WHAT YOU RECEIVE

A written summary of your findings and next steps as a leader.

BEST FOR

Leaders and entrepreneurs who have completed Self-Leadership and want to understand how they lead their team and organisation, and where it can grow.

DURATION **4.5 h** INVESTMENT **540 USD**

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VALUABLE ADD-ONS



My Regenerative Culture (add-on to Package 1)

Go deeper into the habits and inner culture that carry your self-leadership. You learn perspectives, tools and practices to unleash your full potential and cultivate a regenerative culture for yourself.

Topics we can explore: emotional management, habits and routines, re-designing belief and work systems, self-motivation, self-confidence, setting boundaries, meditation and breathing techniques, communication and embodiment techniques, self-compassion exercises, joy cultivation and more.

260 USD
2 h
additional hour: 120 USD/h

Additional Coaching Sessions

Depending on what you learn, you may want to explore certain topics in more depth. If you only want to focus on one specific topic, you can book a regular coaching session by the hour. The discount is only available together with a booked coaching package.

120 USD/h
regular price 150 USD/h
20% discount with a booked package

Change Integration Support

It is easy to fall back into old habits, or to feel ungrounded and unsure what is needed. This support helps you stay on track. Together we reflect on mistakes and new learnings, and keep you accountable for the changes in your leadership style.

95 USD/h

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Process overview

01 Package 1

SELF-LEADERSHIP | 4.5 H

The starting point: how do I lead myself?

02 Package 2

LEADERSHIP OF OTHERS | 4.5 H

Follows after Package 1: how do I lead my team and organisation?

03 Follow-up

OPTIONAL

Additional coaching sessions or Change Integration Support to stay on track (see Valuable Add-Ons).

Format of sessions: online.
Want to bring your team along? See our document *Training Packages: Corporate/Organisational*.

Two ways to get started

1 **Book a 30-minute introductory call**

2 **Request our challenge document first**

Fill it in to share your challenges and the topics you would like to work on with us. Once we have received it, we will reach out to you by e-mail.

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THANK YOU FOR INVESTING IN YOURSELF
AND YOUR PEOPLE, AND THEREWITH,
IN A BETTER FUTURE!