

CASE STUDY

Let us understand how The Activation Project provides comprehensive support to individuals, by coaching them to navigate their personal challenges.

CHALLENGES

- How to develop as a leader, after moving up in the organisation - re-establishing in the new role with more responsibility?
- How to work on organisation specific challenges?
- How to move projects ahead, in order to influence stakeholders in a more meaningful manner?
- How to deal with over-analytical tendencies?

BENEFITS

1. **Confidence:** Discussing my frustrations, challenges, and concerns with Amanda, proved instrumental in unraveling difficulties experienced at both professional and personal levels. This not only aided in summarising the situation, but also contributed to boosting my confidence.
2. **Tools:** These resources helped me to identify various challenges and suggested applicable frameworks for resolution. The diverse tools helped me tailor solutions for restructuring teams, navigating challenging conversations, emphasising the cultivation of relationships with other teams and skillful management of senior stakeholders. Moreover, it emphasised the importance of open communication and pairing them with suitable methodologies to foster transparency and effective problem-solving.
3. **Self-reflection:** Amanda helped me to pause and reflect on how I approach things rather than overanalysing.
4. **Safe Space:** It provided me with a safe space where I could be myself and talk freely, knowing I wouldn't be judged.



AT A GLANCE

CHALLENGES

- Progressing projects
- Developing self as a leader
- Establishing in a new role

BENEFITS

- Confidence
- Self-Reflection
- Tools



MARIEKE HAGEMANS

DIRECTOR OF MEMBERSHIP
& ROWING COMMUNITY

"The coaching sessions provided me the confidence to be an authentic leader. It has been the most valuable development opportunity in my working life."