

Coach Biography



Cristina Llamas-Rey, Ph.D.
Coaching Director

Cristina Llamas is a Professional Coach and a member of the International Coach Federation (ICF). She was an executive for nearly 10 years and has been in the coaching arena since 1999.

Cristina trained professionally at Coach University and is the founder of InterHumano, a personal and professional development firm. She is dedicated to working with professionals, executives and business owners who want to achieve their full potential in their careers or businesses. During the coaching sessions Cristina focuses on providing motivation, enhancing skills and refining client's performance. Her practical and supportive approach inspires clients to develop their confidence, make better decisions and achieve their goals more easily.

Prior to coaching, Cristina was a lawyer, a management consultant and a business executive. She holds a Ph.D in Law and has an international experience having lived and worked in the US, Canada, France, Italy and the UK.

QUALIFICATIONS:

Professional Coach
Coach University trained
Stress Management Diploma

MEMBERSHIPS:

ICF Member
IAC Member
Institute of Directors



Personal Coaching

Personal coaching is one of the most effective tools for achieving personal fulfilment and professional success. The role of a life coach is to provide a framework of strategies to help you realize your specific goals and overcome any obstacles that are preventing you from reaching your full potential. A life coach can focus on:

* optimizing work/life balance

Bringing balance to your life by creating compelling goals in the key areas of your life and assisting you in finding the resources needed to achieve them successfully.

* career and business development

Coaching professionals to progress in their careers, create a more satisfactory work environment or manage a career change or a transition into a different profession.
Coaching business owners in building relationships with key clients, conducting negotiations and getting more business.

* management of relationships

Working towards successful resolution of conflict both on personal or business environments using a structured approach based on win/win concepts.

* personal development

Assisting individuals in building confidence, breaking through personal barriers and achieving the changes in behaviour they want. Solving specific problems, making better decisions, reaching goals or finding your unique identity and personal or professional purpose.

* improvement of lifestyle

Exploring and creating a vision of the life you really want by removing barriers and limiting beliefs, developing compelling goals in areas such as health, personal image, finances or time management. Bringing out your personal best to create a fulfilling lifestyle.

Programs & fees:

Coaching starts with a Personal Consultation followed by a 3 month program. Sessions take place weekly, each 55 minutes long in a variety of forms: face to face, by phone with email support.

Fees start at €250 per month to be paid at the beginning of the month for 3 weekly sessions of 50 minutes each. Bespoke programs are available.

For further information, contact us via email on:
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