Individual Coaching

A number of young researchers need to reflect on their work to recognize certain issues.

To meet this need, in collaboration with the Group Council and the Doctoral School, we offer you the chance to register for individual coaching.

The coaching can vary from one to five sessions. Sessions start from the coachee’s questions and it’s the coachee who does most of the work in the sessions. The coach assists to identify the central theme of a question clearly in context. This gives the coachee the opportunity to find alternative answers to their question and to translate the answers into an action plan.

The types of questions can be diverse, for example, related to organization or style of work, work pressure, balancing your work and private lives, making a choice, communicating with other people. Other themes can also emerge, such as looking into new skills you want to develop, or new challenges you want to address and how to begin with them, what to do after your Ph.D., which of your qualities remain under-expressed, how you can get the best out of yourself...

As a member of the Biomedical Sciences Group, I function hierarchically independently from the other Groups, and can guarantee absolute confidentiality of coaching sessions.

If you are interested in more information about individual coaching, or would like to register, please send me a short email: arthur.spaepen@faber.kuleuven.be

We can then make further arrangements for coaching.

Tuur Spaepen
Certified Coach
Professor, Faculty of Kinesiology and Rehabilitation Sciences