



FEEDBACK PROGRAM

ABOUT OUR COMPANY

Gett Involved is an international training and development company for personal and professional growth, committed to the principle that people have the opportunity of creating fulfilling relationships, success, and a life worth living. We offer a unique personal coaching and leadership program with world class trainers and coaches for anyone who is ready to take his/her life to the next level.

ABOUT OUR COACHES AND TRAINERS

Our trainers are all highly qualified in making a difference in your life and others. Experienced in both live training as well as online trainings. Our coachpool is a pool of dedicated CCA© internationally certified transformational coaches. They all have an organizational background in either HR, jobsearch, learning & development, senior management or executive/ ceo level.

ABOUT OUR METHODOLOGIES

In training and coaching we work with transformative tools in emotional intelligence. Many of the tools and exercises are based on NLP (Neuro linguistic programming), positive psychology and experience based learning. Through practical exercises we focus on creating awareness and empowering committed action. Unleashing both the qualities of individuals and teams necessary for creating extraordinary results.



ABOUT THIS PROGRAM

Feedback is an essential part of communication, relationships, collaboration and team results. In many organizations however feedback is often avoided or misunderstood. As a result of that, communication can break down, conflicts may go unresolved, teams can struggle with trust and opportunities for growth are missed. Both leaders and employees often feel frustrated when feedback doesn't lead to real change.

Our feedback program is designed to help you strengthen your emotional intelligence and personal leadership, making you more effective in communication and feedback. You will explore practical tools and concepts for honest feedback and meaningful acknowledgment, building a foundation of trust and learning to handle conflicts constructively.

This program gives you practical tools based on key principles of emotional intelligence. By the end, you'll be able to create a positive, leaning-oriented environment where feedback is the foundations for growth, effective collaboration, and extraordinary results.



OUTLINE OF THE PROGRAM

The program consists of 3 full training days within between group coaching sessions and individual coaching.

Training day 1 focuses on self-awareness and reflection. Before you can effectively give and receive feedback, it's essential to understand yourself: how are you currently using feedback in your life? What does feedback mean to you? How do you typically respond to it? These first days help participants to make an inventory and explore their own patterns, beliefs, and behaviours in communication and (working) relations.

Training days 2 and 3 shift to practical application. Building on the foundations and insights gained in the first days, participants move from understanding concepts to experiencing and practicing the tools. This hands-on approach allows them to incorporate feedback skills into their daily interactions, creating lasting impact in both personal and professional relationships.

Training day 1 - The foundations of emotional intelligence: 'how to become more emotional Intelligent in relations and communication?'

Duration: 8 hours (Full day) - In person

- What is emotional intelligence?
- How does emotional intelligence affect your communication?
- What is the comfort zone?
- How is your comfort zone affecting you in communication and relations in your daily life?
- What are your limiting & empowering beliefs?
- Automatic pilot: what is your automatic behaviour based on your beliefs?
- Create new behaviour and results, outside your comfort zone.



Part 2

Group coaching 1

Duration: 2 hours - In person or online

During the group coaching sessions, we go deeper into the homework assignments that the participants have been working on after each training day. The participants get coached on how they are or aren't implementing the learnings into their life. They will be coached on what's in the way of not implementing it and what it takes from them to keep applying and discovering it.

Part 3

Training day 2 - From criticism to clarity: seeing feedback as a tool for growth

Duration: 8 hours (Full day) - In person

- Discover what feedback really means and why it matters.
- Explore how feedback is often experienced, and how that can change.
- Learn to see feedback as neutral information instead of criticism.
- Discover how your attitude influences every conversation.
- Discover and practice an effective way of giving and receiving feedback. Build confidence in giving feedback confidently to managers or team members.
- Explore how to give effective feedback as a manager in a hierarchical relationship.

Part 4

Group coaching 2

Duration: 2 hours - In person or online

During the group coaching sessions, we go deeper into the homework assignments that the participants have been working on after each training day. The participants get coached on how they are or aren't implementing the learnings into their life. They will be coached on what's in the way of not implementing it and what it takes from them to keep applying and discovering it.



Part 5

Training day 3 - Build an effective team: listening, feedback, and meaningful acknowledgment in action

Duration: 8 hours (Full day) - In person

- Learn how to create a safe, feedback-driven environment.
- Discover how feedback can strengthen trust and help your team grow together.
- Practice team feedback to improve collaboration and communication.
- Experience the power of honesty.
- Deepening your listening skills.
- Learn how to use space clearing to release tension and restore alignment.
- Discover the value of acknowledgment to enhance motivation and connection.

Part 6

Individual coaching

Duration: 1 hour - Online

In this individual coaching we go deeper on the personal learnings of the participant and work on how to anchor the learnings into his/her life.



PRACTICAL INFORMATION

COSTUMIZATION OPTIONS

PRACTICAL INFORMATION

The duration and buildup of the program is developed in a way that it has the most impact, but the length and depth of this program are customizable to your company's vision and demand. In that way the program can be scaled up and down in amount of training days or durations. Please contact us to discuss the best suitable option for your company.

- Trainings can take place in English or Dutch.
- Trainings can take place in company or on location of Gettininvolved Trainings. Contact us to inform about the fees for renting space in our training center (Schiphol area).
- Maximum amount of participants to be lead by 1 trainer: 10.
- Maximum amount of participants to be lead by 2 trainers: 18.





Gett Involved Leadership Trainings
www.gettinvolved.com