

# ***HEADLIGHT***



Headlight Coaching



**WHY**

# Why Headlight

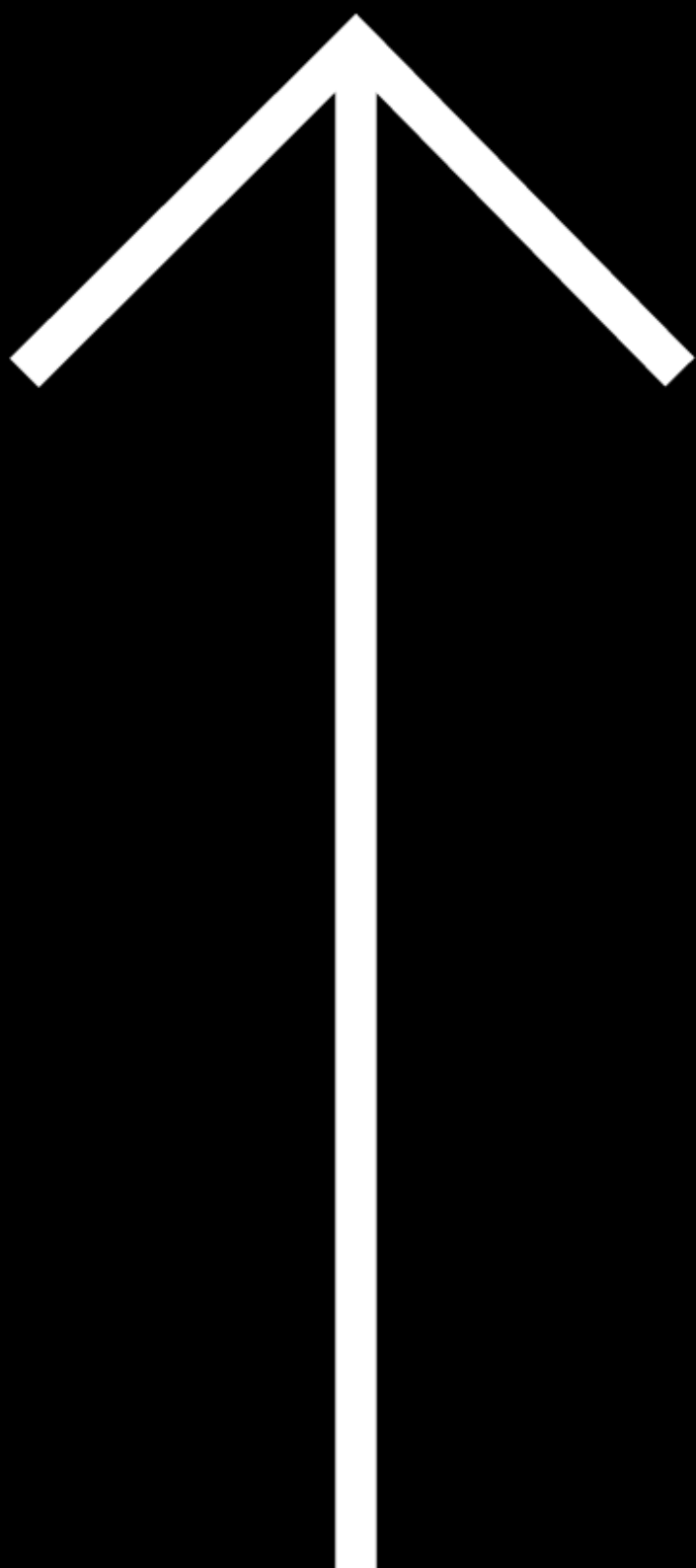
It is rarely your skills that prevent you from reaching your professional goals. It is commonly your approach to the world around you.

By learning to recognize your strengths and weaknesses, and implementing small changes in your behavior, you will achieve greater success. Not only at work, but also in your personal life, making you a happier and more complete human being.

