



Virginia Williams, MBA, PCC

Executive Coach and Mindfulness Mentor

Speaker, Facilitator, Author, Trainer

Creator of *Peaceful Productivity*® Executive Coaching

MBA, University California Berkeley

International Coach Federation Professional Certified Coach (PCC)

Newfield Certified Coach™; Evidence Based Coach; Appreciative Inquiry Coach; Somatic Coach, and others.

- Experience:** 20 years+ as Corporate Leader, 15 years+ as Executive Coach
Location: Based in Switzerland (My clients are located around the globe)
Languages: English (native) and French (fluent)
I lived in: USA (including Hawaii), France, and Switzerland

Expertise at a glance

I am your thinking partner and learning catalyst. My clients say that coaching with me is a thought-provoking and creative process that inspires and challenges them to take quality time for self-reflection, to sense what works and what doesn't, and to take action where it matters most. You become more self-aware, discover how to use your key strengths, align core values, enhance mindful leadership and emotional intelligence, and realize greater ease and meaning at work. You develop hands-on practices to maximize your personal and professional potential.

I have extensive international and multicultural experience, in multinational, inter-governmental and non-governmental organizations. Among my clients are senior executives, women in leadership, high potential and team managers. I am certified to deliver and interpret 360° and other assessment tools.

I created *Peaceful Productivity*® Executive Coaching methodology, to enable already successful leaders to examine all dimensions of themselves and to expand parts of themselves that are dormant, or in need of expression into their life. *You become a better, happier, more productive YOU!*

My Personal Values are Peace of Mind/Inner Harmony, Love and Caring Relationships, and Engaging in Meaningful Work for a Better World

Professionally I put my heart into bringing *Peaceful Productivity*® to all aspects of life

I have seen that focusing on relationships, practicing mindfulness, and developing self-awareness and self-mastery are significant keys to happiness and success

Words that my clients often use to describe how they experience me – support and challenge, insight and motivation