



FEDERICA DE NARDI

MENTAL COACH - EXPERT IN CHANGE

CONTACT

- +41 79 599 18 14
- f.denardi@mycoachingpartners.com
- Chemin du Muveran 4,
1012 Lausanne (VD) - Switzerland
- www.mycoachingpartners.com

EDUCATION

- 2024, Candidate EDDBA, International Management School Geneva
- 2024, Trainer in Emergent New Neuro-Linguistic Programming (NLP) by John Grinder and Carmen Bostic St Clair
- 2022-2023, The New code for Extraordinary coaching by John Grinder, Carmen Bostic St. Clair and Michael Carroll
- 2021, Master Trainer in Mind Mapping, Speed-reading and Memory by Tony Buzan
- 2021, Hypnosis Practitioner, London Academy Hypnosis
- 2018, Senior Trainer in NLP and New Code NLP by John Grinder and Carmen Bostic St Clair
- 2017, International NLP Coach
- 2017, Master Practitioner in NLP
- 2017, Certified Practitioner in New Code NLP
- 2014, Certified Practitioner in NLP
- 2001, Italian Government Licenced Biologist
- 2001 Master "Clinical Research Associate", University of Ferrara (IT)
- 2000 Degree in Biology (Physiopathology), University of Ferrara (IT)

LANGUAGES

- Italian (Mother tongue)
- English (Fluent)
- French (Fluent)

MY PROFILE

Fascinated since childhood by the intricate mystery of life and its evolution through the interplay of genetics and the environment, I graduated in biology, specializing in pathophysiology. This path led me to work for many years in pharmaceutical companies with the intention of contributing to patient care. I've always been fascinated by what was outside the Gauss curve and how essential a personalized approach is. Is there a way to influence our health through thoughts and actions? I found the answer becoming a New code NLP* coach and I committed to make available this innovative methodology to my clients for a personalized transformation.

*Neuro-Linguistic Programming

MY MAIN SKILLS

- Guide individuals in turning challenges into significant accomplishments
- Highly motivational, results-driven, with exceptional organizational skills and a strategic mindset
- Operate effectively on individual, team, and organizational levels
- Unique public speaker with strong persuasive communication and negotiation abilities
- Committed to my personal development
- Sharp intellect paired with an insatiable curiosity
- Deeply rooted in personal integrity
- Great sense of humor
- Develop coaches to attain world-class expertise
- A passionate drive to uncover new patterns and continue advancing Emergent New Code NLP techniques
- Senior Marketing Manager with experience in the pharmaceutical industry at both local and EMEA headquarters levels

MY COACHING PROFESSIONAL EXPERIENCE & CREDENTIAL

Senior Partner of my coaching partners sa 2017 - Present

Experienced International NLP coach (more than 5'000 hours of practice) doing individual and team coaching for:

- national and international companies (management, business, in-house, teams, burn-outs, crises)
- individuals (personal coaching, family, children, couples, phobias and compulsions)
- athletes (individuals and teams)

Member of ITCA NLP (www.itcanlp.org) 2017 - Present

MY COACHING TOOLS

I offer my clients the ability to choose, achieve defined and measurable goals, providing honest and respectful feedback, rapid improvement and long-lasting results through a unique and innovative methodology.