

thrive (θraɪv)

vb (intr) , **thrives, thriving, thrived, thrive, thrived or thriven** ('θraɪvən)

1. to grow strongly and vigorously
2. to do well; prosper

How do you know it is your time to thrive?

- Maybe you have a nagging sense that there is more?
- Perhaps you feel stuck in life or professionally?
- You need inspiration to make a next step?
- You feel physically or mentally exhausted?

Thriving happens when you live a life with purpose, vitality and connection.

'Weeks after our last coaching session I can say I still feel the effects, and things have started moving and my brain is starting to dictate my actions for the better, and consequently I feel better about myself'
DdV- Global Manager at Covance CLS

INTRODUCTION



Embark with me on a journey.
In 6 sessions you will create your own life-changing experience.

You will gain a clear and deep understanding of what truly motivates you and you will learn how to thrive physically, mentally, emotionally and spiritually.

Parts of our journey will take place outdoors as nature is a portal for self discovery and development

Clients a/o WWF, AkzoNobel, Océ, DSM, Polis Direct, ING, Canon Europe/ Netherlands, PwC, TMF Group, DVB, AerCap, alohi.com, tiq2sports.com, swiss-virtual.ch, ifluenz.com, blueoceanjob.com, crowdadvisor.com, procsea.com and (professional) athletes.

YOUR GUIDE



Maayke van der Pluijm
(1974) - To thrive is an art and requires hard work



Maayke acted in a variety of corporate and consulting roles before starting her own business in Change & Performance Management in 2007. From 2012 onwards she also participated in startups as mentor and COO. Her focus is on supporting others to achieve high performance, whether it is for startups, corporate teams, individuals or even athletes. Throughout the years she has coached individuals and (multicultural) teams, often spread over different locations and time zones, accelerating high performance and collaboration.

- MSc in Social and Organisational Psychology and Bachelor certificates in Economics.
- Certified NLP Practitioner
- Mental Game Coach (IMGCA)
- DAS Sports Psychology (UNIL/EPFL) (2019)
- ACC Coach (ICF)

'Maaykes' engaging spirit is infectious and she has the ability to provide with her coaching sessions all that is needed to achieve your ambitions' - SK, Manager ICT



THE JOURNEY TOWARDS THRIVING



This program is more than a coaching program. It is an investment in yourself, an integrative journey where you will get to work and to discover your purpose and learn to balance your mental, physical, emotional and spiritual well being. During our sessions we will go outdoors and use nature as a portal for self discovery and development.

Timing: Changing habits and routines take time. The journey will take in average 3-5 months. Each session will take between 60 - 90 minutes

Outdoors: some parts of the journey will take place outdoors. We will walk and let nature inspire us to accelerate your personal development process

Commitment and responsibility: both crucial to change your behaviours and improve your performance. The journey has been developed to support you as much as possible however only you can choose to make the steps towards thriving.

One Size Fits All: you are unique. The program serves as a guideline. Changes can always be made based on your needs and progress.

Contact: Maayke van der Pluijm - +41795573272

LinkedIn: <https://ch.linkedin.com/in/maaykevanderpluijm>

@: vanderpluijmconsulting@bluewin.ch

'Maayke helped me at a crucial moment in my career. With her efficient, direct and result oriented approach she was in fact the necessary "unlocker" of my potential.

She is an eye opener and truly able to get things moving when something is stuck or needs to change'
RW - EMEA Director TMF

SESSION 1: CHECK IN

We begin your journey by putting a stake in the ground for who you are and what you truly desire from your life.

Each journey starts with:

- Personal assessment on drivers, motivations, intentions and values
- An energy and performance check
- 360 degree feedback from family, friends and colleagues

SESSION 2: AWARENESS OF YOUR ENERGY

Discover your energy drivers, your nutrition, movement and sleep routines.

- Assess energy drivers throughout the day
- Journaling to become aware of how you eat, move and sleep.

SESSION 3: AWARENESS OF YOUR NARRATIVE

Before you can gain control over your life and start thriving, you need to become aware of how your thoughts and communication influence your emotions and who you are.

What we will do:

- Self observations
- Journaling to become aware of behaviours and thoughts

SESSION 4: SETTING INTENTIONS & GOALS

Based on the first 3 sessions, we will be able to set your intentions and goals and start to work on them.

We evaluate and define what you want to get out of the journey. Having discovered the forces controlling your life, you can start to reframe them, better enabling you to live a more fulfilling life with purpose, vitality and connection.

SESSION 5: ONGOING COACHING

Through ongoing coaching and specific exercises, we will work towards reframing your thinking and actions.

You will establish new habits and routines that will help you to thrive and improve your performance in the specific areas you have identified.

SESSION 6: CHECK OUT

We end our journey by by assessing your progress:

- Performance check
- 360 degree feedback
- Action plan for future