



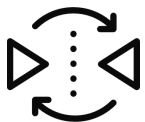
MAP YOUR JOURNEY AS A RESILIENT LEADER

Brief Executive Coaching Program

Experience the alliance, support and partnership with a coach to retain balance & move forward.

A tailored combination of:

- Solution Focused Coaching Sessions with highly experienced professional coaches
- Tools, Assessments, Learnings for Resilience



REFLECT

and “look at yourself in the mirror”, within a safe and trusting partnership



STRATEGIZE

on how to keep your team engaged and more resilient



STRENGTHEN

your overall resilience strategies and capabilities



OPTIMIZE

your use of time and focus your attention on what counts



EXPAND

your positive influence with stakeholders through managing relations

Krysta Tzelepi, M.A., PCC is a seasoned solution focused leadership coach, team facilitator with over 2000 hours of coaching executives at all levels. She is the founder, managing partner of Treasure Lab Ltd, an International Faculty Member of Solution Surfers and a Celemi business partner for Greece and Cyprus.

Together with her colleagues and the client, they co-create coaching & leadership development programs. The programs are practical, contain steps, use coaching as a tool for change and bring tangible results. So far, over 4,000 executives have participated in such programs. Clients are large and multinational companies, indicatively: Alpha Bank, BIC, Eurobank, Fraport, JTI, Lafarge, Leroy Merlin, L'Oreal, Mitsis Hotels, National Bank of Greece, Novartis, TITAN and others.

With studies in Psychology and an M.A. from Tufts University, Krysta started her career in HR and served as an HR Manager for Marks & Spencer, as Learning & Development Mgr for Citibank, before making a shift to Learning & Executive Development with her own consultancy firm in 2000.

As an ICF accredited PCC coach, since 2010, with over 2000 logged in hours, she is one of the pioneers who brought coaching to the Greek market in 2004 and who later introduced solution focused coaching in Greece. Since 2011, she runs the Solution Focused Coaching School, for internal coaches only, in cooperation with SolutionSurfers International. In 2019 the Coaching program that she designed for Leroy Merlin received an HR Award.

Krysta has also been trained as a Certified Professional Co-active Coach, is an Authorized Team Facilitator by TCI and in 2019, she became a PCC Assessor, for the ICF. As a speaker, she has participated in HR and Management Conferences in Greece, Turkey, Romania etc. as well as TEDx events.



Dr. Eleni Tzelepi-Giannatou is a seasoned professional, well-known in the field of resilience, with over 25 years of experience in education, stress & resilience. As a Senior Associate of Treasure Lab since 2013, she has designed Resilience & Train The Trainer programs, while regularly facilitating and coaching executives and managers in solution focused coaching and management development programs.

She has conducted extensive research in the field of stress and coping in collaboration with European research institutes, focusing on stress management and resilience in the family and schools and has presented papers in many national and international psychology conferences.

With an MA in Psychology and Education from the University of London, Institute of Education and a PhD in Educational Psychology, investigating the effects of stress in adolescence, she has had an interesting professional journey. Her multifaceted professional experience started from teaching in private schools, serving as a Special Needs Evaluation Counselor at the Pedagogical Institute of the Greek Ministry of Education and moving towards counselling and coaching executives, families and children, while also holding public speeches on Resilience, Stress Management and related topics.

She is a member of the International Coaching Federation (ICF), the British Psychological Society (BPS), the Hellenic Psychological Association (ΕΛΨΕ), the International Association of Applied Psychology, the European Society of Developmental Psychology and the Stress and Anxiety Research Society.

