



Linda Wes Coaching Profile
INSEAD EMC, ICC and ACG
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About myself

- I love coaching because I love to give other people insights into their inner theatre. Due to this insight their life gets easier – from complexity to clarity. Once they better understand themselves, they can really hear and see the other, resulting in fulfilling interactions between people.
- I am broad (coach) educated and (life)experienced; I'm known for my questions asking abilities.

My understanding of coaching; coaching focus

- My client is always in the lead, it's their journey, I'm just there to assist.
- I use system psychodynamic, ACT, TA, mentalizing, voice dialogue, metaphors and myself in my coaching. I look what the situations needs, what is right in the moment to share, so that my client can start their process. I believe that we create patterns in our youth, in the here and now these pattern (child role) act out and are experienced as not very helpful.

Situations in which I am effective as

- My clients are very diverse from C-suite to middle management. Personally, I have a background in family business, and I am specialized in complex relationships / interactions between people (conflicts)
- I have worked in the energy business, project development, banking in the Netherlands and Germany.
- Linda is an exceptionally supportive, insightful and empathetic professional. Linda is very professional and easy to connect with, so I immediately felt safe to talk about anything and she knew exactly how to help me.

Coaching languages and region

- Dutch, English and German
- My office is in the Hague, the Netherlands I coach in person and virtual. I also go to my clients.

Coaching certifications & cont. training

- INSEAD EMC wave 30, ICC cohort 14, ACG 2024. EMCC practitioner level and now going for ICF PCC.
- Several coach educations, see LinkedIn.