

Bijscholing

"De toenemende rol van de (mentale) coach in het waterskiën"

Waterski Vlaanderen- 21 december 2017

Luc Van der Hofstadt
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Energizing
Individuals



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Energizing
Teams



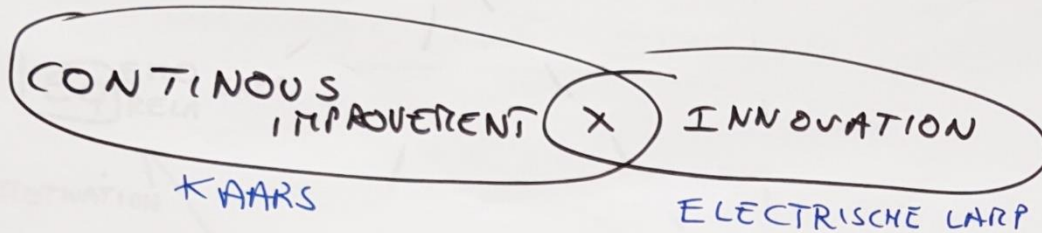
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Energizing
Organizations



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[MAKE IT VISIBLE
KEEP IT SIMPLE]



EIS
IK MOET

AMBITIE
IK WIL

$$\text{YIELD RENDMENT} = \frac{\text{PRODUCTIVITEIT}}{\left(\begin{array}{l} \text{KOST AAN ENERGIE} \\ \text{RATIO VOOR HET TEAM} \end{array} \right) \times \text{POTENTIEEL}}$$

ASK = CHAIN OF DEVELOPMENT
TELL = " " COMMANDMENT

TRIPOD
OF PERFO

SQ

SPIRITUEEL

ZIN WARM OOE IK WAT IK DOE?

