

Skills paspoort Sara Mostmans



- Barefoot Coaching UK | Neuroscience for Coaches | 2023
- Barefoot Coaching UK | Cognitive and Behavioral Approaches | CBT Tools for Coaches | 2021
- Barefoot Coaching UK | Executive Coaching | 2021
- The Coaching Academy UK | Diploma Personal Performance Coaching | 2019-2021

Sara is Professional & Personal Performance Coach en werkt graag met professionals binnen de corporate en business arena; (toekomstige) leiders; mensen met potentieel. In een openhartige en vertrouwelijke omgeving is coaching met Sara gestructureerd en resultaatgericht. Ze daagt je uit om naar specifieke en realistische doelen te werken en motiveert je om actie te ondernemen. Sara helpt je bewuster te worden van je denken, je doen, je impact op mensen rondom jou en bouwt mee aan je zelfvertrouwen om verantwoordelijkheid te nemen. Sara is positief, empatisch, oordeelt niet. Zij is praktisch en hands-on.

Werk- en denkniveau: WO

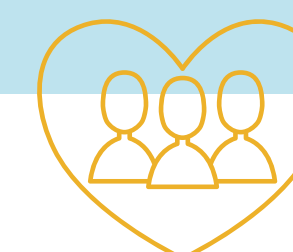
Werkervaring:

- Personal & Professional Performance Coach | Blue Wave Coaching & Consulting | Eigenaar | 2020 -heden
- Professional Performance Coach | Making Change Happen | Freelance | 2022-heden
- Medical Manager | Medical Liaison Manager | 2011-2018



1. 1-op-1 leiderschapscoaching
2. 360° Reviews - live interviews en rapportering
3. Focus op zelfinzicht en impact op omgeving
4. Focus op ownership
5. Focus op communiceren - onder andere DISC profilering

Happy Clients:



"Sara is a true professional who asked the right and thought-provoking questions that encouraged me to break with my habitual ways of thinking. With each session we had, I gained more confidence, clarity, and motivation."

"Sara creates an amazingly comfortable, non-judgmental environment where I could share my thoughts freely. As a result, I was able to properly process my professional challenges with Sara acting as an objective sounding board, leading me to pathways I had not explored yet."