



FIELD RESEARCH COACHING

1:1 Coaching
Discovery Package



I offer 1:1 coaching for people who do demanding meaningful work and want to do it sustainably

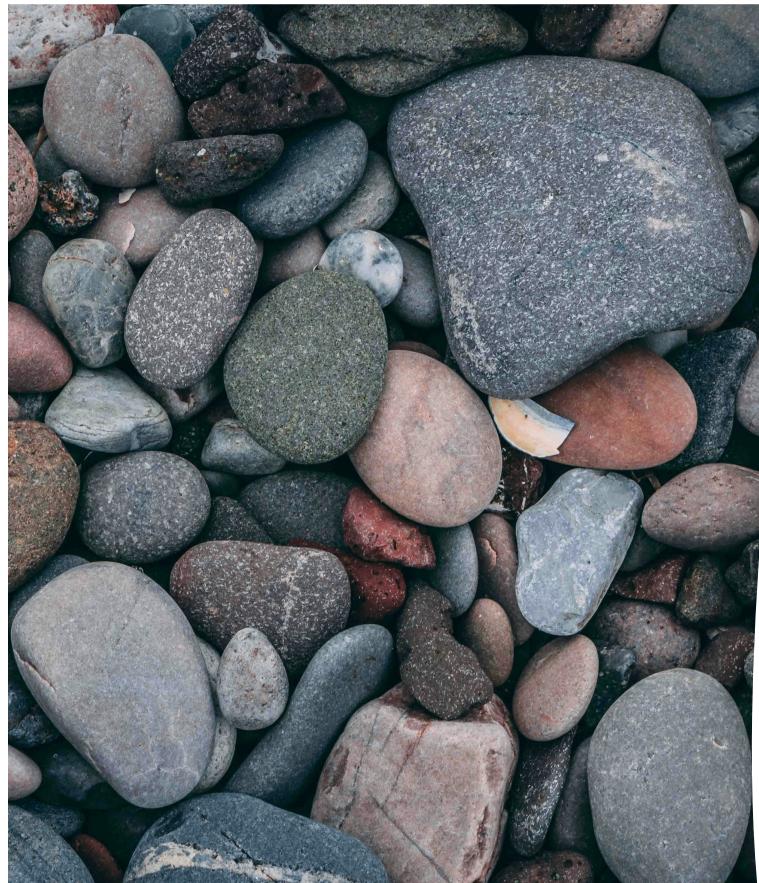
This includes:

- ✓ Researchers and professionals engaged in sensitive or high-risk fieldwork
- ✓ Academics and professionals navigating emotionally complex or ethically challenging roles
- ✓ People at a crossroads who feel their current path no longer fits, but don't yet know what comes next

Is this familiar to you?

- ✓ You are deeply committed to your work, but feel emotionally drained, tense, or constantly “on.”
- ✓ Your work raises ethical or emotional questions that you don’t have space to think through properly.
- ✓ Your mind keeps pushing forward, but your body is signaling exhaustion, resistance, or unease.
- ✓ On paper, your career looks good, but something about it no longer feels aligned.
- ✓ You feel stuck between staying, leaving, or changing direction, without clarity on what’s next.

If some of this resonates, 1:1 coaching offers a space to slow down, reflect, and regain a sense of direction.



What our coaching space looks like

In our sessions, I offer:

- ✓ A confidential, non-judgmental space to reflect on the emotional and ethical dimensions of your work
- ✓ Careful attention to both cognitive and bodily signals, especially when stress or overload are present
- ✓ Context-sensitive guidance grounded in experience with fieldwork, sensitive topics, and high-pressure environments
- ✓ A pace that allows for clarity without pushing for premature decisions

Coaching is not about fixing or optimizing you. It is about helping you listen more clearly to yourself while staying engaged with work that matters.

Meet your coach – Ellen Van Damme, PhD

Hi, my name is Ellen Van Damme, I'm a criminologist specializing in ethnographic research on women, gangs and migration. I'm a Fulbright alumna from UCLA and worked as a consultant for the UNDP. I'm the founder of Field Research Coaching, a consultancy that trains and coaches academics and professionals working on sensitive topics and in challenging environments.

My work is shaped by years of ethnographic field research, close engagement with sensitive topics, and supporting people who carry significant responsibility in their professional roles. I know how meaningful work can also be emotionally demanding, and how easily care for oneself gets postponed. Coaching is where I bring these experiences together to support others in doing their work with clarity, care, and sustainability.



My credentials

- ✓ PhD in Criminology (Leuven University)
- ✓ MA in Conflict & Development (Ghent University)
- ✓ BA & MA in Criminological Sciences (Leuven University)
- ✓ Certified Coach (International Coaching Federation)
- ✓ 200hr YTT (Yoga Alliance Certified)
- ✓ BSAFE (United Nations Department of Safety and Security)
- ✓ Mental Health First Aid (National Council for Mental Wellbeing)
- ✓ Somatic Techniques for Nervous System Regulation (Breath Body Earth)
- ✓ 50hr Facilitator Training (Breath Body Earth)

Why work with me?

- ✓ I understand the realities of fieldwork, sensitive research, and high-stakes professional contexts from the inside
- ✓ I combine academic rigor with embodied, trauma-informed coaching approaches
- ✓ I don't offer generic solutions; everything is tailored to your context, values, and limits
- ✓ I work slowly and carefully, especially when decisions or emotions feel heavy
- ✓ I believe sustainability is an ethical responsibility, not a personal luxury



Curious to explore
whether 1:1 coaching is
right for you?

I offer a free, no-obligation discovery call to talk through your situation and see whether working together would be a good fit.

[Book your free discovery call here](#)