



COACHING

FOR UN VOLUNTEERS & UNV STAFF

How can I grow personally and professionally?

How do I overcome challenges with my colleagues?

What can I do to be more effective in my work?

How can I grow in my career and beyond my UNV assignment?

Discover answers, become more self-aware, and develop yourself by signing up
Individual coaching session in conducive, confidential and safe settings
with certified external coaches.

Don't miss out on this opportunity!



UNV considers your learning and professional development to be an important and integral part of your service as a UN Volunteer or staff member. So you are offered coaching as a way to develop personally or professionally.

WHY COACHING?

- **You learn about yourself**
- **You discover solutions**
- **You overcome challenges**
- **You develop as a person and as a professional**
- **You are empowered**

Especially important in these challenging, uncertain times, coaching provides a confidential, non-judgmental, safe space to understand and learn to deal with difficult emotions and thoughts, rediscover your strengths and cultivate resilience and wellbeing for you and your colleagues.

WHAT CAN I GET COACHING ON?

For example your coach can support you to:

- ✓ **advance your professional development or career plans**
- ✓ **improve your interpersonal communication**
- ✓ **develop effective relationship with your colleagues**
- ✓ **work effectively in these changing times**
- ✓ **develop your capacities and life skills**
- ✓ **manage yourself and your work better**
- ✓ **become an effective listener**
- ✓ **handle difficult situations and conversations**

With coaching you can change what is limiting you, create healthier behaviours and increase your confidence and sense of purpose.

HOW DO I SIGN UP?

1. Go to <https://unv.coachdesk.nl/en/> and apply
2. Agree on a date & time for your 1-hour online coaching session
3. Prepare your personal or professional development goals or question
4. Create an action plan in your coaching session

For questions or support, please contact us on eCAMPUS <https://learning.unv.org/>



WHO ARE THE COACHES?

- **Certified external coaches contracted by UNV.**
- **Multiple languages available.**
- **Available in your time zone.**

TESTIMONIALS FROM OTHER UN COLLEAGUES

“Very interesting, I had the chance to discuss what really bothered me and wanted to develop. An opportunity to put into action what was on my mind and give newer concentration to it.”

“I very much appreciate this intimate space you created, thank you for listening to me.”

“You have touched on a few things in my head and heart that I could not find words for. It has been very useful, as I was very frustrated. I am very grateful; it all helps me to open up more.”

“This was so worthwhile! Really, really thank you. It all makes perfect, beautiful sense. We had a conversation that went deeper and was more meaningful to me, I definitely feel better. I expressed things I feel that I was not able to put into words. From the bottom of my heart, thank you.”

“This went very well indeed! We need you in this office! Again many, many thanks. I thoroughly enjoyed the hour and think there will be much to emerge from it and learn.”