

Katia Van Iseghem

Life & Career Coach



Each person has within themselves the potential to feel better, more fulfilled, more efficient and happier. As a Life and Career Coach it is my mission to help you reach your potential, to meet your objectives in your unique way of self being or in the development of your career.

After 10 years working within HR departments, along with my passion to contribute to human development, I followed a certified training in coaching.

Whether the problem is private or professional, I have been accompanying people in their search of well-being and change for about 10 years. Throughout the coaching journey, I offer you my active listening, my kindness and my coaching tools that will allow you to become aware, to unlock your behavioral patterns, to challenge your beliefs and to bring you towards change. I will support you in learning new behaviors that are more efficient and that make you happier.

Life is not a long quiet river, and we often encounter stress, difficulties in making decisions, a lack of self-confidence, sadness caused by the loss of a loved one or loss of a job, a professional repositioning, a change in the family sphere, difficult relationships, burn-out.... So many events and circumstances that challenge us and lead us to continuous change.

My 'toolbox' has recently been reinforced by a training dedicated specifically to life and career transitions, so I can help you even more with these issues.

I will coach you with empathy and professionalism, offering online sessions in French, English or Dutch.

Don't hesitate to contact me for more info or grab this promotional offer : **100€/session +VAT instead of 120€.**

katia@erika-consult.com +32475 91 08 99

<https://www.linkedin.com/in/katia-van-iseghem-kvi>

