



1 Day SF Coaching

with Krysta Tzelepi M.A, PCC
Managing Partner Treasure Lab PC

One Day Solution Focused Coaching in 2 online training sessions.

Fully interactive, containing activities, online practice in breakout rooms, discussions in plenary, ready-to-use tools and a personal action plan.

Ideal for those who want to learn what coaching is and how it works.

Especially for those who want practical tips and ideas on how to practice solution focused coaching with their team and peers.

Research has shown that systematic coaching boosts engagement in teams.

What will I learn?

- Focusing on Solutions - The SF Methodology
- Practicing Solution Focused Coaching
- The Solution Focused steps as a “ready to use” tool
- Questions that Help
- The Scaling Tool
- The Use of Sparkling Moments



Action Plan: how will I add “coaching moments” to my work life

- *Interactive, appropriate and contemporary content! Excellent facilitators and venue. M.Georgiadi, Senior Manager, Performance & Talent Management at OTE Group*
- *An interesting, refreshing, useful, multi-faceted workshop, with emphasis on the outcome. I enjoyed it! D.Ganoudis, General Manager at Great Place to Work Institute Hellas*
- *To get stuck on the problem is what we usually do. What really excited me in the Solution Focused approach is that it helped me to focus and spend more energy in finding solutions. T.Passas, Director of Human Resources at Hilton Athens*
- *Despite my sound knowledge of coaching so far, this workshop was revealing, I discovered new perspectives! S. Sfakaki, People Growth Facilitator / Person-centered Counsellor.*
- *It was definitely one of the best workshops I have ever attended!*
V. Kyriazis Logistics Manager, Sarmed

KRYSTA TZELEPI, M.A., PCC is a seasoned solution focused leadership coach, team facilitator. She is the founder, Managing Partner of Treasure Lab PC, an International Faculty Member of Solution Surfers and a Celemi business partner for Greece & Cyprus. Krysta has also been trained as a Certified Professional Co-active Coach, a certified IC Agile coach, is an Authorized Team Facilitator by TCI and in 2019, she became a PCC Assessor, for the International Coaching Federation-ICF.

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 HRDC, her own consultancy firm in 2000.

An ICF accredited PCC coach, since 2010, 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. As a speaker, she has appeared at HR and Management Conferences in Greece, Turkey, Romania etc. as well as TEDx events.

At Treasure Lab, together with her team and the client, they co-create coaching & leadership development programs for large and multinational organizations. The programs are practical, contain steps, use coaching as a tool for change and bring tangible results and ROI. In 2019 the Coaching program that they designed for Leroy Merlin received an HR Award.

Krysta is a founding member and President 2021 of ICF Greece, a founding member of HCA-EMCC and a member of GPMA.

