



**MY SERVICES FOR EXECUTIVES,
ENTREPRENEURS, LEADERS, AND
COMMITTED PEOPLE.**

**"BE WHAT YOU LOVE AND
LOVE WHO YOU ARE."**

MY MISSION IS TO HELP YOU **TAKE OWNERSHIP OF YOUR
LIFE AND UNLOCK YOUR FULL POTENTIAL.**

LET'S CONNECT TO EXPLORE HOW **PROFESSIONAL
COACHING TOOLS** CAN BE TAILORED TO YOUR UNIQUE
NEEDS AND ASPIRATIONS.

FOR GREATER CLARITY AND EFFICIENCY, SHARPER FOCUS,
FASTER RESULTS, AND **DEEP, LASTING TRANSFORMATION.**

TO HELP YOU OWN EVERY PART OF YOURSELF AND **BECOME
A FULFILLED, ALIGNED, HIGH-PERFORMING HUMAN BEING.**

TO HELP YOU **ALIGN WELL-BEING, PERFORMANCE, AND A
CLEAR, INSPIRING VISION OF THE FUTURE.**

WHO I WORK WITH?

- C-level executives, leadership teams (COMEX, CODIR)
- Leaders, managers and entrepreneurs
- HR, CSR, and QHSE departments
- Purpose-driven investors
- Incubators, accelerators, innovation hubs
- Business support structures & competitiveness clusters
- Training organizations
- Individuals committed to their growth – professionally or personally



MY AREAS OF FOCUS:

MY MISSION:

Unleash your potential

Leadership and entrepreneurship
Change and transition
Talent development
Organizational growth and performance
Personal and professional development

MY OFFERS INCLUDE

- Individual and group mentoring and coaching
- Workshops, seminars, bootcamp
- innovative training and cutting-edge leadership and entrepreneurship programs
- Audits and due diligence of managerial performance, in depth analysis and assessment of the human dimension of entrepreneurship, including both entrepreneurial and leadership strengths and blind spots, team complementarity.
- Consulting and Strategic Support for the growth and development of ecosystems supporting Entrepreneurship and Leadership (accelerators, investors...)
- Support during moments of professional or personal life transition
- Development and management of communities and community platforms to integrate well-being and performance in both business and personal life, tailored to specific needs (professional or personal life transitions, entrepreneurship, enhance inspiring and sustainable leadership while maintaining authenticity).
- White-label platform for community coaching and support tailored for businesses and organizations.

TAILORED SUPPORT

Three, six, or nine-month tailored journeys including individual and/or group sessions, training materials, and flexible follow up between sessions.

For rates and further details, [contact me.](#)



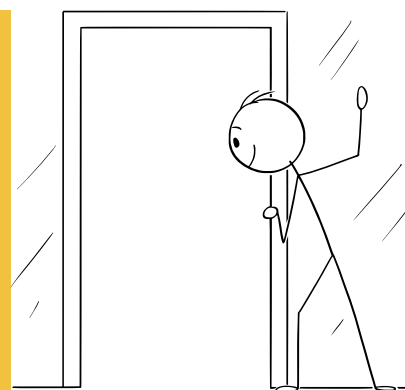
EXAMPLES OF APPLICATION

- Leadership development and empowerment
- Building confidence and autonomy
- Support for first-time leaders and entrepreneurs
- Clarifying your role as a modern leader – embracing both responsibility and authenticity
- Equipping leaders with actionable tools – based on the eBook *“Dare to Lead Your Life — Become an Inspiring Leader Without Losing Yourself”*
- Developing your unique leadership style, in full alignment with who you are
- Laying the foundations for a healthy, high-performing team:
 - Meaning, mission & vision
 - Results-based management
 - Clear roles and responsibilities
 - Safe, structured decision-making
 - Culture of values-based, embodied leadership
- Understanding your strengths, building a team that shares your values
- Designing and nurturing an authentic and inspiring company culture
- Cutting-edge programs to develop leadership & entrepreneurial skills:
 - Personal development
 - Entrepreneurial mindset & skill building
 - Workplace well-being, emotional intelligence & stress management
 - Inner/outer alignment: mind, body, heart & intuition
 - Self-awareness, decision-making, energy balance
 - Harmonizing and balancing professional and personal life
 - Authentic leadership in sales – internal, external, and investor pitches
- Executive onboarding and leadership transition
- Guiding founders and key people through key growth moments: scale-up, handover, integration, innovation, mobility, governance, COMEX and boards structuring and support
- Mental preparation for high-stakes moments

Bonus:

These professional coaching tools also apply to your personal life – for true life balance.

