

Coaching for people carrying organisational change and decisions that matter

One-to-one coaching for people managing pressure during organisational change. Sessions focus on situations from their working week: a decision that keeps being postponed, a tense meeting or a difficult client conversation.

The format: a focused programme, not an open-ended engagement. It starts with 6 to 8 weeks of weekly one-to-one sessions for a small group of key people - online, 45 minutes, in English, French or Hebrew. Not therapy, not training: practical coaching that helps key people decide better, handle challenging situations and stay connected, using Somatic Experiencing®, a body-based method.

SITUATIONS WE WORK WITH

- Decisions with incomplete information: noticing what happens when you need to act without having every answer.
- Tense conversations: working with hesitation, defensiveness and difficulty setting boundaries.
- Important client conversations: noticing your reactions and how they affect the exchange.
- Pressure that continues: recognising strain and exploring how to respond during the working day.

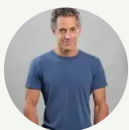
HOW YOU TELL WHETHER IT WORKED

We agree in advance how to review the programme. Session content, notes and individual assessments remain confidential.

WHAT THE WORK COVERS

Sessions follow what is happening in each participant's working week. These themes may come up; they are not a fixed curriculum:

- 1 Recognising pressure and its effects
- 2 Noticing reactions during the working day
- 3 Making decisions with uncertainty
- 4 Setting boundaries and having difficult conversations
- 5 Trying practices between sessions
- 6 Reviewing what has been useful and what to continue



WHO'S BEHIND THIS

Amir Alon - certified somatic coach trained in Somatic Experiencing®. I spent years in tech, first in technical roles, then leading teams through change. I know what it is like to be the person in the room who has to make the decision while nobody has the full picture. That experience informs how I work. Sessions in English, French or Hebrew.

HOW WE REVIEW PROGRESS

Before the programme starts, we agree what to review and how it will be discussed. This can include participants' own reflections and observations about the work. Personal reflections stay within the sessions; discussions with the organisation concern the agreed work-level indicators. Session content, notes and individual assessments are not shared with the organisation.