

VAN DER KROL COACHING

Talks & Workshops.

An overview of the workshops, the themes, and what's possible

About Marjolein.

I know the corporate world, the body, and good energy management. Nine years in business, combined with years of deepening in bodywork and Eastern medicine, gives me sharpness and feel. That's why I connect quickly with the themes I speak about — energy, ambition and leadership — and know how to make abstract topics concrete and tangible.

9+ years management and business consultancy

7+ years body therapy and Eastern medicine

5 years personal coaching

Read more here
vanderkrolcoaching.com/en



About her workshops & talks.



HER STYLE

Energetic and grounded. She speaks from passion, knows exactly what lands, and makes the abstract effortlessly concrete.

Inspiring. She has a beautiful way of sharing her ideas that feels both compelling and genuine.

— **Fabiola**, on the talk

Translates an abstract longing into concrete, down-to-earth tools.

— **Barend**, on the workshop

On stage, she radiates an energy that's a joy to listen to.

— **Jan**, on her stage presence

She's engaged, knowledgeable, and knows how to get people moving in an authentic way.

— **Dino**, on her coaching

Everything at a *glance*.

01 WHAT THE WORKSHOPS ARE ABOUT

Personal leadership · Out of your head, into your body · Energy and aliveness · Stress recognition and reset · Ambition that's truly yours · Working in line with who you are · Staying ahead of burnout · Body intelligence at work · Mastering overthinking · Eastern wisdom, practically applied

02 WHO IT'S FOR

Leaders, teams, management teams, entrepreneurs, communities and clients.

03 WHAT IT DELIVERS

Inspiration · Concrete tools · Connection. And depending on the workshop: Burnout prevention · Self-care at work · Sharper decisions · More job satisfaction · Mutual trust · Shared ambition & direction · Growing with your team · Authentic, energized employees

04 IN WHAT FORM

Choose one of the five workshops that follow. Does the theme resonate, but the format isn't quite right yet — shorter, longer, more inspiration or more depth? Get in touch: based on what you're looking for and which themes are most relevant, we'll put together something tailored. Prefer a guest speaker on this topic instead? That's possible too.

✓ ALWAYS TAILORED

Get in touch, and together we'll decide on the right session — perfectly suited to your team or event.

Your energy, the *power* of your business.

*Your body is a stronger resource than your head alone — learn to use it as your most powerful business tool.
As a means to enjoyment and satisfaction, and as a compass for better decisions for your business.*

- ✓ Staying energized in what you do
- ✓ Staying grounded, even when things get tense
- ✓ Getting straight out of your head — with tools against overthinking and rumination.
- ✓ Energy and presence that directly impact your business growth

ALSO
AVAILABLE
AS A TALK

You'll walk away with: at least one tool you can use tomorrow to run your business with more energy.

Body as *compass*.

Your body is where your gut feeling lives — and that feeling is exactly what you need to feel fully switched on in your work.

- ✓ Practical body exercises to stay energized
- ✓ Using your body to make sharper decisions
- ✓ From tension back to neutral — a reset you learn to apply yourself
- ✓ Recognizing the signals before stress takes over

You'll walk away with: a body you can trust — during stress, and at your next big decision

Ambition *that fits*.

Ambition that's truly your own (or your team's) feels alive and gives you momentum. And helps you set sharper, concrete goals that are genuinely yours. This workshop can be tailored to bring individuals, or a team as a whole, closer to an ambition that truly fits.

- ✓ Feeling the difference between ambition that's yours (or your team's) and ambition that only looks that way
- ✓ Concrete steps to set sharper goals that genuinely fit you
- ✓ Five ways back to your own aliveness
- ✓ What changes in a team when people feel again what they're working for

ALSO
AVAILABLE
AS A TALK

You'll walk away with: a clearer answer to whether your current ambition is still truly your own.

Growing along with your own *business*.

As your business grows, you're forced to grow with it — as a person and as a leader. This session is the attention that deserves.

This workshop is of particular interest to entrepreneurs and business owners.

- ✓ Staying energized and enthusiastic, even as the business grows
- ✓ Finding enjoyment in the process, not just the result
- ✓ Learning to read your own gut feeling again instead of deciding over it
- ✓ Building psychological safety in a fast-growing team

You'll walk away with: a sharper picture of your own signals, and a few things you can use right away.

How to switch yourself back *on*.

We can all function. This workshop is about what it costs you — and how to feel switched on again.

- ✓ Why you're running on empty by evening, even when nothing went wrong
- ✓ Where your energy goes, and where it quietly leaks away
- ✓ What your body already knew before you caught on
- ✓ One exercise you'll still feel tomorrow

You'll walk away with: insight into exactly where your energy is leaking, and the drive to go for it again tomorrow.

ALSO
AVAILABLE
AS A TALK



Curious what *fits*?

Prefer to explore first, without commitment? [Book a free 40-minute call](#) — no strings attached.

Or call, message, or send a short note about the occasion.

Coaching and longer culture programs are also available, investment in consultation — just ask.

Curious about events and inspiration in between? [Sign up for the newsletter](#).



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