



Leaving no one behind in these changing times

Our society is accelerating and recent events have had a major impact on the way we work. For many employees, the multiplicity of changes has had a significant impact and perhaps even sown some doubts.

One thing is clear: we will have to strengthen our adaptability in the coming years if we are to enjoy surfing these constant changes. Our AQ Coaching not only provides insight into the

personal adaptability of the employee, but our coaches also guide them towards sustainable changes, which will benefit both the employee's well-being and the performance of the organisation.

Why?

More and more jobs are changing and ingrained skills are suddenly no longer an asset. This puts a lot of pressure on organisations and employees and requires a trained adaptability.

In the short term, adaptability has become one of the most essential competencies in this changing business environment. Digitalisation and corresponding work routines can no longer be reversed.

Based on the AQ Assessment, we reveal how ready you are for change and what you can do to improve this “Change Readiness”. Together we discover options to increase your adaptability and guide you further individually.

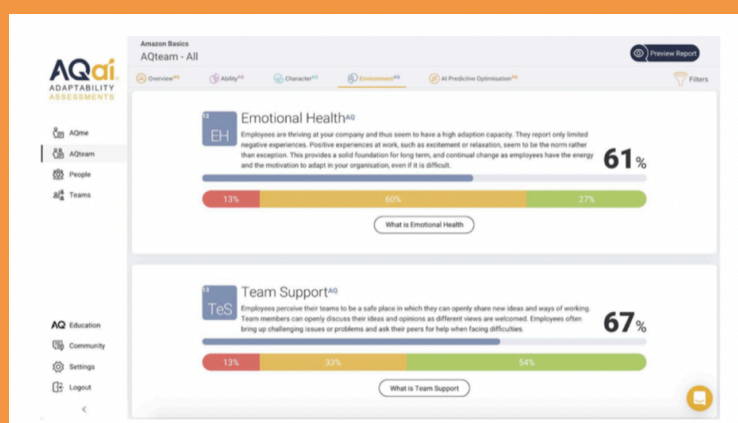
Lots of changes are coming our way, but our goal is to keep everyone on board and guide them to cope in the best possible way so that everyone can fulfill their unique role in the team.



How:

After understanding the complexity of the employee's environment and the organization, the objectives of the coaching are determined and the mid- and closing feedback session with the manager are planned. During these feedback sessions, it is the employee himself who provides the feedback.

To make adaptivity transparent and practical, we use our AQ assessment: we zoom in on competences, personality and the environment. Based on the results of this Assessment, the employee receives individual feedback and insights into his strengths, but also into areas that can be improved in terms of personal adaptability. Not only insights, but also practical tools to get started.



Using the professional GROW model of coaching, we support the employee in taking steps that support him sustainably.



AQ brigadiers

Our AQ brigadiers have the experience to work with teams and leaders to increase the ability of each individual and the team. One of these brigadiers, or a duo, can facilitate you from A to Z.



Tim Vermeine

Co-founder
AQ Brigade and co-author of the book "AQ, living lighter, working smarter"



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De AQ topics are subsidised by the KMO portefeuille as well as the werkbaarheidscheques.

More info about our offering:
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