

# The Queers Are Thriving

COACHING PROJECT  
ADVOCATES WHO THRIVE







# WHAT YOU'LL GAIN

- **Enhanced Mental Well-Being:**

Through personalized coaching, you'll develop greater self-love, resilience, and a sense of control over your life.

- **Greater Sense of Belonging:**

Our coaching creates a safe space where you can openly discuss your experiences, fostering acceptance and connection within the queer community.

- **Personal Growth and Empowerment:**

By setting and achieving personal goals, you'll build confidence and take steps toward self-actualization.

- **Increased Visibility:**

As you grow in confidence, you'll feel more empowered to share your experiences and contribute to a more inclusive community.



# YOUR PROFILE

This coaching service is designed for queer individuals who:

- Are 18 years old or older.
- Live in Den Haag.
- Speak sufficient English or Arabic for a dialogue about their mental wellbeing.
- Have a bicultural or immigrant background.
- Are open to exploring and working on their mental well-being.

Whether you're navigating challenges related to discrimination, social isolation, or identity-related stress, this coaching service is here to support you.







# METHODOLOGY

Our coaching sessions are tailored to your unique needs and goals. Here's what you can expect:

**Personalized Coaching:** Each session focuses on your specific goals, helping you take steps toward personal growth and empowerment.

**Goal-Setting:** We'll work together to set clear, achievable goals for each session and for your broader personal development.

**Reflective Exercises:** Through guided reflection, you'll gain deeper insights into your experiences and emotions.

**Action Planning:** At the end of each session, we'll create an action plan to help you move closer to your goals.



# COACHING VS. THERAPY

It's important to understand the difference between coaching and therapy:

- **Coaching:** focuses on personal development, goal-setting, and building skills to help you move forward in life. It is not a substitute for therapy or mental health treatment.
- **Therapy:** involves diagnosing and treating mental health conditions, often focusing on healing from past traumas or managing ongoing mental health challenges.

## **Disclaimer:**

This coaching service does not provide:

- Diagnoses or treatment for mental health conditions.
- Legal advice (e.g., immigration matters or other legal issues).

If your needs fall outside the scope of our coaching service, we will try our best to refer you to specialized organizations or professionals who may be able to assist you.



SAMMY  
HE/ THEY

# MEET OUR COACH

Sammy is a queer social work graduate with a passion for supporting the queer community. He has completed a 10-month coaching and counseling training program at the Academie voor Coaching en Counselling and is currently pursuing a specialization degree in the second year of the program.

Sammy is also a student member of LVSC (the Professional Association for Coaches, Supervisors, and Organizational Advisors), which reflects their commitment to professional standards and ethical coaching practices.

With personal experience as a queer individual and a migrant, Sammy brings a deep understanding of the challenges faced by bicultural and immigrant queer individuals. Their approach is empathetic, non-judgmental, and focused on helping you achieve your personal goals.



# HOW TO APPLY

If you're interested in the coaching service, here's how to get started:

- **Email the Coach:** Send an email to [sammy.albader@advocateswhothrive.com](mailto:sammy.albader@advocateswhothrive.com) to schedule an introduction session.
- **Introduction Session:** During this session, we'll discuss your needs and determine if coaching is the right fit for you.
- **Intake and Consent Forms:** If coaching is suitable, you'll receive intake and consent forms to complete.
- **Referrals:** If your needs fall outside the scope of our coaching service, we'll try to guide you to other organizations that may be able to help.





# WHAT CLIENTS SAY ABOUT THEIR EXPERIENCE WITH SAMMY?

**Rasha:**

“My experience with Sammy as a coach was incredibly helpful. Through our sessions, I was able to understand where my emotions came from, which made it easier to identify what was missing in my life and what I needed to feel at peace. I would advise others to be open during their sessions and not let shame prevent them from expressing their feelings and healing themselves. Working with Sammy truly made a difference for me.”

- Rating: ★★★★★

**Marcel:**

“The most I enjoyed working with you as a coach would be the fact that you're also queer and trans identifying which made me feel a lot more comfortable to talk about my issues. Coaching has helped me make and uphold routines and to really focus on things that bring me joy in life. Your coaching did help me on my way to handle my depression and I will forever appreciate you and your work. To anyone considering working with you I'd say go for it! Sammy is an amazing person, a lot of personal experiences that make you feel more seen and understood. And I think he has some great ideas on how to improve your life and goals in life.”

- Rating: ★★★★★





# COST & SESSION DETAILS

The coaching service is free of charge, thanks to funding from Gemeente Den Haag, Fonds 1818, Het Blauwe Fonds and COC Haaglanden's Queer Startup Fund".

Clients receive six one-on-one sessions (1 hour each), with the option to extend to 12 if needed. Sessions are typically weekly but can be adjusted by agreement with the coach.

Our coach is a companion in your journey, providing a safe space to explore your thoughts and goals.

Each session starts with setting a focus, and you may leave with insights or an action plan. While the coach supports you, your progress depends on your engagement and your commitment.

The maximum number of sessions per client is 12.



# CONTACT US



Instagram



LinkedIn



Website

Should you have any questions or would like to schedule an introduction session, reach out to Sammy!

e-mail: [sammy.albader@advocateswhothrive.com](mailto:sammy.albader@advocateswhothrive.com)

If you have a complaint about our coaching service or the coach, reach out to our Director Rob Cloosen.

e-mail: [rob.cloosen@advocateswhothrive.com](mailto:rob.cloosen@advocateswhothrive.com)



Den Haag

Fonds  
1818

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hart voor lhbtï-emancipatie



# ABOUT AWT

Advocates Who Thrive is a training and development organisation that helps people reach their full potential in advocating for inclusion, environmental sustainability, or animal rights.

Our activities aim to support (future) advocates like you in getting more confident and ready to advocate for change; and in being more effective in influencing the people & organisations in your communities to change their attitudes, behaviour and practices in line with the societal change you're pursuing.

The activities that we offer are multi-day in-residence training courses, workshops, group coaching, and individual coaching. Our activities rely on experiential learning and bring together people from diverse backgrounds who share a common drive for change.

