

BECOME YOUR COMPASS



CAREER
COACHING

Take your career to the next level
in one month



Career & Life
Empowerment Coaching
by Christina Ntouka

BECOME YOUR COMPASS CAREER COACHING 1 MONTH PROGRAM

You are here because you see that something doesn't fulfil you in your professional life at the moment.

This program is for you if:

- You are tired of settling for mediocre and want to realize your full potential!
- You are frustrated and have no idea what you want to do with your life
- You lack confidence in your career and feel paralyzed when you apply for a job
- You are scared of making a career change that seems impossible or too risky
- You need to overcome self-doubt and confusion and be confident about the decisions you make
- You want to get paid doing what you love

Here's what you'll learn:

- ✓ **UNIQUENESS**
What your skills, talents, interests and strong points are
- ✓ **EFFICIENCY**
How to make efficient use of your time in order to progress in your career research
- ✓ **CREATIVITY**
How to create this new life from the truest expression of who you are
- ✓ **DETERMINATION**
How to take back full control of your life—no matter your circumstances
- ✓ **DISCIPLINE**
The strategy to overcome self-doubt and fear as you build your new and improved life
- ✓ **GO-GETTER ATTITUDE**
How to achieve your biggest goals and dreams as quickly as possible staying in massive action

What is included:

- 4 Group Coaching sessions of 45 min (one every week)
- 2 Personal Coaching Sessions of 1 hour
- 4 Guidebooks with exercises of personal reflection
- Continuous support: Direct access to me by text message and calls

go getter: noun
someone who is very energetic, determined to be successful, and able to deal with new or difficult situations easily

BONUS

- 40 Page Guide on how to sharpen your Resume, Interviewing and Networking Skills



I WANT TO BE PART OF THE
CAREER COACHING
PROGRAM

THEY FOUND THEIR DIRECTION

"I really recommend giving yourself the gift of Coaching and especially with Christina. I really needed some help to kickstart my career ideas and put together all the things that were floating in my head. Together with Kristina we built a routine that has really helped me overcome daily setbacks in my work and to see my goals in a clear way! It felt natural to speak with her and I felt that she really managed to make sense of my needs." - **Dora Bitsi**

"Christina in a very simple and clever way helped me to understand the strengths and weaknesses of my personality. I was able to express them in a professional way in a timely manner. If you want to know your self and your potential better and be able to communicate effectively in your job search, I would highly recommend working with Christina." - **Vivian Leigh**

"Working with Christina will be excellent. From the very first contact with her she was excellent as she was able to understand my professional needs to achieve the best possible result. With the launch of our partnership, the quality of her work was immediately apparent, as she was highly organized and methodical with quick response throughout our communication. I would highly recommend working with Christina as I was thoroughly pleased with the outcome in preparing my next step for my career." - **Tsampikos Lyristis**

"My collaboration with Christina was awesome! We worked on a variety of topics such as confidence and interview preparation (which was amazing), procrastination that gave me valuable tips as well as a more general guide to finding a job! I highly recommend her and would cooperate again in the future if needed! PS She is always available and willing to help with her wonderful smile and positive energy." - **Amariliz Papamarinopoulou**

"Once again I want to thank Christina for accompanying me and being an important leverage during this period of research. She helped me by posing the right questions, and provided the right tools that I needed to respond to the circumstances with all of her being. She is always positive and has a smile on her face, she is very compassionate and without any judgement. I recommend working with her without any doubt." - **Laure Wiertz**

"I have collaborated twice till now with Kristina. I met her accidentally and I feel pretty lucky for that. She is a great professional and has a passion for helping people to find their own "compass". Kristina Duka helped me in a variety of concepts during my preparation for my first professional interview and my post-graduate studies in Holland. Through the sessions we had, I acquired the tools I needed in order to believe in my self, recognize my real life-goals and move dynamically towards that direction. I definitely recommend her to anyone who wants to overcome his or her "inner obstacles" and mind restrictions in order to release the maximum potential." - **Panos Mouggridis**

"What I loved about Christina is that above all she is a person who empathizes with you and fulfills you with positive energy. She understands your needs, wants to really help you discover your goals and will do everything to achieve it! In my case, I felt I had an ally on this journey, I felt safe and secure. Christina, in addition to helping you discover your goals and give you all the tools you need to succeed, doesn't stop there. She is the one that will deal with your case in-depth, find your skills and weaknesses, that will show you ways to be the best you can be in each case." - **Smaragda Fouriki**



Christina helped me a lot with our work together. In each session she was full of understanding, patience and perseverance to achieve my goal. She managed to help me to improve my thinking in my daily life so that my life can be improved in all areas. She is very organized and transmits her positive way of thinking. I highly recommend her !!!" - **Maria Chounou**

"I worked with Kristina for the past year. She is an amazing professional. She is able to quickly assess the situation and offer concrete tools and processes that enable successful growth. She is trustworthy, encouraging and insightful. Our sessions have proven very valuable to me. I can't recommend her enough." - **Konstantina**

"Christina is an amazing person with great insight skills! Right from the first session she gains trust and guides artfully the procedure at your own pace, helping you realise your possibilities and find your own way. Christina thank you for everything!" - **Evi Bouna**

EMPOWER YOURSELF
GUIDE YOUR LIFE

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