



**Lead Your Future  
is on!**



**Become a coach and be  
part of an inspiring  
movement!**



**“Jij bent de baas  
over je eigen  
toekomst!”**



**“We doen dit  
samen!”**

# What is Lead Your Future?

- Invest in young female talent
- Aims for sustainable leadership, empowerment and a healthy lifestyle
- Student for students
- 5000 girls lead by 750 studentcoaches
- Multiple workshops & events

# Lead Your Future Team

- Hanneke Takkenberg – Chief Diversity Officer
- Stephan Glerum & Stella van der Sluis – Lead Your Future
- Iris Bos & Gaby Dijkstra – EUR project leaders
- Researchers
- Trainers

# Benefits

- Leadership skills
- Training by professionals
- EUR Certificate
- Network

# What we need in terms of time commitment

- Training session - 10hrs
- Lead workshops at schools – 20 to 30hrs
- (Online) Follow up – 10 to 15hrs
- Other events – 10 to 15 hrs (optional)



# What we expect from you - 1

- Commitment
- Enthusiasm
- Availability
- Invest in the future

# What we expect from you - 2

- Follow a training
- Coach as a duo
- Do workshops at schools
- Coach 10 – 15 girls
- Represent the Erasmus University Rotterdam
- Sign up before Dec. 20 at: [www.eur.nl/leadyourfuture](http://www.eur.nl/leadyourfuture)

# Preliminary Timeline

## 20 December

- Deadline subscription

## January

- 5<sup>th</sup>: deadline core group
- 12<sup>th</sup> & 13<sup>th</sup>: Training core group
- 22<sup>nd</sup>-31<sup>st</sup>: training coaches
- In total 10-15 hours

## February

- First workshops at schools
- In total 20-35 hours

## March

- Second workshop at schools
- In total 20-30 hours

## April-May

- Summit
- Third workshop
- In total 20-30 hours

# Core coaches

- Do you like to invest a little more into this project? Do you want to prepare other student coaches for the workshops? Are you able to guide a group in their learning process?
- Become a core coach!
- Trained by the professional coaching agency Aberkyn
- Train all the other coaches
- Group of maximum 40 core coaches
- Separate subscription, deadline January 5th

# How to become a core coach

- You speak both Dutch and English fluently
- You are available on either 12 or 13 January for a specific training and are available between January 22 – 31 to train other students
- You enjoy training other students in an interactive manner
- Write a motivational letter of max. 350 words in why you want to train other students and why you would be a perfect fit!
- Sent it to [lyf@eur.nl](mailto:lyf@eur.nl) - Deadline **5 January 2018**

## Next steps:

- Confirm subscription and possibly run for the group of core coach
- Sign 'rules & regulations' – to be emailed to all subscribed coaches after December 20.
- Sign up for training dates – availability sheets to be emailed to all subscribed coaches after January 5th

# Contact details EUR projectteam

- Website: [www.eur.nl/leadyourfuture](http://www.eur.nl/leadyourfuture)
- E-mail: [lyf@eur.nl](mailto:lyf@eur.nl)
- Facebook.com/TogetherAtErasmusUniversity



