

# Alessia De Albertis

## Life & Career Coach

ICF Certified (ACC)

Italian based in London

[www.alessiadealbertis.com](http://www.alessiadealbertis.com)



## Coaching for me is about trust and integrity.

Passionate for personal development, enthusiastic for exploration and learning, I like listening and challenging people in going through a disruptive prospective change and achieving new awarenesses. That's why I became a Coach after over 15 years in a Human Resources career. Accredited to Professional Women Network, I am actively involved in female mentorship programs, leveraging on a solid professional background in Human Resources, Organisation and Operations in Global Corporates.

### *My purpose*

Driving women in unlocking their talents to become their own life entrepreneurs.

### *My motto*

From intention to action  
From desire to achievement  
From no way to your ways.

### *My clients and methods*

Coaching both English and Italian, my clients are individuals and teams: entrepreneur women, mums returning to work, women in their mid-career who need to improve their job prospects and expatriates looking for a smooth transition in their new life.

### *Three objects representing me as a Coach*

- Sunglasses: coaching offers the lenses to see deeper, opening new perspectives to achieve goals.
- Camera: beyond words, I am trained to work with the evocative powers of photos and self-portraits.
- Running shoes: supporting women in their well-being research through mindfulness practices and outdoor walking coaching sessions (for those living in London).

## My method and certification/ trainings

I adopt a systemic evolutionary coaching approach, enriched with photography based tools and talents self-discovery exercises.

- Certified ACC level by the International Coach Federation
- Systemic evolutionary Coaching Master Diploma
- Photocoaching program
- Team creating value
- CliftonStrengths for individuals assessment tool
- Parenting by connections