
Coaching – Private

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 has a very strong personality, exhuming positivity and joy yet she also pulls you out of your comfort zone, which allows you to develop. Vibeke is a very powerful coach and sparring partner both in terms of personal development and the situation you find yourself in. On a personal level, Vibeke's coaching has been crucial to my personal development and my leadership abilities. Vibeke has been trusting and confident in me; she has shown me new paths, the value of stamina and willpower as well as usable tools. She has been inspirational and she has introduced to her extensive network, where I've met people who have been through many of the same things as I have.'

**Per Storm, former Executive Vice President, Sales & Marketing, Bluegarden A/S
(formerly Multidata A/S)**

'I can warmly recommend Vibeke Heckmann as both coach and business sparring partner. She knows how to combine business with more personal aspects – which is a win-win situation for companies and individuals alike. She's there when needed and she has much life experience to share. She's full of ideas and highly capable of thinking "out of the box", so to speak. She's a very warm and lovely person, whom I gladly recommend.'

Marlene Ramsing Gudman, former HR Business Partner with NNIT