

# Tessa Houben Coaching

Connecting the mind with the heart



# Want to develop your talent?

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- ▶ Do you want to help your talented people become better leaders?
- ▶ Would you like your teams to collaborate better?
- ▶ Do you have high-potentials that you want to retain?



I help ambitious professionals and teams to **unlock their full potential**.

People learn to understand themselves and each other better.

Together we create **more trust, more energy and more impact**.



# Develop your talent through Individual coaching, Leadership programs or Team coaching

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## Individual Coaching

- ✓ Private sessions for individuals that are ready to make a change. To break through old limiting patterns and beliefs and achieve new goals



## Leadership Programs

- ✓ Tailor made programs for talented people that want to increase their authentic leadership and personal effectiveness
- ✓ The group program reinforces the growth of each individual: People learn to help each other in their development
- ✓ A safe space where vulnerability and openness lead to growth. Peers become very close

## Team Coaching

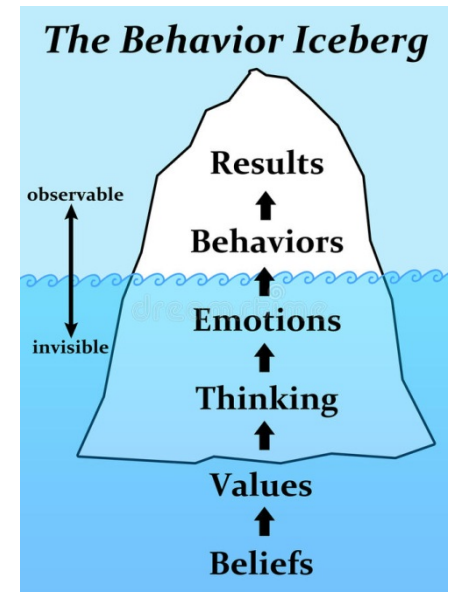
- ✓ Sessions especially for management and corporate teams that want to become highly effective together
- ✓ People learn to understand themselves and each other better. Team dynamics become more constructive
- ✓ Team collaboration and performance will grow. Positive energy multiplies



# Individual Coaching

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- ▶ We all have unconscious patterns and beliefs. When we want to achieve new goals, these old patterns can become limiting
- ▶ In the coaching sessions we will discover these unconscious patterns and develop new patterns that help you reach your goals
- ▶ We will work together to unlock blocked energy and you will find more space and trust in yourself to take the next step on your growth path



*“Within a few sentences Tessa senses what are just layers and what is really the issue and opportunity, steering the conversation towards the core of that issue and opportunity while offering practical tools to progress.”*

# Leadership Programs

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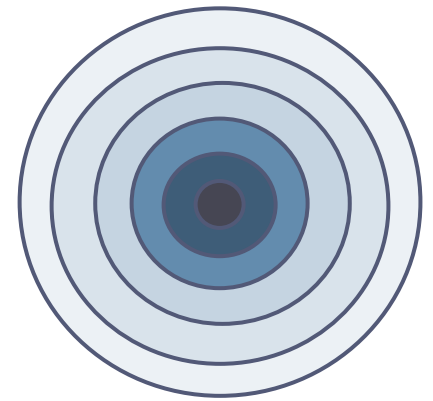
- ▶ For talented people that want to grow the impact they have as persons: Leadership is not about what you *do*, leadership is about who you are
- ▶ The group will go on a 'journey', where they will
  - ▶ Grow awareness of who they are and what their 'blueprint' is (patterns, beliefs, values)
  - ▶ Connect with their purpose and personal goals
  - ▶ Learn about their (unconscious) impact on others and how they can grow that impact
  - ▶ Become more effective in how they act and communicate, both verbally and non-verbally
  - ▶ Create a strong peer-bond together!
- ▶ The programs are tailor-made for groups of 4-12 people and are ideal for talents from across the organization. The journey often consists of several days spread over a period of time (eg 3 x 2 days, with inter-vision moments) and works well in combination with individual coaching

*"Het heeft zeer positief bijgedragen aan het teamgevoel binnen de groep senioren. Daarnaast sta ik zelf bewuster stil bij de thema's die ik wil ontwikkelen, met concrete handvatten om daar stappen in te zetten"*

