

Q&A

Your key questions
answered – at a
glance

 Make an
appointment

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1. Why is Language Box providing coaching solutions?

Language Box's core business is optimising language service and organisational processes. Optimisation often means realignment and a change in mindset – it will only succeed if the team is **united, highly motivated and adopts efficient working methods**.

That's precisely why we developed our **integral coaching strategy** – for teams and management seeking optimal support to overcome challenges and implement transformation processes.

2. What's the difference between coaching and consulting?

Consulting focuses on specialist, organisational and system-specific aspects, whereas coaching **aims to create genuine team spirit** if stagnation, disaffection, tension or even conflict arise. Both services are available **separately or as a combined package**.

3. Who benefits most from coaching?

Coaching is ideal for any team seeking to **shift away from outdated practices**, to reflect on how they **collaborate** and to gain **fresh insights** – irrespective of the sector, area or hierarchical level.

Teams **of 3 to 9 members** are perfect. Larger teams are divided into smaller groups.

4. How long does coaching last?

We recommend two half-day sessions – depending on the goal, extent of the topic and number of participants. The follow-up steps are carried out flexibly in line with your goals and needs.

5. What methods do we use?

As every team is unique, there is no standard formula. We rely on our finely honed intuition, wealth of experience and holistic **BEMS** approach – an acronym made up of the four aspects that we focus on: **Body · Emotions · Mind · Soul**.

6. What type of topics do we cover?

Our core strategy covers key topics related to aspects such as individuality, mindset, team spirit and approach to work.

We incorporate your **specific challenges** into the core strategy based on a preliminary meeting. The goals and procedure are clearly defined too.

7. Where are the coaching sessions held?

In your office, at a neutral venue, in a creative setting or at our premises – **it's entirely up to you**.

8. Which goals does coaching aim to achieve?

Old habits die hard – until you firmly resolve to break them. In collaboration with your team, we inspire you to define innovative approaches and high-performance strategies.

We help your team to:

- establish clear and effective **communication**,
- foster **self-reflection** and acquire **soft skills**,
- enable **a change of perspective** and **transformation**,
- improve **flexibility, resilience** and **stability**.

We empower you to define your values – ensuring your whole team embraces your **shared vision** and the **authenticity of your mission**.