

"I've always felt closest to my essence when either helping people or doing something related to music (usually singing or dancing). I believe that the Emotional Intelligence is a key factor in our happiness and sense of completeness. The proof for that is my personal experience, more precisely the difficulties I have managed to overcome by developing the skills of the Emotional Intelligence. This motivates me to keep exploring it.

I made my first steps in the dimension of this new awareness four years ago, and since then I have never stopped learning, looking for more information, observing, trying new experiences, exploring new techniques, analysing the results and sharing my learnings with others.

Unfortunately, the topic of the emotional maturity still does not receive the attention it deserves - neither in the family, nor in school, nor in the conversations between us. On the other hand, many of us feel the need to share their emotions in a secure environment, where there is no judgement but understanding and love. Perhaps unconsciously, I could sense this even before I started to be interested in Emotional Intelligence and in my communication with the people around me I have always strived for that. I believe that the very process of sharing, acknowledging and accepting is the first and major step in emotional growth and understanding of oneself. The presence of a coach in this process brings clarity, direction and confidence and reduces the time to achieve a certain result or simply a state of awareness.

I myself struggled for a long time with my inner demons and fears, but now I can proudly and happily say that I have made the changes that I have aspired to. And I know how I managed to achieve it - identifying the obstacles, testing different techniques, philosophies and approaches, and slicing out those who work. I was reading, learning and exchanging experience.

And now I am happy to share what I have learned with people who are looking to find the connection with themselves, but often get lost in the storm of events, reactions and emotions; With those who want to realize their potential; Those who feel they are on the right track but are not sure what from everything they tried delivered them results; Those who want to communicate more effectively with others. "