

## Your coach: Paola A. Patacca

My professional background incorporates 17 years of activities mostly in leading positions in international trade and management. I have worked for multinationals as well as for small regional firms, in Europe and overseas.

More specifically, my areas of expertise are alliance management, customer service, supply-chain, sales and purchasing administration, project management, training and recruitment, and the optimisation of work processes.

Very attentive to **cultural diversity** and to **people's values**, I have been particularly appreciated for having created stimulating, yet respectful work conditions both for my co-workers and my business partners.

The extent of my personal and professional experience has helped me to develop a certain **openness** of mind and to strengthen my natural ability to **observe** and to **listen**.

My two greatest passions are people development and organizational dynamics.

Do not hesitate to contact me by telephone or by email to discover how we can work together.



For more information, please visit my web site: [www.coachinggeneva.net](http://www.coachinggeneva.net)  
or reach me by e-mail:  
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Coaching sessions are available in English,  
French and Italian

*CoachingGeneva*

### **Paola A. Patacca**

Certified coach - NLP Practitioner INLPTA  
Member of the ICF Chapter, Swiss Romand  
Member of the French Federation of Professional Coaches

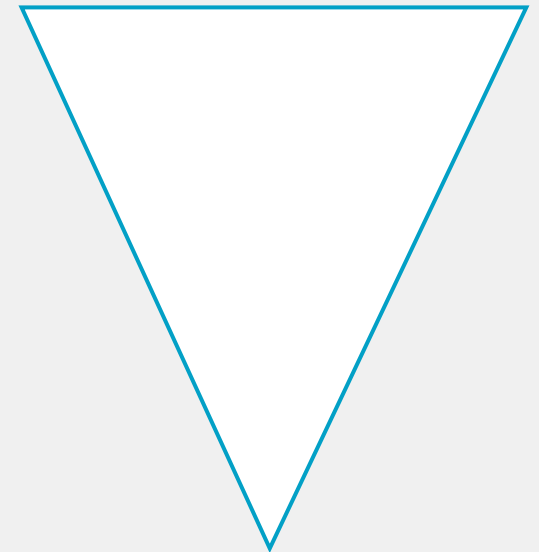
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# The strength of self-confidence®



**Develop people's potential  
through  
personal coaching  
on self-confidence.**

## The development of new skills will enhance self-confidence.

Even if your people have the right skills to perform at your satisfaction, the lack of self-confidence can hinder them at deploying their talent when you expect the most from them.

Inter-personal skills are very often the key to overcoming emotional barriers.

## To believe in one-self gives strength and credibility.

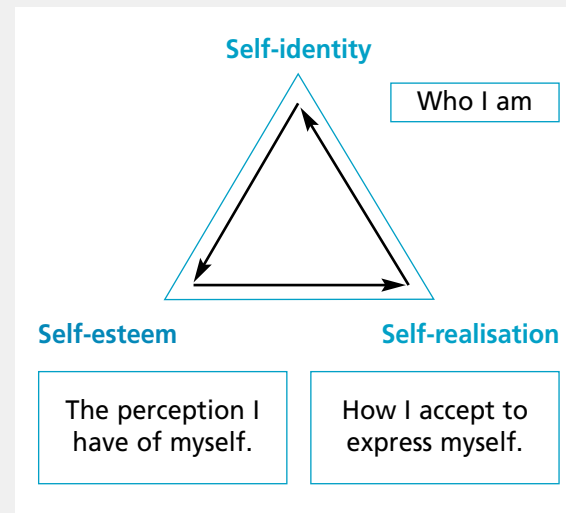
Personal coaching is beneficial to any business professional who wishes to increase his/her level of self-confidence, so to be able to show more assertiveness and ease in daily business.

I offer individual sessions of personal coaching for your employees (generally between 6 and 12 sittings, spread over a period of 3 to 12 months depending on the need and the objective) to learn how to act and react more confidently in the day-to-day work life and to embrace more challenges.

In other words I help people to better do their job and to feel better at work.

## Here are some key results areas:

- Increase the aptitude to adapt to market and organisational changes
- Lead teams comfortably and successfully
- Manage people relationships meaningfully
- Improve communication skills and non-verbal communication
- Learn how to take decisions in line with personal and company values
- Become more assertive in expressing new ideas
- Optimize career management
- Overcome a mobbing
- Cope with job burnout



## Why coaching?

Most of the limits to our potential are not represented by other people, but by unhealthy strategies learnt entirely within ourselves.

Coaching is about discovering those limiting patterns and adopting new ways of thinking and doing things to get the results for you!

## What a coach can bring to you:

As your coach I can help you and your team to realize your true potential.

I will not offer ready-made solutions, but I will help you to find in your inmost being, or in your environment, all the resources you need to achieve your goals and to remove your roadblocks.

## How to pick the right coach?

A good coach has to make the client feel secure, psychologically comfortable, and to provide full trust throughout the sessions. Additionally he/she must be able to adjust to the coachee's progression pace at any time.