



TWEAKS & STRIDES CONVERSATION CYCLES

MARCH 2023 EDITION

Coaching flavour: a blend of existential reflection and emotion-based exploration

WHAT'S THE IDEA?

Tweaks & Strides conversations are intended to be the space in your week where you can:

- **explore** possibilities without having to tick the boxes, meet deadlines and achieve
- **connect** with your own complexity, intensity, richness, and intricacies
- **expand** your thoughts instead of condensing them

WHAT:	4-session cycle of 1:1 online coaching
WHEN:	Tue and Thur, 09:00 to 14:30 (CET)
HOW MUCH:	Sliding scale option - 400/500/600 € per cycle (incl. VAT)

WHO ARE YOU?

"It's good practice," people who know more about marketing than me say, "to have a catchy description of the people you want to work with".

Here goes my attempt: **deep-thinking, exploration-oriented, intrinsically driven, high performers**

Experientially, this might translate to:

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| <ul style="list-style-type: none">• You naturally function at the highest levels (and that's the only way you know how to be)• You're used to exceeding standards fairly easily• People appreciate you for your reliable, dependable and stable nature• You enjoy exploring possibilities and often ask yourself "How else could this play out?" | <ul style="list-style-type: none">• Doing "everything right" is leaving you unfulfilled and tense• Ticking things off the list and achieving goals have lost their appeal a while ago (that is, if they ever even had it)• You're realising you've learned to water yourself down to a version that works for your environment• You feel vibrant and creative on the inside but don't get to show it |
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WHO AM I?

There we go, quite an existentialist question to answer! 😊



Irena Meštrović Štajduhar
Coach | Mom | Expat | Gifted

- Originally from Croatia, currently based in the Netherlands
- Certified at the Professional level with the International Coaching Federation
- My continuous professional development includes gifted-specific coach training and emotions-based coaching
- A mom of two gifted daughters, navigating the everyday complexity and dynamics in our household
- A fan of small-scale creative projects, Ted Lasso and the work of Lin-Manuel Miranda

ARE WE A GOOD FIT?

If what you see here makes sense to you, I suggest you also check out my [Instagram profile](#) to read my more frequent musings.

Tweaks & Strides coaching conversations might be a good fit if you:

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| <ul style="list-style-type: none">• are ready and willing for introspection• seek purpose, reinvention, and innovation• are curious about finding new ways to live well• enjoy the process(es) as much as the potential outcomes | <ul style="list-style-type: none">• cherish the conversational space in which you are heard and inspired• feel the pull to contribute to the world, rather than just exist in it• are interested in building your emotional literacy | <ul style="list-style-type: none">• feel the urge to reassess the standards and expectations you've been living by so far• want an individualised approach that focuses on you as a whole person, and not only your challenges |
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HOW DO WE WORK TOGETHER?

PRE-COACHING

We begin with a virtual 30-minute Meet & Greet conversation in which we get to know each other, discuss your context, coaching needs and wishes.

If you decide to proceed with coaching, I will send:

- a **tailor-made coaching offer** I will develop based on what you share with me in the Meet & Greet call
- our **coaching agreement** for you to review, complete and sign
- the **link to my calendar** so you can book your 4 sessions, after you return the signed coaching agreement

FOUNDATIONAL COACHING CYCLE

Our coaching trajectory starts with a foundational cycle of 4x1h sessions (weekly or bi-weekly), which gives us the opportunity to build and cultivate trust and safety.

It is essential for our coaching that you feel safe and seen, especially given that we are going beyond the behavioural level and are delving into your emotional dynamics and complexity, values, motivation, and purpose.

TAILORED COACHING ARRANGEMENT

After the 4 sessions we check in to reflect on the experience and see if and how you would like to proceed. For example, you might want to:

- take a short break before the next 4-session cycle
- continue right away with a new 4-session cycle
- change the frequency/duration of sessions
- stop with the regular sessions but have the option of one-off conversations
- ask for a different bespoke arrangement

BOOK A MEET &
GREET CALL

ASK MORE
QUESTIONS FIRST