



Francesca Giulia Mereu

Leadership and Energy Management Coach

Facilitator, author, speaker

BA, University of Lausanne, Switzerland

Certified executive coach with Ashridge Hult Business School

Certified NLP Master Practitioner

- Experience:** 20 years Leadership Coach and Experiential Learning Trainer
- Location:** Canada and Switzerland
- Languages:** Italian, French and English- highly conversational in Spanish and German
- I lived in:** Poland, Italy, London and Jordan

Expertise at a glance

As an executive coach for twenty years, I work with senior leaders and managers in business schools and global organizations worldwide. My fields of expertise are influencing without formal authority and personal energy management to sustain both performance and quality of life.

Since the age of 19 -when I left Italy- I have lived in various country and still marvel at the differences and the commonalities of us humans.

My degree in Anthropology allows my clients to benefit from both theoretical and practical cross-cultural knowledge on how to lead and influence in different contexts.

In 2012 I authored: 'Rechargez vos batteries' published by Jouvence, about how to manage personal energy- based on my more than twenty years of experience in yoga, mindfulness and emotional intelligence. The book is now available in English and in Italian.

My Resource Values are Positive Influence, Compassion, Clarity

Professionally I put my heart into sharing how joy triggers more powerful and effective habits and results

I have seen that our energy has a significant impact on how we sustain both performance and wellbeing

Three words that my clients often use to describe me caring, open-minded, insightful