All formats are available for personal, couple, or family coaching. Because whether in business or life, we are all part of a team. And we are one whole person – at work and at home.



Support formats

Training, co-development, mentoring, covision, counseling, facilitation, mediation, mental preparation.

Individual and collective formats.

Hybrid (online/in-person).

COACHING: INDIVIDUAL AND COLLECTIVE

Individual Coaching ?

FOR...

Unlocking potential and helping individuals take ownership of their lives — to take action, grow, and evolve, both for themselves and for the benefit of the group.

Facing personal, deep, or limiting factors with confidence and in full confidentiality.

Shifting perspectives, exploring new ways of thinking, acting, and communicating — and becoming more aligned with oneself and others. Reinventing decision-making and communication styles

Understanding and expressing your unique way of functioning — and feeling confident, grounded, and at ease.

HOW?

Individual coaching sessions respect each person's rhythm, emotional landscape, and pace — to enhance collective impact.

Some topics need to be explored in a confidential, private setting to truly unlock individual and group potential.

Sessions include guided questioning, deep analysis, and introspective work to reconnect with your inner resources.

They offer space for self-discovery through various professional tools and models, along with practical techniques —

all designed to help you become a more aware, aligned, and empowered version of yourself.



Collective coaching?

FOR...

Improving group performance around shared development goals.

Bringing in diverse perspectives and solutions, and fostering collective intelligence and creativity.

Strengthening team cohesion and collaboration.

Enhancing each participant's skills in feedback, communication, and leadership — through real-world and tailored practice.

HOW?

The methodology blends training, peer coaching, and co-development, to:

- Address and resolve real challenges experienced by participants, drawing on lived experience.
- Learn and practice new methods and tools that benefit the whole group, through practical, hands-on application.
- Learn from others' experiences and develop strategies to face similar situations — helping participants anticipate and adapt.

CONTACT ME

READY TO WORK TOGETHER?

To better understand your needs and prepare our discovery session, I invite you to complete this short questionnaire as sincerely as possible. It will help me identify the tools best suited to your situation and offer you a personalized proposal.



I KNOW YOUR TIME IS VALUABLE.
TAKE JUST 5 MINUTES TO COMPLETE THIS SHORT QUESTIONNAIRE – WITH
HONESTY AND AUTHENTICITY –
SO THAT THE TIME WE SPEND TOGETHER CAN BE AS EFFECTIVE AND
MEANINGFUL AS POSSIBLE.
THE GOAL IS TO OPTIMIZE OUR ENERGY, MAXIMIZE YOUR RESULTS, AND
ACCELERATE THE ACHIEVEMENT OF YOUR GOALS.

To help define the key elements of your needs, I invite you to answer a few short questions:

What is the context of your coaching request?

- For personal development
- Sponsored by your company
- To enrich your own offers for your beneficiaries
- For your teams
- Other - please specify

What type of support do you prefer?

- Individual
- Group
- A mix of both
- Community-based, open-access support

What is your current situation?

- I am currently in a position and want to feel better / strengthen my leadership
- I am in a role but want to change jobs or employers
- I'm going through a professional transition
- I have a specific goal I want to achieve
- I feel lost
- Other

What are your core values? *(open field)*

What are your goals, your current project, and your expectations for our conversation or for my support? *(open field)*

What would be the ideal outcome for you after our exchange? *(open field)*

Please send by email to raluvata.sunshine@gmail.com

CONTACT ME