



For EXECUTIVES – Business MANAGERS - BOSSES
Whatever the size of your Company

Taking up the every day CHALLENGES

Have a space for reflection, listening, resourcing,...

Get out of the crisis and BOUNCE back

By PHONE or VIDEOCONFERENCE

(AcD01)

At the helm of the ship, even if you are well supported, because of your position, you can feel isolated **under the weight of responsibility**.

Solitude awaits you : it is not always easy to share your difficulties and moods with those around you (colleagues or family).

In command, you want to stay focused on the current issues, while juggling challenges, unexpected events and difficulties of the moment.

In the storm, **you try to put on a brave face and a lid on your emotions**, despite the stress, the cash flow problems, the fear of a possible bankruptcy, ...

You're overworked, overwhelmed and still..

it's the **GOOD TIME** to take a **BREAK**

To preserve or regain your vitality, your energy, your enthusiasm, to welcome events with discernment and more serenity,

the help of a professional Expert, from outside your daily environment, is useful to take a step back... or a step up, to explore other possibilities, draw from you untapped resources

We suggest :

an exploratory appointment offered

For more than 30 years, as IEHP Company Manager, I participated with my Team in the success of Companies, contributing to the BETTER BEING of the Men and Women who are part of it.

Some point in my life, I experienced uncertainties, challenges to be overcome, the weight of responsibilities to be assumed alone and felt, as obvious, the need to be accompanied.

To make an appointment

Call Eva DEPECKER in France + 33 6 50 19 18 78 or via BOTIM

Yacine BABAAMER in Dubai + 971 56 213 99 60 or via BOTIM

By mail contact@iehp-int.com

Objective of this appointment : to refine the context, your challenges, your wishes and the objectives pursued.

Based on this information, **a personalized proposal is sent to you with a CV of the COACH Trainer**.

Respecting yourself and "taking care of yourself" is VITAL to stay the course, to feel the desire and the pleasure to continue and to have the necessary resources.

