

New!

Emotional Intelligence: How to Make it Work

A Practical Online Workshop



- Learn why EQ is the new IQ and make emotions work for you
- Connect with others & manage your relations at work

A unique online series combining: 2 workshops & one coaching session

The Benefits:

- enhance your EI self-awareness
- explore the 4 components of Emotional Intelligence
- practice EI on real life scenarios
- learn how to make EI a success factor even in a virtual environment
- apply new strategies to unexpected stressors
- create your personal action plan for EI progress

The World Economic Forum places Emotional Intelligence in the top 10 skills you need to thrive in the 4th Industrial Revolution (Future of Jobs Report, World Economic Forum)

The Facilitators

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 Calemi 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.

Christina Galani, MSc is an Occupational Psychologist from the University of Nottingham, a psychotherapist and facilitator. She has 12 years of previous senior management experience in the Shipping industry, having served in Customer Service and HR functions. During her time as a Cluster HR Manager, she spent several years supporting and training C-level executives, facilitating their way through difficult business challenges such as restructuring, offshoring, mergers and digital transformation.



She has designed and facilitated programs in communication & leadership skills, including "Emotional Intelligence@Work for Professionals and Leaders", and "Stress Prevention through Mindfulness" for clients in the fields of Shipping, Transport/Logistics, Education and Pharma.

As a psychologist, she holds certifications in psychometric testing (British Psychological Society, Level A), in Effective Parenting (Gordon International, PET) and Mindfulness techniques. She is currently being trained in SANE - System Attachment Narrative Encephalon® therapy at The Training and Research Institute for Systemic Psychotherapy.