



# Threefold Method Coaching

## Do you wish to give depth and meaning to your life?

In our on\_and offline one-on-one sessions we will get to the core of you; we go back to your basics.

Through deep, confronting and gentle work, focusing on 3 main interdependent areas

- Self-awareness, Resilience, Autonomy -

you will gain insights and tools required for the best version of you.

Krien Jozeph - In the past 20 years we have developed the Threefold Methodology within the Dutch healthcare system as well as through our private coaching practice.  
For more information please visit our website: [www.krienjozeph.com](http://www.krienjozeph.com) You can also contact us directly by sending an email: [coaching@krienjozeph.com](mailto:coaching@krienjozeph.com) or call +31646892592