

Dr. Dianne Commissaris
Professional Coach
Science & Technology
owner BTR coaching
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My (beta) background

Gymnasium-β (cum-laude)
MSc Human Movement Sciences
(cum laude, 1992)
PhD Human Movement Sciences
(biomechanics, 1997)
Post-doc Radboud MC Nijmegen and
Karolinska Institute Stockholm
Assistant Professor VU Amsterdam
Project manager TNO Hoofddorp
Inventor deskbike 'Oxidesk'

Professional coach career

Internal coach TNO from 2009
Post-HBO education Certified
Professional Coach (2011-12)
Own coach practice from 2012

Leisure

Sports, nature, dog Taco, reading,
Sweden, saxophone

Location



Office close to National Park (dunes), so
outdoor coaching is possible. On request,
sessions can be planned at workplace or
Coachhuis Eindhoven (Nrd Brabantlaan).


Reasons for coaching

You feel overwhelmed by your
work; **you're only persevering and
surviving** to finish everything and
seem unable to unwind, even at
home.

You have been working in the same
job for a long time and **you do not
get much satisfaction anymore;**
might this be a 'bore-out'?

**Your care responsibilities at home
have increased** and you struggle
to adjust your work tasks to that.
You have a lot of work experience,
but you increasingly wonder
whether you want to continue this
work until you retire. **You consider
a career switch**, but do not dare
or do not know which way.

How BTR coaching works

- ✓ result oriented with clear plan
and structure
- ✓ following methods of positive
psychology
- ✓ using evidence-based models
- ✓ putting you in the lead
- ✓ able to explain what happens in
sessions
- ✓ online coach tool Work energy
analysis® 
- ✓ involved, analytical, structured,
sensitive




References

"I regard as her strengths a good
combination of personal
involvement and the ability to
confront", *Friso van der Meulen,*
team manager TNO (coachee 2012)

"Dianne is an authentic and honest
coach. She is careful and respect-
ful", *Anita van Vlerken, trainer and
owner Associatie voor Coaching*

"Dianne uses a result oriented
coaching method, with clear steps
and measurable results. For me this
worked very well", *Lottie Kuijt, PhD
TNO (coachee 2013)*

Own videos and flyers

-  Burn-out
-  Job Crafting
-  Midlife phase

Work energy- analysis



Your Map of the Future



(all in Dutch)



www.btrcoaching.nl



[linkedin/diannecommissaris](https://www.linkedin.com/in/diannecommissaris)



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