

Why combine music and coaching?

Most of us are aware that music has the power to trigger images and feelings. Why do we listen to a specific kind of music when we are in love, or sad, or happy? Because music that moves us, goes straight to the heart.

Music also connects the rational part of our brain (the left side) with the creative part (the right side). I have developed a method based on the way our brain and body respond to the power of music. In this method, I use existing music (ranging from the 16th to 21st century, both Western and world music) as an effective tool to get people 'out of their head', for illustration purposes, and as a means to align or realign our thoughts and feelings.

From 'powerless' to 'powerful'

Free yourself from worn out patterns and limiting self images, and you will create room. Room to grow and broaden your horizons, and most importantly, room where you allow yourself to enjoy, venture, taste and play - based on your own strengths. As a result, you will be able to connect with your surroundings in a more powerful way.

As your coach, I can help you gain or regain insight in your own unique capacities, talents and aspirations and show you how to firmly root these in your mind and heart. This process will automatically create the room you'll need to make the right choices - in your career and in your life.



'To me, music has always been an essential tool to reconnect with my feelings, to be more playful and recognize fun. I simply had lost this feeling. I have not been this effective in my work in years! Now I can express the inspiration I have. But what is even more important: I believe in myself again, and for the first time in my life I know where my strengths lie.'

Creativity gets down to business

A brainstorm session or a creative session is a journey with a clear goal – to find new solutions and possibilities – but with an unknown destination. The sessions will take place in a safe and stimulating environment, where every idea stands a chance. Here, away from the boardroom culture, away from hierarchy and patterns, the group process enables us to come up with more and better ideas that will be discussed and documented at the end of the session. Using an independent facilitator – in combination with creative methods, music and the right setting – will bring new insights and solutions, commitment and connection. Powerful processes that do not take long and that are actually fun and stimulating for everybody to participate in!



Sounds like...

What would your new company, of your new vision sound like? Where would you find your inspiration and how would you get this across to others. Who is the target audience of your new corporation? The coaching can take place in different settings, for example, a one-time session, a dinner debate or a short series of sessions, in which I will ask you to visualise your ideas and visions and guide you through this process. We will use the music as illustration and as a means to go deeper into the heart of the matter.

'We have asked Karen to develop and facilitate a team building day and her unique style immediately showed in the preparation stages: years of managerial experience and her special approach, in which she uses music as a tool. We also found that Karen understands the dynamics of organisational processes, the result – a meaningful and inspirational meeting which has brought us as a team insight in each other, in the way we work together and how we can improve this, as well as in our priorities for the future.'

Communication is important to us all, but to a coach, in particular, it is of great importance that he/she understands and masters the nuances when coaching in a foreign language.

It is thanks to my English studies and my managerial career in which I mostly operated internationally, that I consider myself to be a near-native speaker.

Over the years, I have gained much experience in coaching and advising expats and have hosted workshops and brainstorm sessions for international participants.



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**When the front door to change is locked,
music will open a window....**

Music touches the heart, it connects our mind with our feelings.
Music promotes interpersonal communication and generates creativity.
All this makes music a powerful tool that I apply respectfully
and effectively in my personal coaching and team coaching.

