

CV Henriëtte Wentholt

2009	Coaching Across Cultures (New York/US) advanced intercultural seminar. Inter Change Institute (New York, VS) train de trainer curses Crossing Cultures with Competence.
2008	Gecertificeerd als Co Active Coach (CPCC) en voor de ICF Associate Coaching Credentials (ACC).
2007	Certificeringsopleiding bij Co-Active Coaching, Coaching Training Institute, VS.
2006	Fundamentals en Intermediate bij Co-Active Coaching, Coaching Training Institute, Nederland.
2003	Deelname aan een interne leergang in 'Bridging Cultures' bij de Boertien Groep.
2003 – 2005	Secretaris van het bestuur van SIETAR Nederland(Society for Intercultural Education Training and Research).
2002	Zelfstandig gevestigd als trainer en coach. Mijn opdrachtgevers zijn trainingbureaus en eigen cliënten van wie ik werkgerelateerde opdrachten krijg. Nederlandse opdrachtgevers zijn o.a. ministerie van Economische Zaken, Albert Heijn, Unilever, gemeente Rotterdam, ABN-AMRO, Belastingdienst, middelgrote bedrijven. Zo heb ik veel gewerkt voor de Boertien Groep - Training & Advies (Naarden) en heb ik in-company trainingen verzorgd met internationale vragen voor onder meer Clifford Chance (internationaal advocatenkantoor), Cordaid, Heineken, Unilever, Tyco en Ministerie van Landbouw, Natuur en Voedselkwaliteit.
1997-1998	Coördinatrice van een vrijwilligersafdeling in een Chinees weeshuis in de zuidelijk gelegen stad Guang Zhou, Guang Dong Province.
1993-1996	Werkzaam als organisatiepsycholoog bij twee niet-gouvernementele organisaties in de Braziliaanse stad São Paulo.
1992	Afgestudeerd aan de Rijks universiteit van Groningen in Arbeids- en Organisatie en Personeels Psychologie.

In the words of some of my clients :

“Je bent nog maar kort in mijn leven maar je hebt al heel veel bereikt. Het lijkt wel alsof ik moeilijke gebeurtenissen beter kan relativiseren en los kan laten. Je geeft me vertrouwen dat ik niet gek tegen dingen aan kijk en rust dat het okay is dat ik soms verdrietig ben of boos. Ik had van te voren meer oefeningen verwacht of moeilijke zware gesprekken, maar alleen al door met je te praten, jouw heldere samenvattingen van mijn hak-op-de-tak verhalen, je heldere kijk en ervaring die je dan daarop los laat vind ik een verademing. Ik ben soms bekaf na onze sessies, maar ze houden me vaak nog een paar dagen bezig en zelfs de hele week tot ons volgende gesprek. Ik vond vooral de oefening met mijn 'oudere zelf' in de toekomst leuk en een eye-opener, zoals eerder aangegeven werken de verschillende perspectieven op een gebeurtenis ook voor mij. Het geeft me de gelegenheid meerder oplossingen te zien en vergeet ik vaak de zwaarte van het probleem. Het geeft mij het gevoel alsof ik nu keuzes heb die ik ook moet maken. Knopen doorhakken dus.”

“When I met Henriette two years ago, I thought, my dreams were only dreams. Through her personal coaching, caring and support I have completely changed my perspective, I am looking into the future with confidence and purpose, I am becoming more aware and letting go of my limitations. I am realizing my dreams, doing the work that I love and a caring and loving mother and life partner.”

"What I value most about coaching sessions with Henriette was unexpectedness: she encouraged to be present at all times and that created the space to work with what was the most important on heart and feeling level rather than what my mind considered to be important issues. Sometimes she pushed me to step out of my comfort zone, but it was by mutual consent, it helped me to grow and see things from different perspective. I loved guided meditations, loved so called 'homeworks' where i had an opportunity to reflect and continue work with myself. After every session my heart filled with gratitude as Henriette actually taught me something without which no one is able to bring more love, more peace in the world - to love myself. Thank you!"

'Henriette's way of coaching is people-centred - taking the needs of the client as the starting point. She identifies issues which are challenging, together with me finding practical solutions which not only address the issue but also make me feel more effective in life and work'.

'What was unexpected was that she included meditation and exercises in the session, which is a pleasant surprise'.

'I would describe her way of coaching as experiential; she gets the client to feel the issue in their body and describe the issue in detail so that the client can understand clearly what they are feeling and why'.

'My coaching work with Henriëtte has been very valuable. During each session we examined an issue—usually I offered a story and articulated my questions—and she helped me reframe the issue. The coaching process in which she uses creative techniques gave me the opportunity to step back, ask myself questions, question my assumptions, and reflect on my leadership role. Coaching has been terrific for me, and I highly recommend Henriëtte to anyone who is eager to learn and improve'.

....and in the words of some of my Supervisors:

*'Henriëtte's coaching demonstrates:
Her commitment to serve her client's agenda. She has the ability to listen to what the client is not saying as well as hearing what's really going on for them beneath the words. Intuitive, caring and compassionate, she connects well with her client championing and supporting their success.'*

*'Henriëtte has the talent to create a confident coaching setting and connection, supporting the learning and development of her clients.
Henriëtte holds the space and honors silence in a natural way, often leading to emotional shifts and deep learning.
She works easily and effectively listening at all levels, has very good self management.
Henriëtte is unafraid and has the talent to be with her clients whatever their emotional state is.
She is empathetic, and sees the potential growth in every person and works for this enthusiastically.'*

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