COVID TOKYO 2020

EQ EMO REL CAPA

MOTIVATION

SELF

TECH
CAPA

IQ

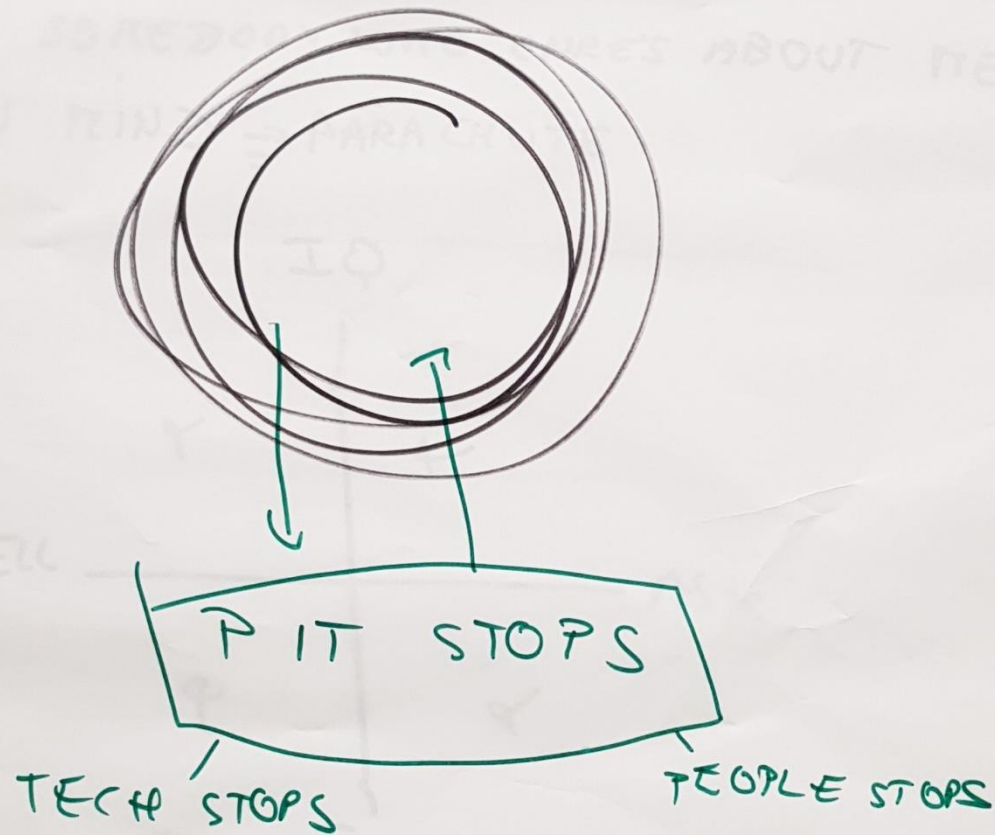
TALENT
- AANGEBOREN
- PEEZIER
- ENERGIE
- SA VAN NIEF
- NATUURLYK

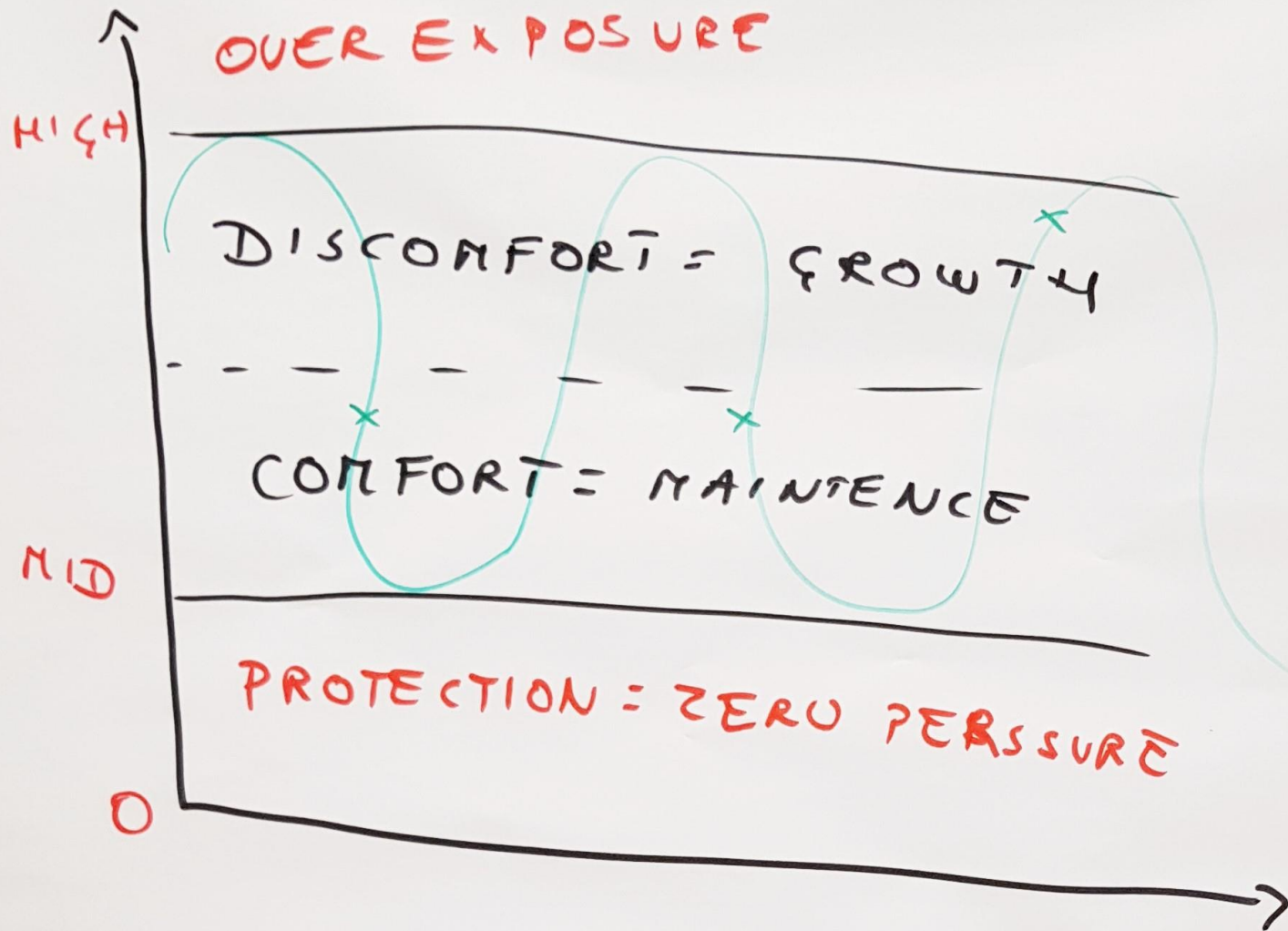
COMPETENCIES
- AANGELEERD
- EFFORT
- ENERGIE

THE FUTURE JUSTIFIES
THE PRESENT

PHQ
FYSIEKE
CAPA

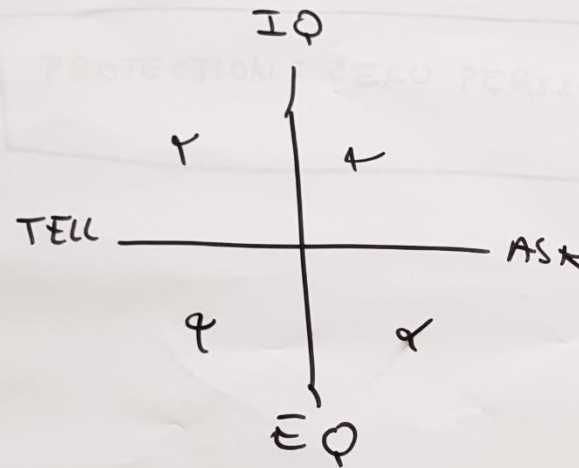
ACTIVE INERTIA





FEEDBACK

- STILSTAAN is ACHTERUIT GAAN
- VRAAGEN
- ADDICTED TO PROGRESS
- FROM SOMEBODY WHO CARES ABOUT ME
- OPEN MIND \Rightarrow PARACHUTE



[COMFORT KILLS EFFORT]





Luc Van der Hofstadt

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Executive Business Coach and Keynote Speaker - Country Director Mentally Fit Institute South Africa

Luc Van der Hofstadt is an Executive Business Coach at the Mentally Fit Institute since 2000.

