



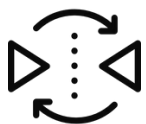
Reconnect to your Strengths
Explore your Vision & Work on Your Goals

MAP YOUR JOURNEY AS A LEADER

Peer Coaching Program

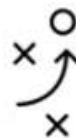
What you will do during the program:

- You will boost awareness on strengths and resources
- You will define a personal vision that drives you
- You will specify 2 key goals and draft solutions
- You will benefit from Peer Support and Peer Coaching



CLARITY

Gain Clarity on Values & Strengths



PERSONAL DESTINATION

Visualize and explore your Personal Destination



CONNECTION

Connect with Others & Share Experiences



GOALS

Work on 2 Impactful personal Goals



EXPANSION

Enhance your positive influence through managing relations

Krysta Tzelepi, M.A., MCC is a seasoned solution focused leadership coach, team facilitator with over 2500 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, 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, ACC 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.



Alexandra Lekkou is a Senior Associate of Treasure Lab PC. An experienced People Management expert and certified Coach, Facilitator, and Positive Psychology Practitioner, with a genuine interest in people and belief in their potential.

Holding a Master's degree in Psychology (Sussex University) and Bachelor's in Sociology (Panteion University), she built a career in Human Resources Management and Consulting, focused on talent management, leadership development, culture management, employee experience, and well-being.

Over 25 years, Alexandra gained extensive industry experience at large organizations, multinational and Greek, in award-winning HR teams, progressing from regional specialist roles across HR functions (Competence Development and Compensation & Benefits senior specialist at Ericsson) to Senior HR Management roles (Advisor at BP and Senior HR Manager at WIND).

She has also held Consulting roles at the beginning of her career, HR Consultant at Response, and many years later, as Director, Leadership & Organizational Culture at Stanton Chase.

Alexandra has always been working to support individuals and teams to grow and organizations to foster an engaging and enabling culture and has been a key contributor to culture transformation projects and is trusted for her ability to lead change.

She is also passionate about the science of well-being and putting it to practice for bringing positive change, and to that end in 2022 she co-founded theHappyLab.

Alexandra is a member of the International Coaching Federation and the International Positive Psychology Association, she enjoys volunteer work with NGOs and start-ups and acts as Mentor for Women on Top, and Job Pairs, and as a facilitator for Action for Happiness.

In her free time, Alexandra enjoys exercising through dance, "warm" gatherings, and trips abroad with family and friends, as well as quiet time with her pets or by the sea.

