

Changes in empowerment

Are you looking for a talking-partner for constructive conversations? Are you or your team facing an important crossroads; are you in need of the tools and the structure to follow through with your change process? If so, you have come to the right place.

I offer coaching and practical exercises that help individuals and groups to achieve their potential, create change and reach their goals.

My approach is based on the belief that everyone has the power to grow if they only have access to the right tools. Every project is formed to the specific and unique needs of the client.

Please don't hesitate to contact me.

Sincerely,

Helena Östblom Berg
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Team coaching for professionals in the performing arts

Process: the group meets for five three-hour sessions (or another agreed upon format).

- What properties do successful teams have?
- Which of these properties are clearly present in your group?
- Where do you need to develop?
- What happens when you achieve your full potential?

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As a team coach I help the group to find constructive strategies to shorten the path between where they are now and where they want to be. I don't begin with a set of pre-fabricated answers. I lead the participants step-by-step through the process of building solutions with a coaching method and pertinent questions. My most important task as a team coach is to stimulate the group to reach its full potential in the areas that will be more profitable, so that the group can reach its goals.

Course content for the group:

- Formulate goals and visions, articulate dreams and examine your goals realistically
- Develop a plan of action and suggest concrete steps to be taken
- Define, use and develop the individual's and the group's resources and potential
- Identify and handle challenges
- Cooperation and rolls in the group
- Find new perspectives and give the existing environment structure

Possible results:

- Strengthened motivation and determination
- Clearer structure and a more effective organization
- Increased potential for the whole group
- Concrete tools for your individual empowerment

Pursuing strategic goals for desired results – "All talk?"

Individual skill development for actors, musicians, singers, dancers and other performing arts professionals.
WORKSHOP weekend/8 hours

When you work on your strategic goals you articulate your desires, you search for concrete possibilities, you come into contact with your motivators and your full abilities and finally you sketch a plan to achieve. In this workshop you will find inspiration, learn to handle challenges, while acquiring the key concepts and practical tools for constructive goal-orientation.

Contents:

- Articulate your goals
- Visualize your dreams
- Strengthen your self-awareness (metaphore)
- Handle obstacles and challenges
- Determination – constructive paths towards reaching your goals.

Also available:

Workshop half-day (4 hours) **"Dream Scenario"** – a day of inspiration that captures and activates your visionary thinking.

Helena Östblom Berg

Is a certified team coach and educator with a degree in resolution-building conversation methods. She has thirty years of experience with communications in the performing arts industry, mainly in music and theater. In recent years she has founded a small business on her reputation and long experience in the industry, working with human resource development projects. She offers coaching and training for groups and individuals in the performing arts. She has a number of partnerships with artist organizations.

Helena Östblom Berg has many years' experience of holding in-house staff training courses. Her background is as an educator, project manager, marketer and free-lance musician.

What customers say:

Kåbra Music Theater – Tobias Edvardson, Cilla Klein, Patrick Rydman:

"KÅBRA was at a crossroads and needed new energy and motivation. Helena helped us see our strengths and weakness in an inspiring way – both as individuals and as a group. This will be a constant help in our ongoing work as we have learned to continually ask ourselves what it is we really want to do, and as we re-draw the map when the situation calls for it."

Martina Almgren, improvisation musician and member of an ensemble that participated in the team coaching process (five sessions) in 2010:

"I have been spending some time thinking about the difference between control and intuition. In the music you have to either decide to stay in control in order to reach your goals or you have to abandon control in favor of intuition and see where it takes you. During the coaching sessions we talked about finding a balance between on the one hand working towards clear and concrete goals while at the same time leaving space for the unexpected on the other hand."

Elise Einarsdotter, pianist and composer:

"Helena Östblom Berg has the ability to create honesty and depth on every question with a natural joyfulness and ease. She also has the ability to identify the possibilities contained in the answers to those questions."