



## COACHING FOR NGO STAFF in Humanitarian and Development context

Coaching is an opportunity for **personal learning, growth, development, and change**. It is focused on you as an individual, your hopes, your curiosity, your self-discovery, your goals. You are the expert of your life and your work; you decide on the content of the coaching, discover your own solutions and the changes you would like to make to reach your goals. The coach is there to facilitate the process by listening, asking powerful questions, support exploring different perspectives, in a safe and supportive environment.

**Working in an international context in development or humanitarian aid, is a unique experience.** We often work in complex contexts, sometimes far away from home and family, in stressful situations, in multicultural teams, with challenges related to politics or security. You may have asked yourself sometimes:

- ➔ How do I deal with this complex situation?
- ➔ How do I deal with cultural differences in my team?
- ➔ How do I deal with balancing work and private life?
- ➔ How will I take care of myself?
- ➔ After ending an international mission... Now what?
- ➔ What is the best way forward in this situation?

**As a professional coach I will support you to:**

- ➔ Reflect on views, ideas, and the situation;
- ➔ Get clear what changes you would like to make;
- ➔ Find the best way forward focusing on the solution and the future;
- ➔ Achieve your personal goals.

*Everybody is unique and has individual goals, therefore together we will agree an individual package adjusted to your specific needs.*

**Who is Imarah Consultancy?**

“Ijarah” refers to the meaning “**Growth**,” “**Development**” and “**Success**.” “Ijarah Consultancy” believes in the power of people, to develop their potential and together create a better world. My name is **Cobi**, I am coach and trainer, as well as a public health professional. I have been working in various countries in different positions, in development and humanitarian context. I loved working with people as nurse, trainer, coach, team leader or manager, as well as leading a mission in Humanitarian settings. With my experience and my passion to support positive change, I am happy to support you through coaching. For free information, you can [book an appointment](#) online.

*All coaching will follow the standards and ethical principles set up by the professional association “International coaching federation” (ICF).*



**Cobi RIETVELD**

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**“Together we learn, develop, create, and build a better world”**