



برنامج توافق

TAWAFUQ PROGRAMME

An initiative by:



محكمة قطر الدولية  
ومركز تسوية المنازعات

QATAR INTERNATIONAL COURT  
AND DISPUTE RESOLUTION CENTRE

In collaboration with:





The QICDRC Coaching Programme (Tawafuq), in collaboration with **Takallam for Management Consultancy**, aims to support **lawyers, judges, and legal professionals**, who want to learn new behavioural techniques, life management skills and a holistic approach to personal and professional well-being.

Trained coaches will help them achieve a better work-life balance and give them the tools and techniques required to overcome challenges – both in and outside the office.

## PROGRAMME MISSION

Empower legal professionals to achieve success, balance, and well-being, both in the workplace and at home.

# WHY SHOULD LEGAL PROFESSIONALS APPLY FOR THIS PROGRAMME?

Many personal and professional goals and aspirations of legal professionals are set aside due to the obstacles they face in their daily lives. For some of these legal professionals, this means giving in to frustration and discontent, while others persevere towards success.

Regardless of your choice, a high-demand job can take its toll on career-oriented professionals. The Tawafuq programme raises core skills in communications, interpersonal abilities, leadership, organization, and management by offering hard-working professionals in the legal field a tailor-made resource to encourage open conversation and proactive engagement with a unique lifestyle focus.



# HOW WILL THIS PROGRAMME HELP LEGAL PROFESSIONALS?

When faced with personal and professional challenges, we often lack a clear and holistic approach to deal with them. We are either pulled in too many directions at once, or overly focused on one aspect of success to balancing one's personal life; especially with legal professionals, as their job demands can be stretched outside their workplaces including health, family, friends, and finances.

Through individual or group coaching sessions with qualified professionals, the programme will help legal professionals broaden their horizons and define goals. It will also provide the necessary tools to overcome challenges, both in the workplace and at home, to emerge successfully in all aspects of life.

## ACCORDING TO THE INTERNATIONAL COACHING FEDERATION (ICF), ONE-ON-ONE COACHING SESSIONS CAN IMPROVE:

- Communication and leadership skills
- Inter-personal relationships
- Self-confidence
- Professional and leadership performance
- Priority management and goal achievement
- Mental health, self-awareness and emotional control
- Work-life balance

# WHAT IS COACHING?

Companies around the world spend millions of dollars every year on coaching for their leadership and employees to manage performance and increase corporate loyalty. They recognise the power of coaching to unleash the full corporate potential and improve overall standard of performance and productivity.

The ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Generally, the coach and individual client meet for a period of at least 3 months or even several years to support and empower the client to gradually work through challenges and unfold their potential.

**Coaching sessions** offer a safe space for sharing professional and personal goals, challenges, and aspirations, to help build out one's skill set and raise one's professional and social profile. They can empower individuals to take charge of their health and life – both in and outside the office.



**For more information please contact:**

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To learn more about the programme  
and fees, and to arrange a phone call  
appointment with the Coach, please scan the  
below QR code and submit the online form.

