

Online coaching in times of corona crisis

Every sector, in some way or the other, has been hit by the corona crisis. In addition to the fact that it is (unintentionally) a time for reflection and rest, you also want your business operations to continue. At the moment face-to-face can be quite challenging, even dangerous, but there is an online way. And we are the experts with this approach. For more than ten years now, we have been guiding various target groups online by means of master classes, inspiration sessions, online training and (leadership/team/individual) coaching.

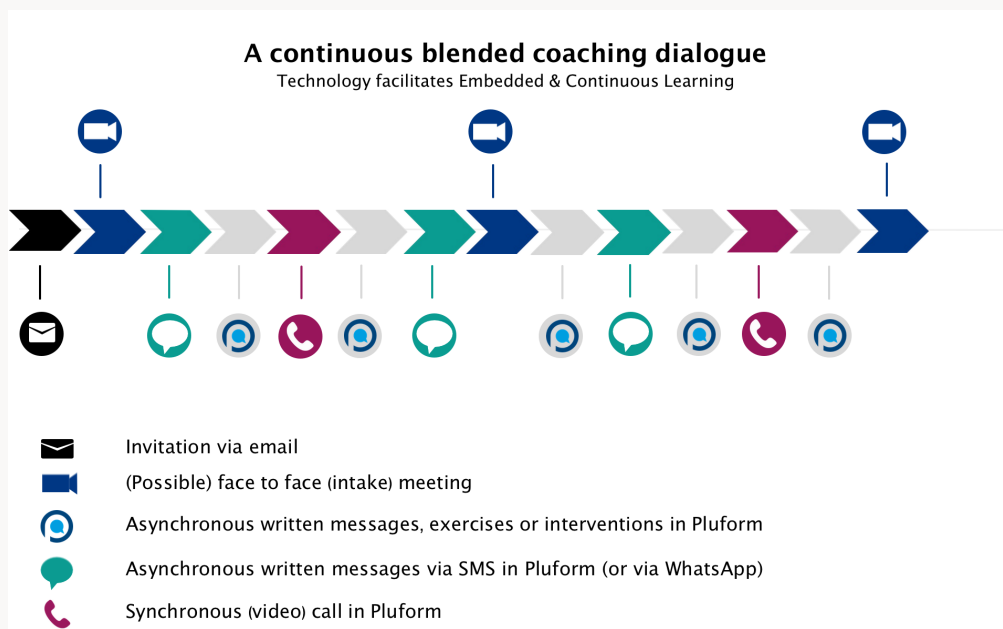
WHY

We want to provide on-time, on demand and flexible development support. For example we coach:

- Trust management
- Leading teams remotely
- Resilience under pressure
- Navigating uncertain times
- Building a productive relationship on a distance

HOW

Our expertise is diverse. Our *blended coaching* approach accelerates the natural way in which people learn, master skills and realise actual behavioural change. This approach combines the possibilities of the internet with traditional coaching and makes 24/7 coaching possible.



Our expertise lies in:

1. **Our scientific foundation:** Our origins lie in science. Originated from the question whether coaching and guidance would also work effectively and efficiently in an online manner. That is what our method is trained for.
2. **Training in our own methodology:** In the ten years that we have existed, we have already trained more than 1.600 coaches through our ABC model and in our eCP methodology.
3. **Growth mindset:** We use the Coaching Monitor to measure and evaluate the results of our trajectories. This online evaluation tool indicates whether a sustainable difference in behaviour actually occurs.
4. **Dedicated coachpool:** At eCoachPro we have a dedicated coaching pool of 60-80 associates. They guide and coach people all over the world. In concrete terms, this means that we provide our coaching in 20 languages.

WHAT

We offer flexible, scalable and modular coaching packages. For example:

- Operational support (120 min)
- Skills building (240 min)
- Behavioural change (360 min)

Contact

If you would like further information about this, please do not hesitate to contact us. We will gladly inform you about the possibilities. Of course we will fully comply with your wishes.



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