



Sabine Tobback
Facilitator - Coach - Trainer

“Your unique setting for personalized coaching”

Improving your quality of life

Management coach Sabine Tobback offers individual and customized coaching sessions **outside the office walls**. These sessions take place in a quiet area where you can feel at ease. Here, we are who we are. We take the time to look into the mirror and see what's going on in your life, on a **professional level** as well as a **personal level**.

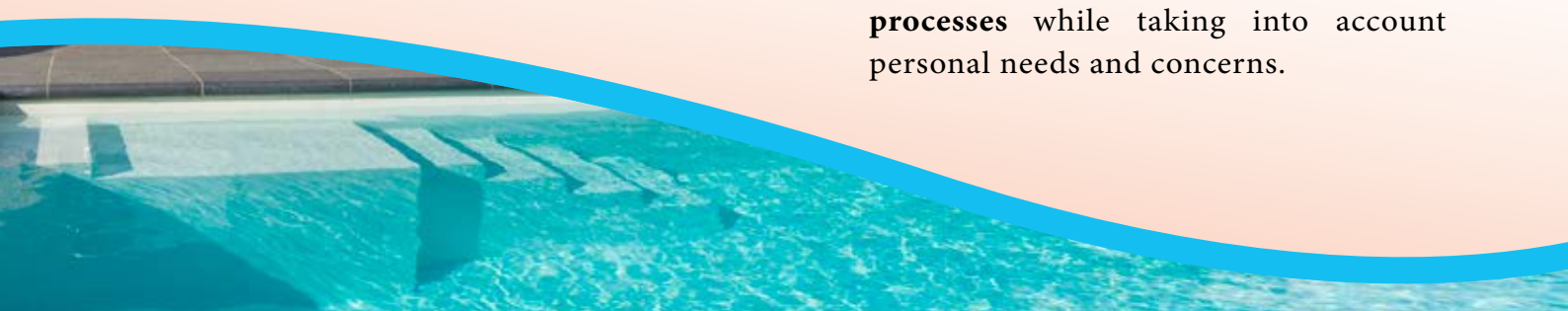
Sabine uses powerful instruments and tools which ensure that concrete actions and exercises lead to insights so that development and growth is achieved. As such coaching results in **improved work performance** in a well defined period of time.



What is coaching?

Coaching is a journey where you can **(re)discover and (re)define yourself**. It gives you insight into who you are and opens doors that were shut before. A coach helps improve people's performances and enhances the quality of their lives.

The main focus lies on bringing out the best in you to ensure you reach **your personal and professional objectives**. As a Management Coach Sabine aims to become your preferred partner for enduring personalized learning solutions. To achieve these goals she guides you through **transformation processes** while taking into account personal needs and concerns.





Personal Coaching

Sabine's approach

It takes courage to confront yourself and others, yet it's an efficient way to open doors where needed. Through coaching your view on things will become more **clear and focused**. Only a coach seeks to elicit solutions and strategies from the client. Sabine believes the client is naturally creative and resourceful. Her job is to provide all the support needed to enhance the skills and resources you already have. She is convinced that behind every behaviour lies a positive intention.

“There is no failure, only feedback”

Sabine facilitates the growth process and uses tools that - depending on the chosen subject - will lead to the desired result. As a coach she thinks it's important to expand your horizons. By providing you the right tools she wants to boost your **self-responsibility and self-guidance**.

Sabine works according to the 11 core competencies of the **International Coaching Federation (ICF)** which are:

- Meeting Ethical Guidelines and Professional Standards
 - Establishing the Coaching Agreement
 - Establishing Trust and Intimacy with the Client
 - Coaching Presence
 - Active Listening
 - Powerful Questioning
 - Direct Communication
 - Creating Awareness
 - Designing Actions
 - Planning and Goal Setting
 - Managing Process and Accountability

About Sabine

Sabine Tobback holds a **Master's degree in Economics**, with a specialization in **Corporate Management (EHSAL)**. Supporting her father's **entrepreneurial business** and later working for **ExxonMobil** made her gain extensive experience in organizational development.

Early in 2000, Sabine Tobback found her own company devoted to People Management: **ST Management**. Her clients are mostly **Fortune 500 companies** with a regional head-quarter based in Europe or the USA.

Sabine is certified in ICF (Professional Certified Coach), MBTI, DISC, Insights, OPQ, Core Qualities, Situational Leadership, Covey, Transactional analysis, NLP, Professional Coaching, Social Styles, Self Coaching, Organizational Constellations, Emotional Intelligence, Mindfulness, Enneagram and Practical Psychology.

Sabine is **trilingual** (Dutch, French and English) and lives partly in Belgium and in France.

Contact Sabine at

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