

“How restraints can work for me and increase my Impact!”

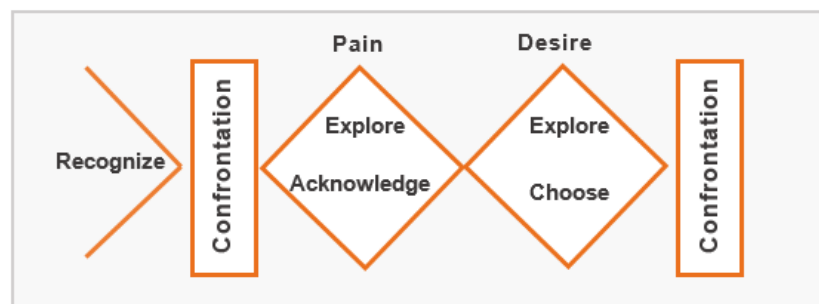
Scope

When targets are leading and your working environment is demanding, you’re highly qualified and still motivated to challenge your skills with high impact in a minimum of time, then your best option is a Pressure Cooker Session by Pact.

Pressure Cooker Sessions are a unique high-end, deep-impact learning approach, consisting of individual, practical and compact group interventions.

Resistance is emotional opposition to your advice, solutions or ideas. Elusive, irrational and full of energy, resistance can also work for you! Be aware that we all flee from pain and move into motion by desire.

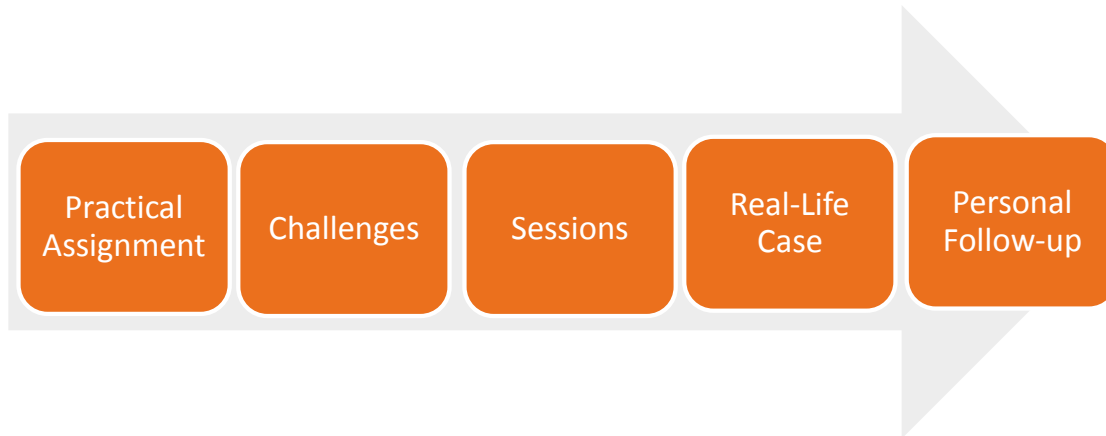
Discover in 7 practical steps how to deal with resistance in this confrontational, challenging and relativistic approach to increase your impact!



Recognize the signals of restraints within yourselves and within others. Confront with your feedback on actual situations and share your own restrains. Explore the real worries, fears, nightmare scenarios and needs. Acknowledge deeper fear of restraints. Explore alternative approaches, solutions and coalitions. Choose and negotiate for the deal with commitment. Confirm the restraints, the exploration, the deal and have confidence.

Program

A fast-paced program to develop and challenge your skills for Dealing with Restraints consisting of:



Module	Content	Time Investment
Practical Assignment	<ul style="list-style-type: none"> • Personal Target • 360° Feedback • Practical Review 	Individual 1 hour
Challenge	<ul style="list-style-type: none"> • Intense Intake & Coaching • Review with Manager/Lead 	Individual 2 hour
2 Sessions	<ul style="list-style-type: none"> • Latest Theory & Best Practices • Skill training with role-play actor • Confrontation & Inspiration 	Compact group 2 x 8 hours (afternoon and evening)
Real-life case	<ul style="list-style-type: none"> • Practical actions • Sponsor–Mentor sparring 	Individual 1 hour On the job
Personal Follow-up	<ul style="list-style-type: none"> • Review of learning and development 	Quarterly / Every 4 months

You

You are highly educated, operating at an executive level, eager for practical learning and personal development and daring to experiment with different behaviour. You will contact us at info@pactgroep.nl for more information and will start as soon as possible.

We

We, Pact, increase the impact of professionals, executives, teams & organizations by (re-)connecting organizational ambitions and personal goals. Short, powerful interventions lead to confrontations and challenges. Thus enabling behaviour and change to be adapted into practice. Learning and performance are therefore in line with each other, encourage self-direction and self-learning of the individual, team and organization.

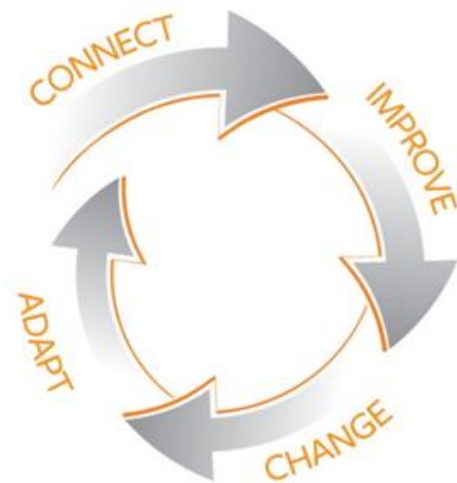
Pact achieves this through their unique approach:

Connect personal ambition and values with external challenges.

Improve effectiveness and efficient ways of working.

Change radically, with in-depth insights, patterns of behaviour and change.

Adapt into practice and permanent stimulation of your environment.



Our specialists for the Pressure Cooker Sessions are international senior trainers and coaches:



Raymond Eilander Msc. Ba.

Raymond Eilander, *chairman, coach en trainer*, is motivating, challenging and highly practical.



Ir. Machiel Willemsen Msc

Machiel Willemsen, *coach en trainer*, is dynamic, motivating, makes heavy stuff light.

References

Some of our references are

- Raymond Pijpers, Managing Director CMT Accenture.
- Marcel Schuttelaar, Schuttelaar & Partners Consulting.
- Gert van der Houwen, Secretary Koning Willem I Stichting
- Sandra Walthes van Nunen, Accenture Learning & Career Transitions Lead.

Information

Would you like to receive more information on the possibilities offered by Pact please feel free to contact us at info@pactgroep.nl or by phone +31 (0)70 2060173.