

Unlock your potential and achieve your authentic alignment



*Personal and career coaching
designed for you and your organisation*

WHY COACHING

I am fully engaged to accompanying men and women on an individual or collective journey to make them:

- acknowledge their strengths, drivers and aspirations
 - develop their emotional intelligence
- achieve their personal or professional goals
 - feel more fulfilled by their lives or work
- foster their confidence to operate at their full potential

As a coach I help them create self-awareness and reflexiveness so they can put more meaning and consciousness in their decisions, behaviours and actions

HOW CAN I HELP YOU

YOU...

You feel disengage and lacking energy

You lack confidence despite a successful path

You want to engage your teams

You want to develop a more impactful and engaging communication

You are not aligned with your job values anymore

You just took on a new role and you want to ensure your success

You feel overworked with all your duties and lack of work-life balance



...WHAT WE ACHIEVE TOGETHER

Define your vision, connect to your inner drivers to become **focused and energised**

Acknowledge and strengthen your skills to reveal your **uniqueness and talent**

Foster an environment ensuring **psychological safety, authenticity and confidence**

Strengthen **self-assertiveness** and connect to **your emotional intelligence**

Build a **meaningful career** aligned with your personal life and values

Take the time to **step-back**, define your **priorities** to avoid getting lost in the day-to-day operational job

Develop **better time management** to address your priorities

HOW DO WE WORK TOGETHER

I help you identify and clearly define your ambitions and translate them into achievable goals. Throughout the coaching sessions, you are able to build a relevant and actionable plan to move towards a fulfilling career, on your own terms



THE BASICS OF MY COACHING

Setting a caring and highly-structured environment

Using genuine and thorough questioning

Connecting you to your inner feelings, emotions and drivers

Ensuring you acknowledge your personal and professional skills and talents



MY FAVORITE APPROACHES

Neurolinguistic programming, Narrative coaching, Brief therapy (solution-focused approach)

Skills assessment

Emotions and non violent communication

Peer-to-peer coaching and collective coaching

14 years experience within international companies

ABOUT ME: USEFUL FACTS



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*As a coach and engineer, I
lead a fulfilling life by
combining the intelligences of
both my head and my heart
at the service of the human
potential*

I'M A CERTIFIED PERSONAL AND CAREER COACH

Certified coach for individuals and collective coaching: Dialogue Coach/Evolusens – EMCC member

Certified counsellor for skills assessment: 5A Conseil

I'M A CENTRALE PARIS ENGINEER

14 years career in international companies within financial, strategic and operational management duties

Witnessing numerous wasted human talents gave me the willingness to commit to the human development and potential fulfilment

I'M AN UNCONDITIONAL FOLLOWER OF YOGA AND MEDITATION

Practices that inspire me to better question the sensations, the feeling of the body at the service of the personal alignment

I'M A FULL PROFESSOR AT ECOLE CENTRALESUPELEC

I also work at Ecole CentraleSupélec, as a coach and as a teacher

In particular, I help students developing their soft skills and define a professional project in line with their aspirations and skills