

## CORPORATE COACHING

Based on profound HR and Senior Leadership experience achieved at companies in European and Arabic settings, ANDUVE provide strategic partnering, training, and coaching.

Our coaches have an eclectic approach mainly based on dynamic psychology and a cognitive behavioral rationale.



## HOGAN ASSESSMENTS

ANDUVE is an authorized reseller of the Hogan Assessments System - Personality profiles trusted by 75% of Fortune500 and leading Middle-Eastern companies.

For more info on assessments:  
[www.hoganassessments.com](http://www.hoganassessments.com)

## EXECUTIVE COACHING

You will gain numeric and guided strategic self-insight in capabilities, values and derailers, that underlie how you as a leader approaches work, leadership, and interaction with others. Your key drivers and leadership reputation will be analyzed and discussed for you to maximize your footprint.



## CAREER DEVELOPMENT

Are you searching for clarity on your potential before your next step? Building resilience, yet staying flexible? Do you wish to develop in your current role - understand your challenges and options? We offer profile insight and tailored development plans.

## HOGAN MODELS

We base our coaching on a Hogan model, that suits your needs; 360° or personal inventory.



## HAVING A PURPOSE

ANDUVE is the nautical term for approaching the shore; ANDUVE's services are there for you and your business to approach your potential and grow stronger; just like the Arctic Puffin approaches land only during breeding season for the flock to grow. We call it:

## Approaching with purpose



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## MENTAL TRAINING

Mental training is the tool for you, who seek individual sparring on setting your mental focus.

Do you know your struggles? Do you hesitate taking the necessary steps? Are you ready to go one step further and work with your inner blockings? Then do as so many top athletes and invest in mental training.



### BASIC PACKAGE

During 3 sessions, you will work on your inner blockings and find new ways to keep your focus.

You will go from seeing obstacles, and in some situations even feeling fear, to conquer the blockings and visualize your performance in such a way, that you can freely reach your goals and achieve the high performance you have been called for.

### TEAM EVENT

Does your team need a lively and engaging spark in this current time?! Then ANDUVE's workshop; "From Whinging to Winning – change your team culture" might be exactly what you're looking for. We combine an exciting lecture with light mental training techniques.



### WINNING IN THE TURMOIL

In this program, we combine coaching and mental training. We provide CEO's and decision-makers with an in-depth description of their decision-making approach, learning style, and risk/reward bias, based on their Hogan Judgement profile. Do you think tactically or strategically? How do you learn from mistakes? How can you improve decision making under pressure? How can you enhance collaboration?! In other words; How do you focus on winning?

**Our senior mental trainer, Carsten Brandt, is a 5-time world record holder and current World Champion in prone rifle-shooting. For more than 25 years, he has coached some of the top athletes in the world.**

### SETTING YOUR FOCUS



Carsten Brandt  
Senior Mental Trainer

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