WHY HEADLIGHT



# HOW





# Simple, effective coaching




HOW IT WORKS

Headlight will bring you clarity to your goals and the tools to achieve them.

- Your personal coach
- 1-1 video sessions – whenever and wherever you need them
- Unlimited sessions every month
- Headlight app with tools and exercises

# How it works



HOW IT WORKS

We work in short two-month cycles, to ensure that you develop at a consistent pace. This is how it works:

1

## Set a goal

We start by identifying the first goal with your employees. What do they want more of? Less of? Where is there room for improvement? Most important of all, how do you want this to manifest itself? With your personal coach, you will discover what is missing in your professional life and you will work together to materialize your goals.

2

## Focus the work

Based on the 4 Headlight Disciplines, we will highlight the employees personal strengths, their flip side and where there is room for improvement. We identify the discipline causing the most problems and give the tools to ensure greater success. Above all, we build the courage and motivation to do things differently so that they achieve the goals.

3

## Review and Repeat

After 3 months, we review the progress and look at the achievements - and set new goals. By working in short 3-month cycles, we ensure that the development happens at a consistent pace. That makes it more effective, and there will be a better understanding the results of all the efforts.



**HEAD  
LIGHTERS**

# Client stories

HEADLIGHTERS

## Christian Halsted

Partner,  
Everland



“Being on Headlight as a group has helped us create a shared vocabulary and better understanding of how we can actually become the leaders we want to be. A great motivator to continue working on our individual visions, which only have become more reachable by doing Headlight together.”

## Sigurd Bæk

CEO,  
Drive Studios



“Headlight has been the perfect coaching to get people to discover what they are missing and what they want with their work lives. When people realize what they want and get the tools and coaching to reach it, they become better at their job. And that is definitely something we as company felt the benefit from.”

## Ina Pfitzenmeier

Head of Brand  
Management,  
Car2go



“When I first started with Headlight I found myself in a transition phase on a private and professional level. Today, I’m proud about how I reflect over what is important to me, how I get all things done and living my everyday life according to my full potential.”

## Kristoffer Dahy Ernst

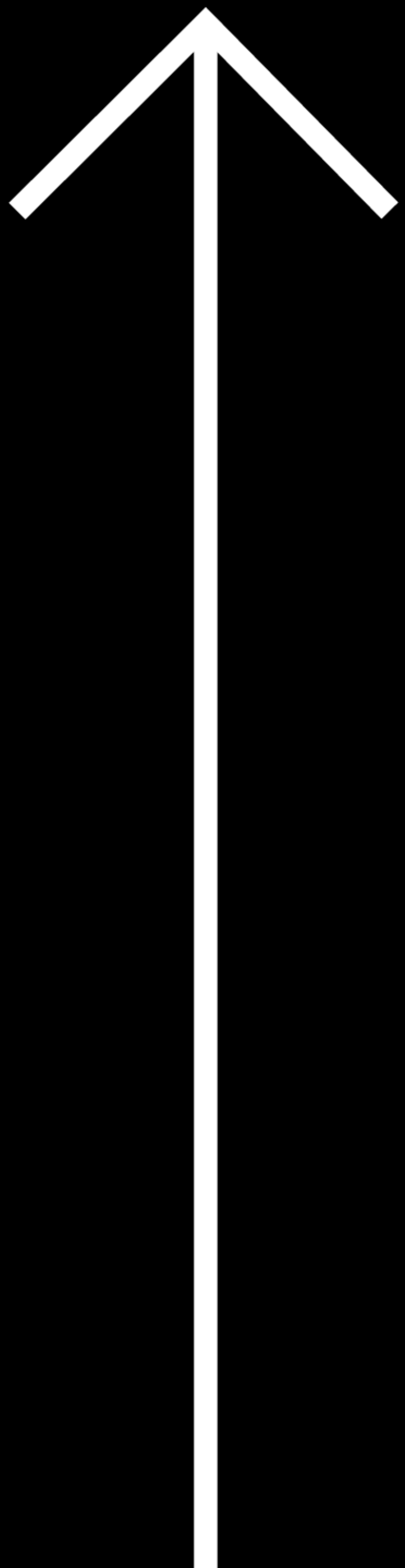
Partner &  
Communications  
Advisor,  
Friday



“By providing concrete tools and methods that I can utilize on my job, I’ve become aware of my personal strengths and shortcomings, and know exactly what to focus on to improve my worklife significantly.”



