



About Eveline Tijds

Eveline has spent the majority of her career as a coach and facilitator, designing and delivering programmes and retreats on leadership, self-development and team cohesion. Having obtained a wide variety of qualifications and accreditations and worldwide experience in several sectors, she is able to use different methodologies and tools including but not limited to Adaptive Intelligence, Mindfulness, and Relationship Systems Coaching, adapting her approach to her clientele. Eveline's approach to coaching is grounded in the firm conviction that as individuals and teams, everything we need to thrive is already within us.

Eveline builds trust quickly, enabling people to connect to their emotions and open up to new ways of thinking and behaving. She is on a mission to humanize the workplace and ensure that organizations build healthy and inclusive cultures. She is driven by a desire to support leaders to show up authentically and help them tap into their innate resilience so that they can handle adaptive challenges better.

Examples of Eveline's Work

- Designed and delivered a 'Building Trust' leadership programme for a large consultancy company
- Designed and delivered a year-long integrative management development programme for a manufacturing client
- Designed and delivered a series of stress management workshops within a large financial institution
- Delivered mental health & well-being workshops for management within a large retail organization
- Co-designed and delivered an adaptive leadership programme within the health and care sector to support leaders in tackling complex challenges and collaborate across boundaries

Accreditations

- Systemcraft (Wasafiri, London)
- Principle Psychology or Three Principles (Kaizen training, Hertfordshire)
- Organisational & Relationship Systems Coaching (CRR, London)
- Professional Coaching (BAO Elan Vital Group, Belgium)
- Integrative Psychotherapy (Educatieve Academie, Belgium)
- Voice Dialogue Facilitation (Voice Dialogue Institute, Belgium)
- Adaptive Intelligence (Institute for Neurocognitivism, Belgium)
- Bio-energetic body work (Institute for BodyMind Integration, Belgium)

What our clients say about Eveline

- "Eveline combines her strong coaching and therapeutic skills with a genuine interest in people and a commitment to their development. She embodies presence and quickly grasps what is really going on underneath the surface." *HR Advisor, governmental organization*
- "Eveline is excellent at providing a safe space to reflect and share. She helps me think from a different perspective, asking the right questions to make me dig deep." *Legal Counsel, Consultancy*
- "Eveline has an extraordinary depth of knowledge and professionalism. Her ability to help uncover the heart of the problem is uncanny and she shines a light on possibilities for a way forward that otherwise would likely have gone unexplored. She is an exceptional talent." *Chief Coach, Training & Consultancy*