In that capacity he regularly directs team and individual coaching sessions for Executive Committees and Managers for corporate and institutional clients in various countries around the world.

As a facilitator and motivational speaker, Luc Van der Hofstadt coaches and inspires on team dynamics, advises leaders how to manage their own energy as well as their team member's energy to achieve sustainable individual and team performance.

He also manages the Mentally Fit Institute South Africa which he founded.

His active sports coaching involve both individual and team sports.

His first professional career was in communications, where he was International Accounts Director and was involved in the management of communication agencies.

- Law Degree – Universitaire Instelling Antwerpen – Belgium • Human Resource Management – The Business School @Varsity College (IIE) – 2015 • Business Management – The Business School @Varsity College (IIE) – 2016
- BCom Degree in Strategic Management – The Business School @Varsity College (IIE) – 2017
- Certified INC Coach (Institute of NeuroCognitivism) – Brussels - 2008 • Belbin Team Role Accredited Trainer – Paris –July 2013
- Faculty at Insead Management School – Fontainebleau – Paris • Faculty at Cedep (European Centre for Executive Development) – Fontainebleau – Paris
- Faculty at Solvay Brussels School – Executive Master in Management • Faculty at Ichech-Entreprises University
- Faculty at Vlerick Management School Leuven Gent – MBA program • Faculty at Executive Master in Real Estate - Université St Louis
- Coach at the Mental Coaching School (Mentally Fit Institute) • Team Coaching Certificate Trainer (Ichech - Entreprises)
- Introduction course to “Non violent communication” of Marshal Rosenberg • Speaker at the ASTD and HRworks Conference, Cape Town/Durban
- Speaker for the national Springbok Sevens Rugby Team (South Africa) • Mental coach of the Ikey Tigers (University Cape Town's Rugby Team) (2017) • Mental coach of Durbanville Bellville Rugby Club (Cape Town) 2017 • Mental Coach of the South African Women's Hockey Team (SAW) (2017) • Mental coach of several Belgian Premier League field hockey teams (2008 – 2015)
- Publication: Co-author of the book “Profession: Management Assistant” Secretary Plus 2007.

Energized people and energized teams guarantee higher levels of **performance**. Energy Management for Performance is the main focus of the Mentally Fit Institute **training** and **coaching** programs. Inspired by the hard **science** behind elite **sports** coaching, our coaches and trainers will constantly **challenge** and **boost** your staff to improve personal **energy** and team **efficiency**.

Over the last **20 years**, the Mentally Fit's team of coaches has developed a unique methodology to **train all types of performers** from Olympic teams to high-profile CEOs and team managers, channeling their energies into winning and becoming top-class performers and high-performing teams.

The simple and pragmatic Mentally Fit methodology is **changing** the way companies and organizations are leading their people and doing the **business**, and we have worked with over **thousand global clients**, including major international brands.



Energy Is Everywhere

We Energize on 3 Levels



ENERGIZING INDIVIDUALS

Exploring the mechanism of human energy and the multiple sources of energy – our physical, mental, emotional and spiritual batteries – enabling you to work better on building your **personal energy deposits**.

By optimizing the **interaction between our batteries**, we better recover our personal energy and recharge our batteries.

Managing pressure and stress, we become able to transform pressure into a **stimulus for growth**, getting the optimal balance between exposure and recovery.



ENERGIZING TEAMS

High Performing Teams promote the ideal mix of **collective power and individual commitment**. Our team coaching sessions are always very **interactive**, fostering direct and open feedback to optimize sharing, trust and collective intelligence.

Our team tools are very **simple, pragmatic and directly applicable**, reducing the energy leaks and exploiting the power of the team to minimize the impact of individual weaknesses.

Building high performing teams, we detect, develop and **monitor** the key ingredients of team efficiency,



ENERGIZING ORGANIZATIONS

Company Culture is highly influenced by the behaviours of the leaders, heavily impacting on the behaviour of the employees. By changing the Leadership style, you **change the culture of the company**.

Bridging individuals, teams and departments across borders stimulate a **Collaborative Culture**, first step to enter in the Performance Culture and later on in the **Winning Culture**.

Our coaches are experts in installing an effective **cultural transformation** stimulated by a real leadership evolution.

**Your Energy Partner
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