# PRACTICAL



# it's not for the faint of heart

PRACTICAL

You will need to roll up your sleeves and approach work with new and daring perspectives. Reaching unique results takes heart and determination.

Are you up for the challenge?

## Headlight Personal coaching

DKK 2.500/month or DKK 25.000/year and includes:

- Unlimited individual sessions - 30 min per session
- Headlight app - with tools and exercises

# Headlight App

PRACTICAL

The Headlight App gives you access to unlimited personal coaching whenever and wherever it suits your schedule.

## 1:1 video sessions

Your sessions take place by video call via the Headlight App – whenever and wherever it suits your schedule.

## Book sessions

With access to your personal coach's calendar, you can easily book new sessions or rebook existing ones if something comes up.

## Notes and to-dos from your coach

You have easy and instant access to the notes your coach takes during each session, as well as the tasks you need to complete before the next session.

## Headlight tools

In the app, you will find tools to help you achieve your goals and make it easier to apply them to your work.





COACHES



# All Headlight Coaches are versatile, experienced and mastering the field of coaching.



COACHES

They are all certified in the Headlight Method and are routinely checking in with each other to share new experiences and challenges. These sessions are always supervised. A strong desire to develop the potential of others, is their common driving force. From the very first session, they will motivate you to step into new territory.

They have your back and they are holding themselves accountable to ensure you never go back, to your old habits.

Here are some of them.



Anita is a certified Career Coach with over 20 years of experience. For the last 10 years, her professional focus has been within the areas of Career Development and Performance Management. Anita's passion is to maximize employee potential and she has 2000+ coaching sessions under her belt.

ERIN  
FARFORTH

ANITA

*Life is a journey*



A black and white portrait of a middle-aged man with dark hair, looking directly at the camera with a neutral expression. He is wearing a dark, collared shirt. The background is a light, neutral color.

# RICK

# PAT

# THAN

Patrick has 18 years of experience as business psychologist helping people develop. Patrick has been in charge of the international talent and leadership development program at B&O and has also worked as HR manager at Deloitte, Vestas and SHL Group.





# RIKKE

# BERGER

Rikke has 20 years of experience with executive coaching and leadership development. She has degrees in psychology, psychotherapy, coaching and mindfulness, but it's through the practical work with brave leaders and employees that Rikke has created a clear picture of how to achieve success.



A black and white portrait of a woman with long, dark hair, smiling. She is wearing a dark jacket with a visible zipper. The background is filled with large, dark leaves, possibly from a plant. The text 'Shelly Miller' is overlaid on the image in a large, white, sans-serif font. 'Shelly' is on the left, 'Miller' is on the right, and both are oriented vertically.

# Shelly

# Miller

Shelly is an experienced executive coach with expertise within leadership development and cultural change. Shelly has a Masters of Arts degree in Organizational Psychology from Columbia and is a professor at Vanguard University where she today teaches business ethics.





# MARIE-LOUISE

# COACHES

Marie-Louise has more than 10 years of performance management experience. She is a certified Life and Leadership Coach and through years of practical work and as an independent coach it is her passion to help others succeed realizing their aspirations.



# BAK

# JETTE

Jette has 18 years of experience in HR working with talent and team development, coaching and leadership sparring. She has a big passion for inspiring people to connect to core values and fulfill their potential. Jette holds a master's degree in communication and psychology supplemented with training within coaching, team development and psychotherapy.

