



NATÁLIA LEAL

COACH & TRAINER

EXCLUSIVE, TAILOR-MADE, VIRTUAL AND IN-PERSON COACHING

Empowering you to successfully navigate
your life and career transitions

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“I have a clear understanding and strategy now how to improve my career as well as my personal life.”



“My mission
is to empower
you to reach your
full potential.”

NATÁLIA LEAL

EXPERIENCE AND EXPERTISE

I draw on 20+ years' experience across countries and careers (from Academia, to policy-making and executive management).

I am a certified Professional Life Coach & Behavioural Coach, and I hold a specialisation in Positive Psychology, as well as a PhD and Master.

MY STYLE

My style is intuitive and flexible, building on my top 3 character strengths of judgment, perspective and love of learning. I use an eclectic approach, combining tools from positive psychology, CBT, neurosciences, career design, organisational change, system's theory, and coaching.

LANGUAGES

I speak fluent English and Portuguese; conversational French, Spanish; and some Italian, Dutch.

FOR FUN

I love to read, solve jigsaw puzzles, watch movies, practice Tai Chi and Qigong, and when possible scuba-dive. I also volunteer with multiple organisations.

BOOK A FREE DISCOVERY CALL NOW

➔ www.natalia-leal.com/contact/

@ contact@natalia-leal.com

in [natalialealcoach](https://www.linkedin.com/company/natalialealcoach)

IMAGINE HOW MUCH YOUR LIFE WOULD CHANGE IF YOU KNEW EXACTLY WHAT YOU WANTED AND HOW TO GET IT!

I can show you how. By using my tools, knowledge and experience, you get a shortcut to solutions!

I offer tailor-made coaching paths to empower open-minded internationals – including expats and their partners, executives, diplomats, academics, graduate students and those considering retirement – to navigate their big and small career & life transitions (whether that means a new country, new career, first job, retiring, marriage, empty nest, etc.)

I will help you find a clear and meaningful direction, nurture a constructive mindset, and design a concrete action plan; all in a safe, confidential, but also challenging environment.

Stop feeling stuck and lost, overwhelmed, running on automatic pilot, or unsure where to go next!

Take (back) control and choose your path to a successful career and happy life!”






CHALLENGES I WANT TO ADDRESS THIS WEEK:

- 1.
- 2.
- 3.



LIFE COACHING

Want to make life changes? Set a new goal? Looking for a more meaningful and purposeful life?

-  Clear goals, along with a plan for long-term success and growth
-  Overcome your fears and limiting beliefs
-  Greater clarity and focus about your life
-  Increased confidence
-  A more fulfilling, joyful life, that harmoniously combines the various dimensions of life

**Realize your potential!
Lead a happier, more successful life!**

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“My confidence is boosted and I was able to do better in the interviews and landed with a new opportunity helping me to build confidence in all aspects of life.”

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“I finally feel like I know what I want and where I want to go, and that I am capable of tracing my own way there, feeling confident that I’m on the right track and comfortable to re-evaluate and change when necessary.”

 www.natalia-leal.com



CAREER COACHING

Feeling stuck in your career? Are you considering a new stage in your career or doing a career switch?





-  Greater satisfaction at work
-  More energy and motivation
-  Less stress and anxiety
-  Sense of continuous learning and development in the workplace
-  Better work/life balance

Find what makes you unique in the job market. Get to the next level of your career!

NEED A SOLUTION FOR YOUR ORGANISATION'S SPECIFIC CHALLENGES?

Want to grow beyond where you are now?

Contact me to know more about my solution-focused consultancy services for organisations, and tailor-made training for teams and groups.

-  Clarify your organisation's challenges, goals and available options
-  Improve performance, mindsets, skills and self-sufficiency
-  Increase employee satisfaction, engagement, retention rates, and creative problem-solving
-  Create a positive organisational culture!







EXECUTIVE COACHING

Want to be a great leader?

Want to improve performance and inspire your team?

Are you able to set a clear vision and strategy at work?

Are you about to/have you recently been promoted?

-  Improved internal leadership abilities
-  Clear plan to achieve your goals
-  Increased overall business performance and productivity boost
-  Improved retention rates, as well as engagement and satisfaction levels

Make a greater impact at work. Inspire your team. Enhance your performance, leadership skills and emotional intelligence!

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“Natália is open minded, friendly and professional all at the same time. I specifically liked the fact that she has a broad interest and knowledge of many subjects so you can bring pretty much anything to the session that you want to work or be advised on.”

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