



ANNA FOTINI PASCHIDOU

Life Executive & Business Coach - Business Consultant

PROFILE

I am a goal-oriented person ready for new challenges. I love studying and learning new skills. My purpose in life is never to give up developing myself and help other people do the same when requested.

I enjoy life to the fullest and I see all odds as an opportunity for my personal growth.

I enjoy teamwork and I strongly believe that a good team can go further and can reach higher goals.

CONTACT

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RESIDENCE
Greece

HOBBIES

- Traveling
- Reading
- Cinema
- Trekking
- Animals
- Cooking vegan menu

MEMBER

- Of EMCC (European mentoring and Coaching Council)
- President EMCC Greece 03/2024
- Vice President Standards of EMCC Greece 03/2022 -03/2024
- Since July 2019 I am Pearson assured as Executive Coach
- Assessor of EMCC Global and 5 Day Challenge facilitator

EDUCATION

Coaching Evolution International, London

September 2017 – June 2019
Life Coaching at Practitioner level

University of Aegean, Greece

April 2016 – November 2017
Life & Business Coaching and Mentoring at Foundation level

Gerrit Rietveld Academy, Amsterdam

August 1998 – July 1994
Audiovisual Design

Athens University of Applied Sciences, Greece

February 1983 – June 1988
Graphic Design

2nd Highschool of Serres, Greece

Graduated Highschool in June 1981

COURSES

University of Aegean, Greece

June 2020 – May 2021
Life and Executive Coaching

Open University, Greece

June 2020
Crises as an opportunity for Life reprogramming

University of Aegean, Greece

March – May 2020
Relationship Management of Problematic Adults

Open University, Greece

2017 - 2018
The art of Life

Petros Theodorou, Gestalt Psychotherapist

October 2016 – June 2017
Training of PSP (Process Stage Praxis) Method

Non-Violent Communication Greece

5 Courses during 2016 – 2022
Training on the basics of Non-Violent Communication

LANGUAGES

- Greek (mother tongue)
- Dutch proficiency level
- English proficiency level

Marisa Peer, Hypnotherapist

2018

Followed her full program 'I am enough'

Evercoach by Mindvalley, Rich Litvin

2018

Training on Exponential Coaching

Naxios trading & Imperial trading

2009 & 2011

In house course oil brokerage procedures

Supermed

2007

Effective Marketing

SERVE

2006

International Trading

SEPVE

2005

Marketing and Sales

IEK

2/2000 - 7/2000

Management and Human resources

Hi-silver consultancy

1998

Management a hands-on approach

OK consultancy

1996

Multi Media – Internet & HTML

WORK EXPERIENCE

Brite Solar Hellas, Business Development Consultant

June 2023 – Now internal

- Consulting for Business Opportunities on Solar Energy
- Fundraising for Implementation of Solar Farms
- Promotion of transparent solar panels for greenhouses in NL

Brite Solar Hellas, Business Coach

February 2016 – June 2023 external

- Executive Coaching
- Team coaching

Rehabilitation Center Life Coach & Counselor

April 2020 – September 2021

- Group Coaching
- Private 1on1 Life Coaching Sessions
- Family Counseling

Life & Business Coaching,

June 2016 – Now

- 1on1 Life Coaching & Mentoring Sessions
- Business Coaching for small to medium companies

Business Consultant

October 2008 – 2024

- Rafael Araiza Consulting CH
- Imperial Oil and Gas Trading Ltd. UK
- Naxios Trading Ltd. Cyprus
- Alsara import/export Egypt
- Objective Knowledge NL

Supermed LP, General Manager

October 2007 – March 2014

- Contacting New Suppliers
- Participating in International Trade Expos
- Running Daily Operations

Kruzikino Trading LTD Cyprus, Co-Owner

April 2010 – Julie 2014

- International Trading in various products
- Brokering

Topio Publishing Greece, Art Director

June 2008 – 2022

Supervising the design and production of artistic photo books

Advanced Software Technologies Netherlands Greece, General Director

January 1999 – November 2007

- determination of the software product portfolio
- leading the commercial and technical staff
- support for commercial staff with acquisition
- account management of strategic accounts

Objective Knowledge Netherlands, Office Manager

August 1997 – January 1999

Creating and maintaining an optimal working environment

SKILLS

creative, improvisation, perseverance, adventurous
organizational, fast learner, positive attitude, solution oriented, cooperative