# Team Coaching

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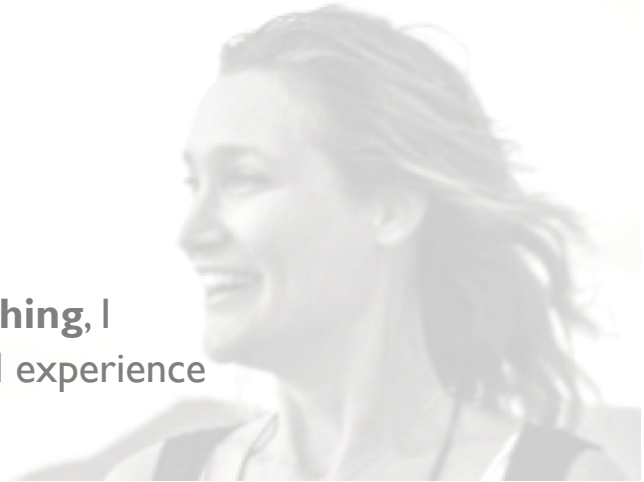
- ▶ Teams consist of individuals but are also an identity in themselves. In order to really change a team and how people in the team cooperate, you need to coach both the individuals in the team and the team itself (their relationship) as a ‘third identity’
- ▶ This requires a special way of coaching on 6 levels:
  - Individual
  - Inter-personal
  - Team dynamics
  - Team tasks, goal and mission
  - Stakeholder interfaces
  - Wider organizational context
- ▶ With my background in team-coaching, Myers Briggs-sessions and system-constellations, I specialize in coaching management and (multi-) functional teams to improve their cooperation and impact as a team as a whole



*“Het was echt een geweldige dag. Voor het team en ook voor mij persoonlijk. Je hebt me echt aan het denken gezet. Iedereen kwam vandaag anders op zijn werk”  
(Mireille van Ark, MT BNR)*

# Why Tessa Houben?

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- ▶ Thanks to my **dual background in both Business and Coaching**, I understand professionals, teams and organizations from personal experience and know how coaching can best benefit them. My background:
  - ▶ Over ten years of business experience as **Strategy Consultant** at eg. Bain & Company and **Senior Business Development manager** at eBay. (N.B. Ba and Ma degrees in Economics)
  - ▶ Certified in **Coaching & Facilitation** with a focus on ambitious professionals and corporate teams. Experience in coaching talents at several international Consultancy, Tech and Media firms. (N.B. Ba degree in Psychology and coaching certifications in EFT, NLP and Co-active coaching)
- ▶ Clients appreciate me for my **ability to quickly recognize the potential in people and organizations**. I am specialized in working with energy to help individuals and teams find connection, both within themselves and among each other

*“I realize I used to play the piano on two keys only,  
Now I play on five, and I know there are so many more...”*

# Testimonials

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- ▶ *It was simply one of the best moments since I joined the company. Your team-session helped me to look at my life, my work and my colleagues from a different perspective.*
- ▶ *Tessa's coaching sessions were the perfect mix of being grounded and aiming high. Within a few sentences she senses what are just layers and what is really the issue and opportunity*
- ▶ *This team-day made me feel i can change things. It gave me ideas and inspiration We now know eachother better than before. I like the deepdive in our selves and the focus on our relationships. The day is a beautiful memory*
- ▶ *"I feel grateful. It is very uncommon to have a session where everybody is so open and invested. It makes the whole team stronger."*
- ▶ *"I learned a new way of retrospecting and positioning my personal experiences and personal development. This can help me in the future. The team-day was an excellent chance to learn more about myself and each other. I already feel the magic of vulnerability"*
- ▶ *Stunningly amazingly wonderful coaching session. So again Tessa - a huge thank you for being you, for following your intuition, for the energy cleansing and the impact it has on me. I feel like a little child - filled with boundless energy and gratitude." Fionnuala Herder-Wynne (Strategic partner and coach, Red Zebra & Oxford Leadership)*

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▶ Note: these quotes are directly from clients and are anonymous for privacy reasons. A few people however explicitly said that they are proud to have their name mentioned as well



# Contact

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- ▶ You are always welcome to contact me to discuss your needs and find out how I can best help you:
  - ▶ Email: [tessa@houben.cc](mailto:tessa@houben.cc)
  - ▶ Phone: +31 614355388
  - ▶ Website: [www.tessahoubencoaching.nl](http://www.tessahoubencoaching.nl)
- ▶ And you are very welcome in my beautiful coaching space with park-view, in the centre of Amsterdam: Prinsengracht 346-C
- ▶ Looking forward to connect with you!



