

Her passion about leadership, culture, health, stress awareness and well-being have led her to start her own practice as a trainer and coach.

Working in global corporate environment for many years helped Gergana to grow as well-rounded culturally aware professional with a unique ability to relate to people with various backgrounds. Her passion for well-being and living healthy helped her to achieve her biggest achievement – providing Stress Awareness training for more than 500 people.

As a coach Gergana supports her clients to recognize and live their own values and strength, develop personally and professionally so they can live fulfilling life.

For me emotional intelligence enables us to recognize our own emotions as well other people's emotions. Furthermore, emotional intelligence is the ability to use our awareness to recognize our own emotions, resist impulsive reactions and being able to listen from the bottom of the heart.

As a coach and consultant who has broad experience in communication and personal development, I am firm believer that EI has significant role in our professional and personal lives. The ability to recognize and manage our own emotions and ability to be more flexible and adaptive and to express emotions in assertive constructive manner can be a real recourse for professionals dealing with workplace challenges.