

Resumé Henriëtte Wentholt

2012 - 2014	Collaboration with <i>Augère Spain</i> - Coaching, Leadership and Consulting - in facilitating webinars, tele classes, mentoring classes and coaching for Brazil. <i>Crown Global Career Consultant</i> ; <i>Unlimited Potential</i> career coaching; intercultural facilitator at the <i>Royal Tropical Institute</i> ; facilitator youth trainings for <i>Brookfield</i> .
2009 - 2011	Committee member of ' <i>Lives in Transition</i> '. A Program designed for People experiencing Career Transition. Providing support, networking and information on Strategies for Finding New Employment, Addressing the Impact on Family and Exploring Alternative Career Paths. Led by professionals in the community to help others in the Greater New York area.
2009	Coaching Across Cultures (New York, US) an advanced intercultural seminar Ph. Rosinski. Inter Change Institute (New York, US) workshop Crossing Cultures with Competence.
2008	Certified Co-Active Coach (CPCC) and ICF Associate Coaching Credentials (ACC).
2007	Participation in Co Active Coaching CTI, a coaching certification program accredited by ICF International Coaching Federation, USA.
2006	Participation in the Fundamentals and Intermediate program of Co Active Coaching CTI (www.S&N.nl) in the Netherlands.
2003	Participation in a 'Bridging Cultures' program designed for intercultural contexts, in the Netherlands.
2003-2005	Board member of SIETAR (Society for Intercultural Education Training and Research), in the Netherlands.
2002	Starting my own Coaching and Training Company and work for a range of clients including individuals, larger as well smaller organisations, and profit such as Heineken, Unilever, Tyco and not-for-profit aims such as Cordaid, Inter Consultancy Bureau. Training is tailored to the needs of each client.
1997-1998	Working at a Chinese orphanage in Guang Dong Province. Responsible for the planning and coordination of an activity centre for the social and emotional care of the most needy orphans.

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- 1993-1996 Communications facilitator and trainer with two non-governmental organisations located in São Paulo, Brazil. I developed and ran training in group-dynamics I also held weekly team-building sessions with the unit managers and participated in a training programme for urban development workers.
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- 1992 Graduated in Psychology (Master in Art) at the University of Groningen, the Netherlands.
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In the words of some of my clients :

“Je bent nog maar kort in mijn leven maar je hebt al heel veel bereikt. Het lijkt wel alsof ik moeilijke gebeurtenissen beter kan relativeren en los kan laten. Je geeft me vertrouwen dat ik niet gek tegen dingen aan kijk en rust dat het okay is dat ik soms verdrietig ben of boos. Ik had van te voren meer oefeningen verwacht of moeilijke zware gesprekken, maar alleen al door met je te praten, jouw heldere samenvattingen van mijn hak-op-de-tak verhalen, je heldere kijk en ervaring die je dan daarop los laat vind ik een verademing. Ik ben soms bekaf na onze sessies, maar ze houden me vaak nog een paar dagen bezig en zelfs de hele week tot ons volgende gesprek. Ik vond vooral de oefening met mijn 'oudere zelf' in de toekomst leuk en een eye-opener, zoals eerder aangegeven werken de verschillende perspectieven op een gebeurtenis ook voor mij. Het geeft me de gelegenheid meerder oplossingen te zien en vergeet ik vaak de zwaarte van het probleem. Het geeft mij het gevoel alsof ik nu keuzes heb die ik ook moet maken. Knopen doorhakken dus.”

“When I met Henriette two years ago, I thought, my dreams were only dreams. Through her personal coaching, caring and support I have completely changed my perspective, I am looking into the future with confidence and purpose, I am becoming more aware and letting go of my limitations. I am realizing my dreams, doing the work that I love and a caring and loving mother and life partner.”

“What I value most about coaching sessions with Henriette was unexpectedness: she encouraged to be present at all times and that created the space to work with what was the most important on heart and feeling level rather than what my mind considered to be important issues. Sometimes she pushed me to step out of my comfort zone, but it was by mutual consent, it helped me to grow and see things from different perspective. I loved guided meditations, loved so called 'homeworks' where i had an opportunity to reflect and continue work with myself. After every session my heart filled with gratitude as Henriette actually taught me something without which no one is able to bring more love, more peace in the world - to love myself. Thank you!”

‘Henriëtte’s way of coaching is people-centred - taking the needs of the client as the starting point. She identifies issues which are challenging, together with me finding practical solutions which not only address the issue but also make me feel more effective in life and work’.

'What was unexpected was that she included meditation and exercises in the session, which is a pleasant surprise'.

'I would describe her way of coaching as experiential; she gets the client to feel the issue in their body and describe the issue in detail so that the client can understand clearly what they are feeling and why'.

'My coaching work with Henriëtte has been very valuable. During each session we examined an issue—usually I offered a story and articulated my questions—and she helped me reframe the issue. The coaching process in which she uses creative techniques gave me the opportunity to step back, ask myself questions, question my assumptions, and reflect on my leadership role. Coaching has been terrific for me, and I highly recommend Henriëtte to anyone who is eager to learn and improve'.

....and in the words of some of my Supervisors:

'Henriëtte's coaching demonstrates:

Her commitment to serve her client's agenda. She has the ability to listen to what the client is not saying as well as hearing what's really going on for them beneath the words. Intuitive, caring and compassionate, she connects well with her client championing and supporting their success.'

'Henriëtte has the talent to create a confident coaching setting and connection, supporting the learning and development of her clients.

Henriëtte holds the space and honors silence in a natural way, often leading to emotional shifts and deep learning.

She works easily and effectively listening at all levels, has very good self management.

Henriëtte is unafraid and has the talent to be with her clients whatever their emotional state is.

She is empathetic, and sees the potential growth in every person and works for this enthusiastically.'