**“Gezond naar  
succes.”**





**“A lifestyle doesn’t  
have an end point,  
a diet does.”**



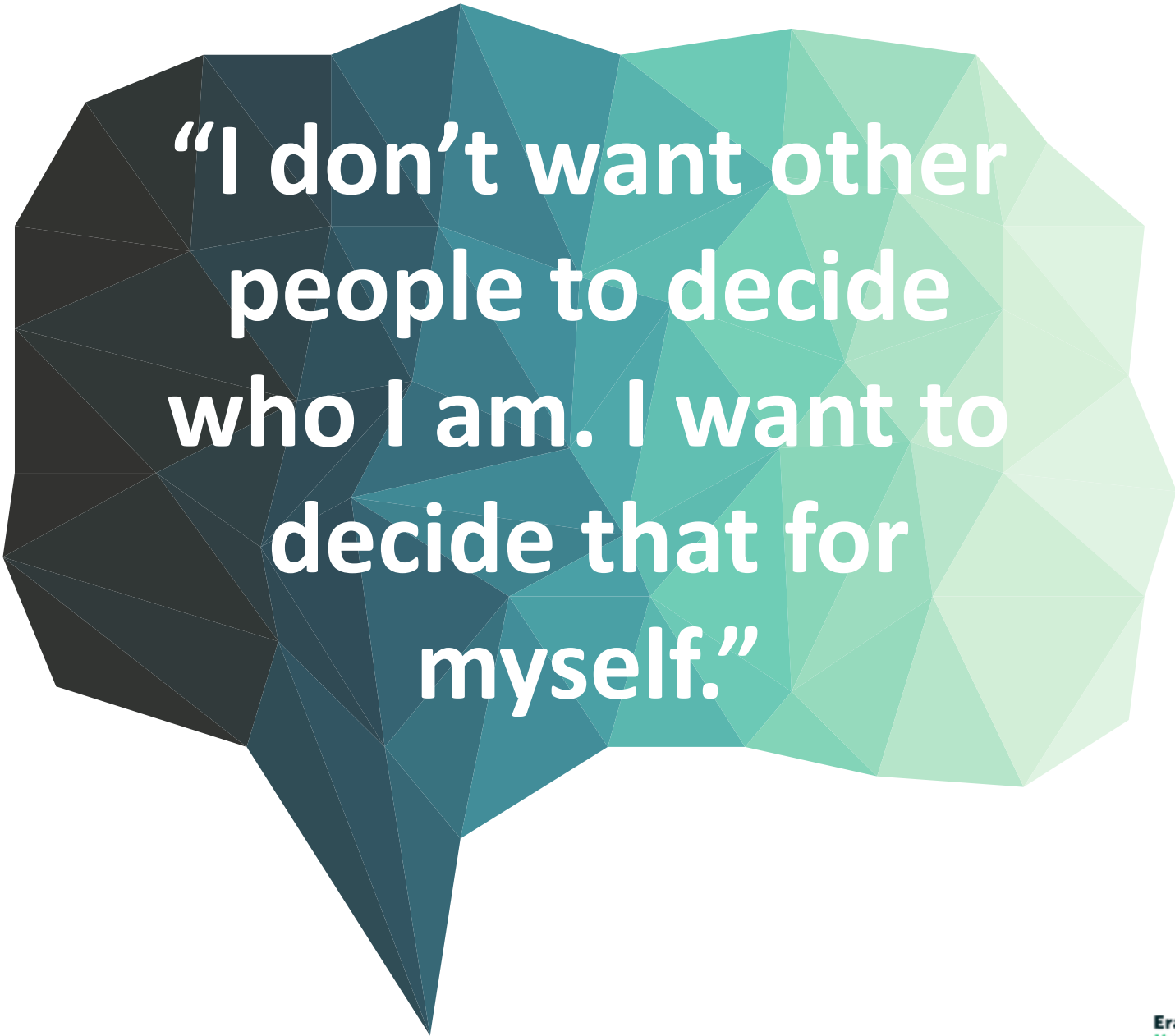
**“Healthy  
happiness”**



**“Durf te doen waar  
je van droomt!”**



**“Behoeftte van een  
nieuwe generatie”**



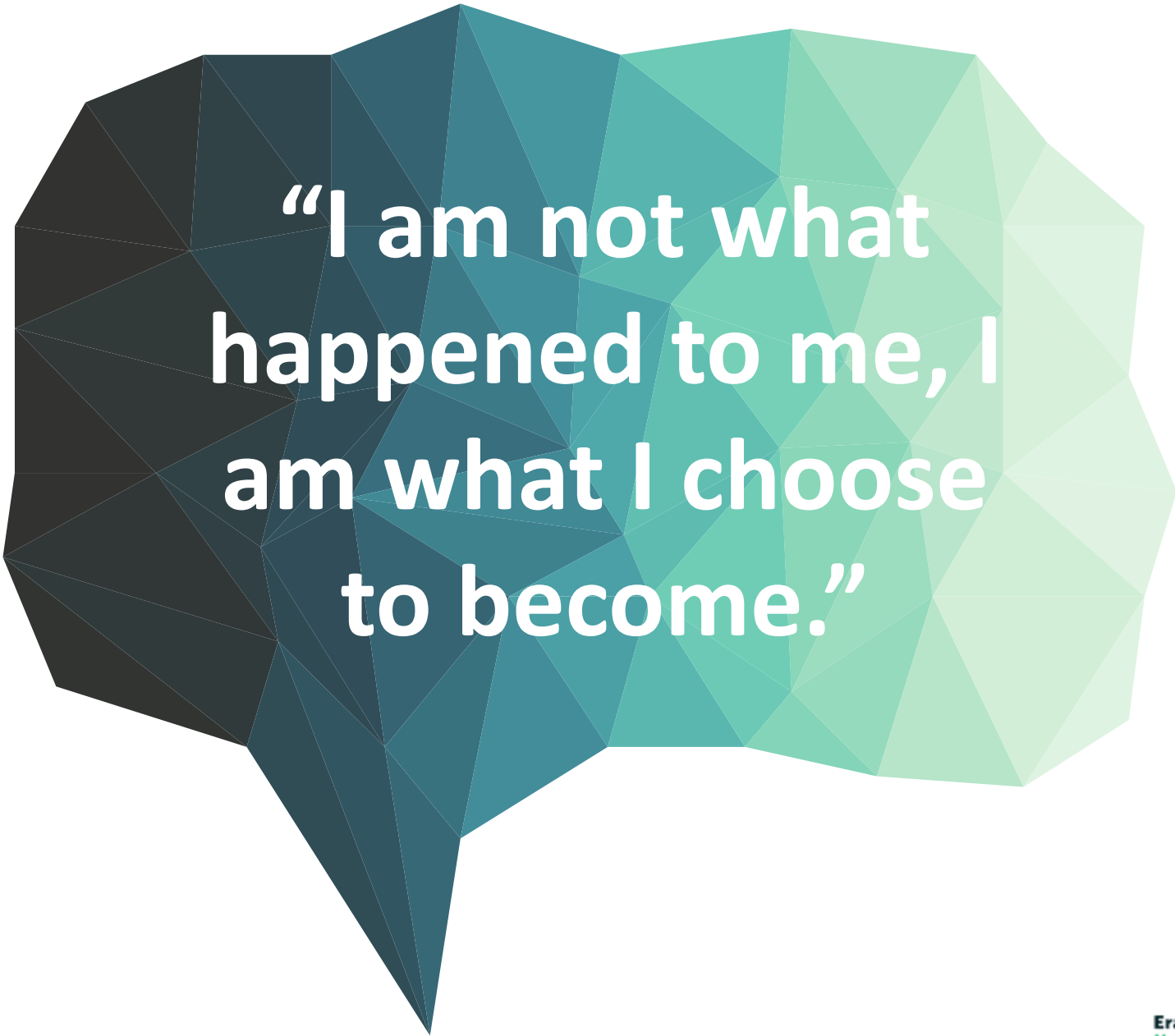
**“I don’t want other  
people to decide  
who I am. I want to  
decide that for  
myself.”**



**“Her authenticity is  
her favorite  
superpower.”**



**“Be the game  
changer.”**



**“I am not what  
happened to me, I  
am what I choose  
to become.”**