



A handbook for your  
organisation.



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“I’ve learned that people will forget what you said, people will forget what you did, but **people will never forget how you made them feel.**”

— Maya Angelou

# Get to know DARA Coaching

DARA Coaching is a life coaching practice based in Copenhagen, Denmark.

I specialize in helping individuals **overcome feelings of being stuck & drained**, empowering them to **reach their full potential**. My goal is to **provide valuable tools** that enhance overall life satisfaction



## Meet your coach, Aïcha!

I am Aïcha E. Haïdara, a certified Finnish-Ivorian Life Coach. With fluency in three languages, I'm committed to supporting teams to alleviate workplace stress and improve overall well-being. Drawing from my corporate journey, I delve into inner beliefs and language dynamics to foster personal growth.

I cultivate a safe & judgement-free where everyone is welcome to exist as their authentic selves.

## Goals for 5 years

Add corporate years as experience

My expertise lies in decoding the influence of inner beliefs and language patterns on our challenges. By embracing language awareness and understanding core beliefs, we embark on a journey of positive transformation. Together, we navigate the path of self-discovery, ensuring your desired life changes materialize into reality.

## My values

My purpose is to empower individuals to transcend their limiting beliefs and embrace their full potential.

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# What's **behind** the services

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## My expertise & education

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## Testimonials

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# What's in it for **you**

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## What I mean with life coaching

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## It's benefits for an organisation

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## It's benefits for a team member

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## It's benefits in your personal life

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# Check out my **offerings**

## **Well-being survey**

A survey to identify the current well-being level in your team. The results are anonymous and are used to provide suggestions for future actions to support the team.

## **Well-being hour**

A monthly hour dedicated to improving and maintaining the well-being of your team.

This service aims to improve and maintain your team's well-being, engagement, and work satisfaction by providing support and a safe space to relieve stress and develop valuable life skills.

## **Customised workshops**

A leadership training with a holistic approach. The goal of the 2-day training is to become the leader your team needs.

A manager evaluation is gathered at the beginning and the end of the service. This will be used to measure the progress.



# Well-being Survey

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The results are anonymous and are used to provide suggestions for future actions to support the team.

HEALTH AND  
WORKABILITY

WORK  
MANAGEMENT

WORK  
COMMUNITY

KNOWLEDGE

CONFIDENCE &  
MOTIVATION

WORK-LIFE  
BALANCE

SUPERVISOR  
SUPPORT



Fill out survey  
online



I analyse & present  
the results



I provide suggestions for future  
actions based on the survey

# Well-being Hour

A monthly hour dedicated to improving and maintaining the well-being of your team.

This service aims to improve and maintain your team's well-being, engagement, and work satisfaction by providing support and a safe space to relieve stress and develop valuable life skills.

## Individual monthly well-being hour for all team members

- All the conversations are confidential.
- The participant determines the topic for each session.

## The well-being survey included in the service

- It is used to measure changes in well-being during this service.
- A survey is done at the beginning and the end of the service.
- All results are presented with suggestions for future actions.

## Packages from 3 months to 12 month

- The duration is agreed upon mutually at the start of the service.

## KICK-OFF



Fill out survey  
online



I analyse & present  
the results



Hold monthly individual  
well-being hours

## WRAP-UP



Fill out survey  
online



I analyse & present  
the results



I provide suggestions for future  
actions based on the survey

# Customised Workshops

Customised workshops for your needs.

Initial meeting to discuss your specific requirements, expectations and opportunities.

Planning and customising to meet your needs, present the content

Executing the workshop

Closing meeting, share experiences and feedback

# What to do next?

## **Evaluate tthe needs in your team**

A leadership training with a holistic approach. The goal of the 2-day training is to become the leader your team needs.

A manager evaluation is gathered at the beginning and the end of the service. This will be used to measure the progress.

## **Get a quote for the survey**

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A manager evaluation is gathered at the beginning and the end of the service. This will be used to measure the progress.

## **Gett tailorred supportt for your teams specific needs**

A leadership training with a holistic approach. The goal of the 2-day training is to become the leader your team needs.

A manager evaluation is gathered at the beginning and the end of the service. This will be used to measure the progress.

# Check out message

DARA Coaching is a life coaching practice based in Copenhagen, Denmark. I specialize in helping individuals **overcome feelings of being stuck & drained**, empowering them to **reach their full potential**. My goal is to **provide valuable tools** that enhance overall life satisfaction

