

“One of the best coaches I have met....practical, smart advice with the much needed occasional pushe. I really appreciate your flexibility and non- judgemental listening.”

Jacques Bonvin - CEO - Solstis Sarl



Francesca Giulia Mereu

Location: Switzerland.

Languages: Italian, English, French, German and Spanish.

All the expertise: Coach, Trainer.

My best story

“Flying back from Kenya, I felt grateful and honored to be able to coach and support such courageous people who risk their lives to assist the victims of conflict and war...”

Overview

Francesca has worked worldwide as an executive coach and trainer for almost 20 years. With bases in Canada and Switzerland, she works with senior leaders and managers in global organisations enhancing and improving communication, performance and well being.

Areas of Expertise

Communication skills: Influencing without formal authority • Personal energy management • Team building • Stakeholder management

Licence to Practice

Francesca left her native Italy at the age of 19 and since then has lived and worked extensively in various cultures such as Poland, Jordan, England, Switzerland and most recently China and Canada. She holds a degree in Anthropology and Sociology which allows her clients to benefit from her theoretical and practical cross-cultural knowledge on how to lead in different contexts.

- NLP Master Practitioner
- Certified coach both with Ashridge Business School and with Boas TL (recognised by ICF)
- Experiential learning trainer
- Yoga teacher, qualified in kinesiology, Qi-gong and Brain Gym
- BA in Anthropology from Lausanne University (Switzerland)
- Certified to use LEA (leadership effectiveness) 360° and AIMS 360° by Ashridge
- Psychometric instruments: MBTI Step I and II, FiroB, Hogan, Motivation Factor, IDI. PD

Satisfied clients, include

IMD Business School, WFP, UN-Aids, Leo Pharma, Eli Lilly, NetWork Rail, ICC, Maersk Shipping, Novartis.

Three words that describe me

Energizing | Caring | Flexible