



# The2nd.life Personal Coaching

*That Discomfort You're Feeling Is Grief*  
(Harvard Business Review, March, 2020)

## For Who?

Today's global events (Covid, BLM, economic breakdown, etc.) are making it painfully clear that we are globally connected. We need new perspectives, meaning making and general skills to navigate today's complexities and (re)define our purpose. If this resonates with you, then I can help guide you. I'm offering individual sessions and a 90-day, 2020 program at a reduced rate to support Simpfol and its members.

## Who am I?

I am a coach and mentor, focused on helping people assess their values and purpose and drafting an actionable plan that works for today's challenging times. In addition, I'm a seasoned can-do project manager and sustainability professional having worked on embedding sustainable practices in every day communities, lives and work. Developmentally informed (certified in Spiral Dynamics I and II) and a culturally sensitive dual citizen of the United States and the Netherlands.

## What you'll get..

Providing you with a new 2020 lens focused on your specific needs; addressing current uncertainties, existential trauma, risk. Building agility and self-confidence, within the context of global current events. Outcome is aimed to (re)define your purpose and equip you with 2020 skills and a personalized action plan toward your personal goals integrated in current local and global cultural and environmental realities. (based on full program and your commitment to change).

## Offer

Sliding scale, with a special price for Simpfol supporters of US\$ 80 per session or €80 ex. VAT in Europe, based on 4 on-line sessions of approx. 75 minutes each.)

## I'm looking forward to working with you!

For more information please visit my website and shoot me an email.



Website: [www.the2nd.life](http://www.the2nd.life)

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