



CORPORATE AND PROFESSIONAL COACHING

ASSISTING YOU TO REDISCOVER AND UNCOVER
WHO YOU ARE NOW AND WHO YOU WANT TO BE!
REVEAL YOUR PERSONAL PATH THROUGH AND BEYOND
THE STRESS FACTORS IN THE WORLD OF TODAY.

by RACHEL MARIE PALING



I coach in English, Spanish and Italian through professional coaching conversations together with the understanding of neuroscientific principles and neuropsychology.

BUSINESS, CORPORATE AND LIFE COACHING



- Top executives, management, employees – to identify performance weaknesses and develop leadership skills.
- Entrepreneurs – to focus, prioritise, brainstorm, pioneer to develop and manage own businesses.
- Individuals – to reveal and uncover their life/personal goals or to troubleshoot habits in search of sustained improved changes in their lives.
- Top Performers – to help people perform their job roles more effectively. To challenge their limitations and set personally aligned goals true to heart and soul.
- Teams – to help build brain and heart coherent teams building effective communication, synergies and collaboration between employees.



LANGUAGE RELATED COACHING

- Neurolanguage Coaching – to assist busy executives, directors, managers to fast track, develop enhance and improve their capacity to communicate in English or Spanish as a second language.
- Neurolanguage Coaching soft skill development in English – for example, how to give effective presentations, negotiating, how to deliver effective feedback



WHAT CAN YOU EXPECT AS A COACHEE?

Our coaching alliance will be adapted to your needs, wishes and aims for your coaching sessions.

The underlying philosophy that I bring to each client is the Socratic “know thyself” and “reveal information that you already know”.

The results of the coaching sessions are mostly transformational, bringing metacognition and awareness to each coachee.

Upon request we can delve into how to optimise and maximise brain performance and also explore underlying reasons for certain patterns of behaviours or communication.

From a holistic perspective, we can look at all elements of life, including personal goals, challenges, societal place, and work/life balance.

Rachel Marie Paling

Founder of NeuroHeart Education®, the Accredited Educational & Language Coaching Academy, the NeuroHeart Education Foundation & Efficient Language Coaching®. Creator of Neurolanguage Coaching® and NeuroHeart Educational Coaching.



Throughout the years 2004-2012 I entered the world of professional coaching by training as a brain-based coach through David Rock's coaching programmes, culminating in an ICF ACC credentialed coach and then in 2018 achieving the ICF PCC level of credentialed coach.

From 2012 up to the present day I have been training teachers worldwide to integrate professional coaching into their teaching practices, based on the ICF core competences and skills.

In addition, I have been life and business coaching a select number of executives and corporate clients through these years.





In 2023 I stepped up to become a registered ICF Coach Mentor and in spring 2024 I received the certification as Coach Supervisor.

I also offer as an officially ICF registered Mentor Coach – Coach Mentoring as required by the ICF for people wishing to become an ICF credentialed coach or wishing to renew their ACC or PCC coaching credential.



And as a certified Coach Supervisor recognised by the EMCC and ICF – I offer Coach Supervision sessions for Professional Coaches wishing to have an external non judgemental coaching session to supervise coaching skills, competences, ethics, contracting or questions arising from their coaching sessions with their clients. As a coach supervisor, we can troubleshoot or gently observe how to improve and hone your professional coaching skills.

LET'S CONNECT



rachel@efficientlanguagecoaching.com



+34 675689843



rachelpaling.com



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