

**IRINA PALARIE – CERTIFIED COACH, HR PROFESSIONAL, CAREER & LIFE TRANSFORMATIONAL COACH**

Irina has over 20 years' experience as HR business partner and country HR Manager working across industries for major companies such as Citigroup and Danone. With more than 200 coaching hours conducted just in the last two years, Irina has an active career as an executive transformational coach using her skills to support both businesses and individuals' success. A life-long learner, she likes to keep learning and stretching herself in new fields. In 2019 she shifted her career focus from people's growth in companies to people's emotions and behaviours by starting a four-year Psychology degree alongside her HR consulting and coaching practice. She continuously enjoys juggling with the complexity of roles in her personal life: happy mother of 2, wife, daughter, sister, godmother, pets' owner, friend etc. feeling grateful for each day passing-by.

**AREA OF EXPERTIZE**

- Positive Intelligence
- Mental fitness
- Transformational coaching
- Career Coaching
- HR Business Consultancy
- Team Development

**COACHING STYLE**

Her passion lies within strengthening our relationships using kindness, building presence and taking courageous actions to reach our potential. She strongly believes that each individual is unique, with a unique path and context he/ she is living in. She has an empathetic approach, creating space for the client to express one self, to develop and grow at one's pace. She prefers to be an along-side companion, using her skills to accompany you on your own path. Each one of us has everything one needs inside the self, so she sees her coach role as to challenge, stretch, bring out in the awareness zone those resources. The tools she masters are specifically used in this direction, with a high level of compassion, non-judgement and focus fully on client's own objectives.

**TRAINING**

Mind Learners Coaching School, accredited by ICF – 2018  
Belbin Team Roles Accredited

**CLIENTS**

Managers/ Executives/VPs and women/ mums living usually in Europe. She coaches in English and Romanian.

*"For me, Irina was not just a coach, she was THE coach for that period in my life when I was wondering through life."*

*(Client Sabina, HR Director from Romania)*

Contact at: [www.mothersasleaders.com](http://www.mothersasleaders.com)