Text site Engleza:

Bio:

In all aspects of our life, balance is the key

I am here to guide you to identify all stress sources and together to develop effective strategies in managing it, in order to find balance in all aspect of your life.

These days work can become extremely demanding and it can be difficult to achieve a perfect balance between personal and professional life. However, the best thing to do is to make sure that you don’t ignore your personal needs such as your personal time, the time with family, friends, activities you like and relaxation.

At the end of the day, it's good to remind yourself that a healthy balance will bring you more happiness, fulfillment and better relationships with those around you.

The key to a better life is to make sure that you don't just focus on work and professional achievements, but also take care of your mental and physical health, as well as your general well-being. It is important to give you time for yourself, your thoughts and your health.

Before working with a coach:

I was struggling with overwhelming feelings of stress, anxiety and exhaustion. As a professional, I often found myself sacrificing my personal life and relationships to meet professional demands. I was constantly overworked and neglected my own physical and emotional needs, which led to exhaustion and ultimately to illness. It was getting harder and harder for me to concentrate, but I kept ignoring my health and putting work first. I was afraid to choose myself. I knew that I had to change something, but I didn't know exactly what to do and where to start, being driven by the fear that I might lose my job.

After working with a coach:

I managed to find the balance between work and personal life. I managed to establish very clear and healthy boundaries at work. I learned to say "YES" to myself. Now I prioritize my personal care and make sure I take a break when I need it and I use my free time to recreate, walk, read and have time for my family.

I managed to identify the root of the stress, which led to better communication with those around me and to a healthier work environment. Now I can be fully present in both my personal and professional life, and my productivity has increased significantly.

I have a balanced and fulfilled life and that makes me happy.

How we will work together:

1 to 1 session

Click for details:

Together we will set your goals and develop a personalized action plan to achieve them. I will use various coaching techniques and tools to help you discover your strengths, identify obstacles and the necessary steps to take to overcome them.

During the sessions you are in a safe space and you have the freedom to express your thoughts and feelings without being judged. I will listen actively and ask you questions to help you explore more deeply the situations you face and find solutions to them.

I will guide you in your development process and encourage you to follow your dreams and achieve your goals. Together we will work on stress management, assertive communication, building confidence in yourself, establishing healthy limits, to successfully face any challenge.

Group session

Click for details:

The group coaching session is a session guided by me in a structured discussion with the previously set theme.

In general, such coaching sessions are designed to be interactive and involve a combination of information presentation, discussions and exercises. Usually, the theme or subject is chosen according to the objectives of the participants, you can find themes such as: stress management, effective communication, developing leadership skills, increasing self-confidence, time management, setting healthy limits, and many others.

During the session I will ask open questions, I will listen actively, I will guide the discussions and I will offer the opportunity to the participants to learn from the experience of others and to find solutions.

Group coaching sessions are ideal for people who are looking for a more accessible and less intensive approach to coaching, but who want to receive the support and guidance of a coach and learn from the experience of other participants.

Executive coaching

Click for details

Executive coaching services are available for a wide range of topics, adapted to the specific needs and objectives of the team or company. These involve a combination of presentation and practical exercises, intended to give participants a better understanding of the subject and allow them to develop their skills in a safe and supportive environment.

Here are some examples:

- Leadership and management – developing leadership and management skills, including effective communication strategies, creating strong teams and motivated employees.

- Communication skills – active listening techniques, empathy and non-verbal communication.

- Work-life balance – Improving self-esteem, developing learning skills, setting healthy limits and career planning.

- Stress and anxiety management – understanding and managing stress and anxiety, including relaxation techniques, mindfulness and time management.

- Emotional intelligence – understanding and developing emotional intelligence skills, including self-discipline, empathy and conflict management.

Each workshop/session package is customized according to the specific needs and objectives of the company and can be delivered online or physically.

Frequently asked questions:

Q: What is coaching and how can it help?

A: Coaching is a personal and/or professional development process that aims to help you achieve your short, medium and long term goals and maximize your potential.

I will work with you to identify your goals, develop an action plan and guide you to overcome your personal and professional barriers.

I will ask open questions and I will actively listen to guide you to find the answers you need.

We will work in a safe, non-judgmental environment where you can express your thoughts and feelings.

Q: Who can benefit from coaching?

A: Any person who wants to know themselves better and wants to improve their personal or professional life, can benefit from coaching.

Q: How is a coaching session conducted?

A: An individual coaching session lasts 60 minutes and can be done online or face to face. I will talk with you about your goals and we will identify the best strategies to achieve them. Depending on your needs, we will determine the frequency of the sessions, which can be weekly or every 2 weeks, and also the number of sessions you need.

Q: How do I choose a suitable coach for me?

A: Try to find someone with whom you feel you resonate in the area where you need guidance. It is good to choose someone in whom you really feel that you can trust and who makes you have the necessary openness to be honest with yourself and your goals. Most importantly, look for a coach who can adapt to your individual needs.

Q: What is the difference between coaching and psychotherapy?

A: Coaching focuses on your current situations and improving your future performance. Regardless of whether we are talking about emotional situations, coaching brings adapted techniques to find practical solutions to find a balance in the present and the future.

Psychotherapy focuses on treating past situations and traumas or mental health problems.

Q: How long does the coaching process last?

A: Depending on the objectives and the progress made during the sessions, the process can last from a few sessions to a few months of working together.

Q: Are the meetings confidential?

A: Yes, coaching is based on trust and confidentiality, precisely to create a space of safety and tranquility for the one who benefits from coaching.