

Sandra BERGMAN

Certified Professional CoActive Coach

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Passionate about mobilising individuals towards a fulfilling life

Strong customer focus

Eager to share her multicultural knowledge

Inspiring and charismatic role model

Strong interpersonal skills: provoking, challenging, good humour, constructive and optimistic

Determined to deepen understanding in order to guide clients to a better realization of own aspirations

Smooth negotiator / conflict solver

## **Work experience**

Jan 2009 - present Independent Professional Life Coach (ICF Accredited CPCC)

**Freelance International Consultant Coach, Gulf Specialist Ricklin-Echikson Associates (REA)Dubai, UAE**

**Freelance Coach & Consultant at Abami UAE & Woodthorpe Wright Associates UAE**

1998 – 2010 Cabin crew for different airlines

1994 – 1997 Interim projects:

Administration and Customer service at HUBO (Netherlands);

Sales Department at MASSIVE (Belgium);

Administrative Assistant at BIPERFIX (Belgium);

Assistant at LDV & partners (Belgium)

1992 – 1994 Assistant-accountant at Incobé, Kapellen (NL)

1991 – 1992 Various interim assignments (e.g. Receptionist in France and Belgium, assistant administrator in Holland and chief club animator in Mallorca)

### **Key Accomplishments**

Arranged parent-children coaching groups that made relationships blossom

Animation of large groups of diverse people helping to create a team spirit

Years of cabin crew service taught me how to handle critical situations and to smoothen conflict before they escalate, this has been put in practical use many times

Living in different countries has taught me flexibility, proven very useful to understand challenges of the expatriate life

### **Languages**

Dutch, French, English fluent (mother languages)

German good mastery

Spanish working knowledge

## **Education & Qualifications**

Dec 2011 Certified rope course facilitator

Jan – Nov 2011 CTI – Leadership Course

Jan 2011 ICF Accredited Certification as Professional Co-Active Life Coach (CPCC)

2009 - 2010 The Coaches Training Institute - Professional Coach Diploma

2010 CTI Dubai: Parentology – Organizational Relationship Systems Coaching Fundamentals (ORSC TM)

1998 Belgian Aviation School, Brussels

1988 – 1990 Higher secondary school, Adriaan Pauw Instituut, The Netherlands

### **Computing experience :** PC experience with MS-office

Knowledge of PC-accountancy

#### **Other:** Valid UAE and European Belgian driving licence

2005/2006 set up own business; children’s wear clothing shop

Leading events: “Speed Coaching” in Dubai, UAE,” Self Love” in Barcelona

Experiential learning and team building facilitator