
Coaching & Counselling – Business

Personal Coaching – a Lifestyle

Most people can accomplish much more than they immediately believe themselves capable of. Personal coaching focuses on your resources. It is about revealing your hidden sides and abilities while developing your full potential. Coaching can help you become more efficient in your everyday life, it can help you prioritise and go for what you really want. Coaching is useful to management and employees at all levels. It can be used as part of your career development or in between jobs.

Proactive goals and intermediate aims

The secret to success is long-term goals and a plan that includes when and how to get there. What would you like to accomplish? What are your goals? How should you behave, when you are the very best version of you? Which values will help you reach your goal? Through brainstorming and dialogue we will collaborate on clarifying your goals. Together we will make a plan of action that includes how to reach your goals and which intermediate aims must be fulfilled along the way - and when.

Mentality – Convictions that Support You

Many people have unconscious notions about themselves and the surrounding world, which prevent them from going for that which they want above all else. However, many of these negative notions have no hold in reality. Through dialogue we strive to generate awareness and thus change your inhibiting notions. We generate new convictions that will support you on your way to reaching your goals.

Training

Coaching increases your awareness of strengths as well as areas in need of development. In order to reach your goals, you may have to change your behaviour in certain areas. You pick no more than three areas of development. And together with your coach, you plan which steps you need to take from one session to the next.

Attentive Coaching

Our coaching methods depend on the people we coach. We start from where you are currently at and inspire you to move on. Whether you are looking for an unconventional way forward or need structure and tactics, your coach will be there to help you along.

Process and Time

Coaching sessions can take place in person, over the phone or via email. Depending on your needs, we will arrange how often we should meet and how long the process should be. Dialogue over the phone or via email will take place depending on your need. A regular coaching process can comprise, for example, 6 meetings over a period of 6 months. But it can be more or less, depending on the challenges you face.

If you wish to find out more about coaching please contact us and we will set up a meeting. We also readily provide references.

I look forward to hearing from you,
Vibeke Heckmann

'Vibeke Heckmann has been my coach for approx. 10 years, and she has been by my side through thick and thin. She has played a significant part in my life, and she has been a great support as well as a mentor and guide, enabling me to find my way and achieve my set goals, in terms of career and management as well as on a personal level. She is able to see the whole human being and one's development path as one great big picture – and if there is an imbalance somewhere along the way, you won't be able to perform at 100% somewhere else – and this has helped me get rid of the obstacles that block my career and my development.

To me, coaching means time for reflection, time to take stock and set new goals. Vibeke Heckmann creates the space needed, which enables me to see my challenges from a new perspective, which affords me new energy and a desire to continue my development – personally and humanly as well as in relation to my career and management position.

Vibeke Heckmann is a greatly experienced coach, and she is highly professional. She only works with people whom she believes she can move forward ... We're all continually developing – and Vibeke Heckmann is my "fixture" along this path.'

Hildegunn Lyngfjell, Head of Development, Føtex

'It always makes a positive difference when you meet someone who's able to angle solutions in ways that make them both new and unconventional while also remaining tenable and sensible. And you cannot help but be impressed and drawn in when these qualities are combined with awareness. This is what it's like working with heckmann. For a number of years now, I've had the pleasure of being inspired by heckmann's competences and their holistic way of thinking.'

Anne Rasmussen, former HR Director at Vin & Sprit