

Press release #nejstenatosami (#youarenotalone) www.koucove.cz

Koučink Centrum, s.r.o. (Coaching Centre Ltd), offers 1,000 subsidized hours, worth 3 million Czech crowns, provided by professional coaches. The support is intended for people who need psychological support, for those who need to share and solve relationships or work issues. The offer is applicable in the period from April to June 2020 at www.koucove.cz.

The only thing that we can give each other is time and attention. We can listen, support others, search for a common solution in the current situation. Especially in difficult times, no one should be alone.

At this time, 50 coaches are able to spend more than 1000 hours of online sharing, THEREFORE #YOUARENOTALONE.

Why?

The current situation has a great impact on the mental state of all people, on the performance of companies running in a different mode, on maintaining a good atmosphere and relationships at home. We face long-term stress, which affects the mental and physical health of each of us. So, if you feel pressure, you are stressed, anxious, it is good to share, talk. Coaching Centre has been the number one in the coaching market for 15 years. Over that time, more than 6,000 great people from different fields have been educated. As a result, Koučink Centrum has activated more than 50 professionals who have a sense of belonging to our nation and companies and are willing to help the others by providing 1,000 hours of consultation, coaching and discussion in total. It's not just about talking. Each coach conducts a structured interview to help the person deal with the current situation.

Project and procedure description:

In regards to the situation and its negative impact on the mental state of each of us for whatever reason such as fear, pressure, insecurity, workload, concern for family members, isolation and quarantine, Koučink Centrum is delighted to offer all employees and the general public free online interviews with coaches who will listen and support them. When dealing with specific situations, the coaches will use the coaching method to help the people find the best possible solution for them in the current situation.

At www.koucove.cz you can find more than 50 coaches. Each coach provides 6 free online meetings to a maximum of 4 people each in the next 2 months (1 online meeting a week). The number of meetings is now scheduled for the most critical period in which support is needed more.

- 1) Check the Coach Register on www.koucove.cz.
- 2) Choose your partner.
- 3) Fill in the form.
- 4) After receiving the form, Koučink Centrum will send you the connection to the chosen coach who will contact you as soon as possible.
- 5) Arrange your first online meeting.
- 6) From now on, #YOUARENOTALONE.

SHARING IS THE ONLY FORM OF HELP THAT WE CAN ALL GIVE TO EACH OTHER, AND WE BELIEVE THAT IT IS OFTEN THE MOST VALUABLE ONE. THEREFORE #YOUARENOTALONE

Our coaches are people who are trained in coaching and who master the key competencies of a coach according to International Standards. Each of them is ready to devote their time and experience for free, and help the client create an emergency plan and other ways to successfully manage the pressure and stress we all face today.

For inspiration, the topics that people most often deal with now can be found here.

TOGETHER WE CAN MANAGE IT ALL. THERE IS NO DOUBT ABOUT IT. SHARE #YOUARENOTALONE.

Do you want to use the project in your company or support it in media? Contact us at info@koucinkcentrum.cz. Become one of our partners.



In Prague, 2nd April 2020

Lenka Zelingrová, PCC