

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—ICF
Coach University trained
Stress Management Diploma

MEMBERSHIPS:

ICF Member
IAC Member
Institute of Directors



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Executive Coaching

What is coaching

Executive coaching is the art of improving the performance of others by providing guidance and motivation. Coaching is one of the most effective tools for achieving personal fulfilment and professional success.

The role of a 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 professional or business potential.

The coaching process

Coaching starts with an initial consultation where the coach works closely with the client to identify where the client is now, where the client wants to be and any possible obstacles in the way. An action plan and a step by step approach is then worked on together with the coach. Areas for coaching include:

? *performance and leadership development*

Working with clients to identify clear goals, remove barriers, provide motivation and develop personal and professional confidence so the client can achieve their goals.

? *career and business development*

Coaching professionals to progress in their careers, create a more satisfactory work environment or manage a career change. Coaching business owners in building relationships with key clients, developing selling skills and getting more business.

? *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.

? *management of stress, change or conflict*

Working towards a satisfactory outcome in critical situations and resolution of conflict both on personal or business environments using a structured approach based on win/win concepts.

Programs & fees:

The time frame for a coaching program depends on the issues to be addressed. Coaching starts with a Personal Consultation followed generally by a 3 month program. Sessions take place weekly, generally on the phone with additional email support; each session lasts 50 minutes long.

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 and Scholarships are available.

For a FREE Information Pack, contact me via email on: cillamas@interhumano.com.

