



Executive Coaching & Guided Network Walks in Nature



Reconnect in Nature

1-1 Outdoor Executive Coaching
&
Guided Network Walks

Step into Nature, Breathe, and Reconnect.
Let nature guide you back to the leader
within.

[Book Intro call for Executive
Coaching.](#)

[Sign up for the next Network
Walk](#)



Executive Coaching & Guided Network Walks in Nature



1:1 Executive Coaching – grounded in who you are as a leader

Leadership can be lonely. These individual coaching sessions provide a confidential space for you to reflect on what you stand for, navigate your context, and stay true to your values—especially when pressure increases.

We explore key questions such as:

What kind of leader do I want to be?

What impact do I want to make, and how?

How do I lead with integrity in my work context?

Each session is tailored to your specific context and challenges—and helps you reconnect with your inner compass.

Location: Hilversum or The Hague
English or Dutch.

[Book a Free Intro Call](#)



Quarterly Network Walks

Reflective Networking in Nature

Over the past years, I've guided many leaders through Walk & Talk coaching sessions – and again and again, they tell me:

"This is exactly what I needed."

"Just being in nature helped me hear myself again."

"It brought so much clarity – without effort."

Nature has a way of slowing us down, opening us up, and bringing us back to what truly matters.

These quarterly 2-hour walks are a moment to reflect, share, and reconnect – in the company of other female leaders.

We walk in silence, talk with intention, and explore themes like:

Authentic leadership

Energy and boundaries

Purpose, values, and impact

Location: Hilversum or The Hague
2 hours / Dutch

[Sign up here](#)



Caroline van den Bogaard

Organizational psychologist and executive coach with 20+ years of international experience. Caroline supports female and international leaders to lead with authenticity and impact. Founder of CC Transitions, EST 2008, expert in leadership development, authentic & inclusive leadership and intercultural training.