

Persoonlijk Leiderschap •

# The Choice

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Environmental Sciences



WAGENINGEN **UR**  
For quality of life

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# The Choice: Taking charge of your performance

*A workshop designed to help PhD candidates excel*

Any PhD process is full of 'ups and downs' with productive periods that alternate with more challenging ones. For example, some days you may experience a workload that seems to be too heavy, a lack of focus or 'writer's block' when you need to be preparing text. You may also wish to address personal issues or improve your interaction with those around you. As a PhD candidate in an international environment it is helpful for you to have a better understanding of relevant intercultural issues. In addition to your academic pursuit, all of these issues can also influence your long-term ability to excel in your field.

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## Objective

Two afternoon sessions will help you discover more about your own performance and will give you insight into your behaviour and the way you interact with your environment. You will learn how to take charge of various situations by using tools based on theoretical models. With the help of exercises and reflection sessions, you will improve your personal leadership skills, your ability to focus, your communication skills and your resilience. The Choice also gives you an excellent opportunity to connect with other PhD candidates, to exchange experiences and to learn from each other.



## Approach

In The Choice, trainers use a combination of boxing, systemic constellations and other exercises, such as physical workouts to energising music and time for individual and group reflection. This allows you to apply the newly-acquired insights from the training sessions (here and now) with the activities and requirements of the work situation (there and then).

*'At any given moment you have the POWER  
to say this is NOT how the story is going to END'*

## Outcome

You will gain a better understanding of your own strengths and weaknesses, gain insight into your conscious and subconscious communication patterns and discover new ways to break through unproductive cycles. The result is increased personal and physical strength and the ability to stand your ground and be flexible when necessary. It will also help you capitalise on your strengths and overcome your weaknesses.

## Peer-to-peer coaching circle

After The Choice, participants can choose to follow peer-to-peer coaching sessions. A peer-to-peer coaching session is a self-reflective learning method that uses everyday situations to help people learn in a group setting. The sessions will help you apply the insights you gained during The Choice in practice. The participants meet 5 times during a period of 1 year.

## Trainers

Coach Petra van de Kop (KOP & Co) and sports instructor Marco Oosten (Marco Oosten Personal Training) combine their expertise in The Choice. A distinctive characteristic of their work method is a personal approach and the creation of a safe and pleasant learning environment.



**Petra van de Kop** specialises in personal leadership and sustainable development. She combines societal engagement with a focus on you as a person to help you discover how to use your strengths and abilities to benefit yourself, your organisation and society. You will learn to combine head, heart and hands during exercises that involve thinking, feeling and doing.



**Marco Oosten** is a personal trainer with more than twenty years of experience training individuals and groups. Such themes as mental toughness and conscious and effective communication are incorporated into sports activities like boxing, judo and other martial arts. Marco will help you become aware of effective and ineffective behavioural patterns and how to adapt these in daily situations.

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**Date** Twice a year, in spring and autumn. For actual dates, visit: [www.intranet.wur.nl/nl/people/Pages/ESG-people.aspx](http://www.intranet.wur.nl/nl/people/Pages/ESG-people.aspx)

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**Programme** Two 3.5-hour workshops with a two-week break


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**Location** Wageningen

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## Previous experiences from PhD candidates



*'I found it useful to really experience communication, as opposed to taking a purely rational approach'*

*'The experiential approach created deep and long-lasting insights because I recognise them in both body and mind'*

*'It gave me a new perspective on the impact my behaviour can have and gave me the tools to make a change in different situations'*

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### Contact

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[www.intranet.wur.nl/nl/people/Pages/ESG-people.aspx](http://www.intranet.wur.nl/nl/people/Pages/ESG-people.aspx)

*Photo front*  
Aerial view of a fen  
in the Netherlands