

Build the inner strength to move forward.

Resilience & Self-Leadership

Individual coaching sessions for professionals

This coaching is for professionals who want to strengthen their leadership skills by starting with themselves and supporting their career development.

Self-leadership means influencing your thoughts, behaviours, and choices to achieve your goals. It begins with self-awareness and grows through self-management, self-regulation, and self-discipline. In short, before we can lead others effectively, we must first learn to lead ourselves.





Understand your mindset,
values, limited beliefs!



Become aware of your working
behavior and habits



Learn how you make decisions
about yourself and others



Build resilience through better
self-awareness

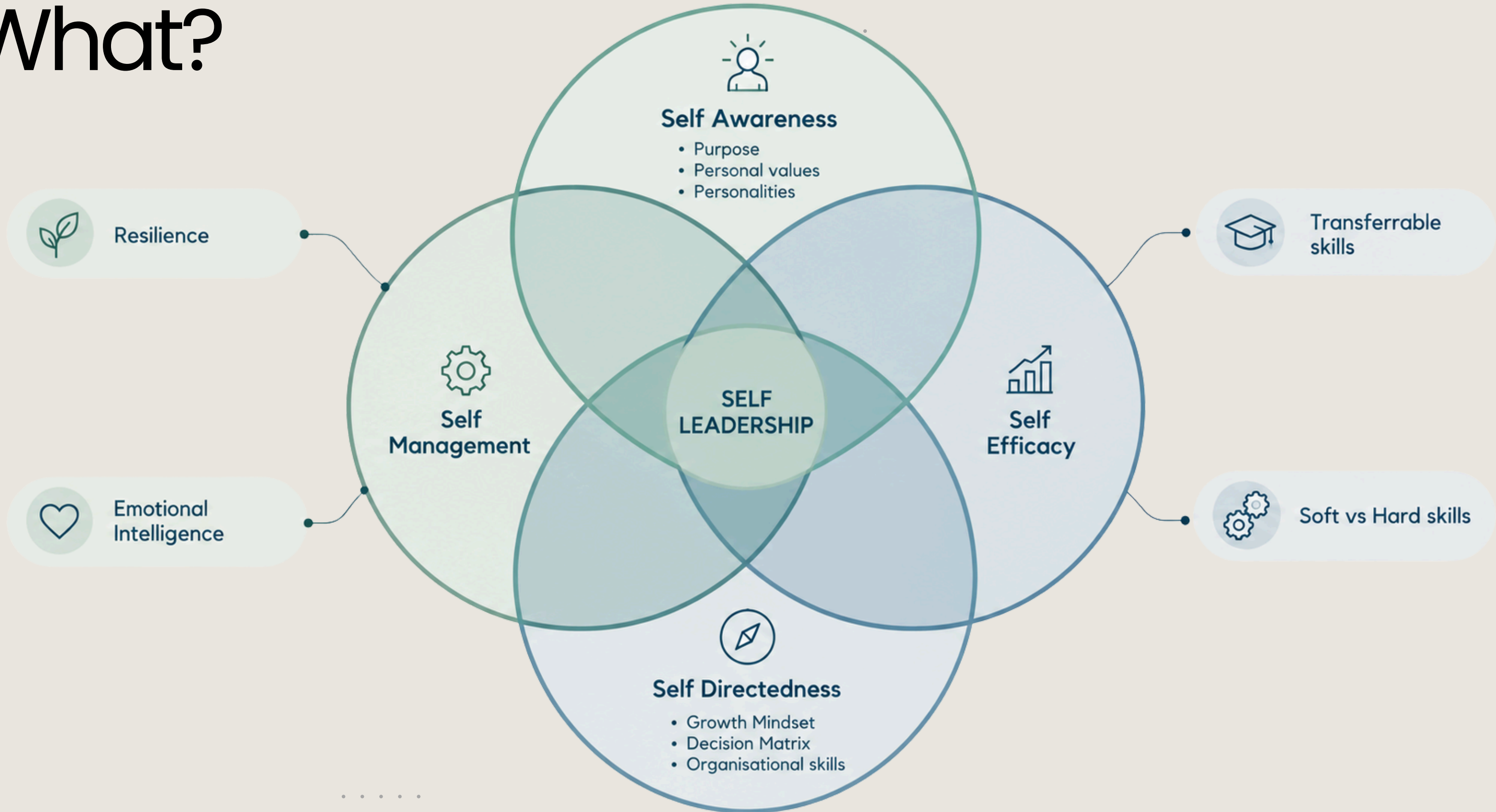


Get prepared to lead others by
learning first how to lead yourself



Goals & Results

What?

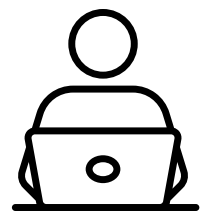




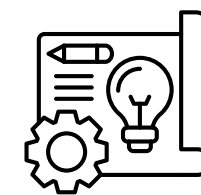
Organization & Formats



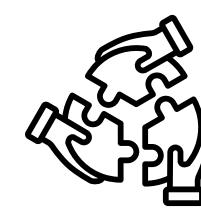
6-10 sessions á 1 hour



**In-person / remote sessions,
as preferred**



**Structured templates,
tools and exercises**



**1:1 personal coaching that
meets your individual needs**

50 EUR / hour
incl. VAT

Your Coach

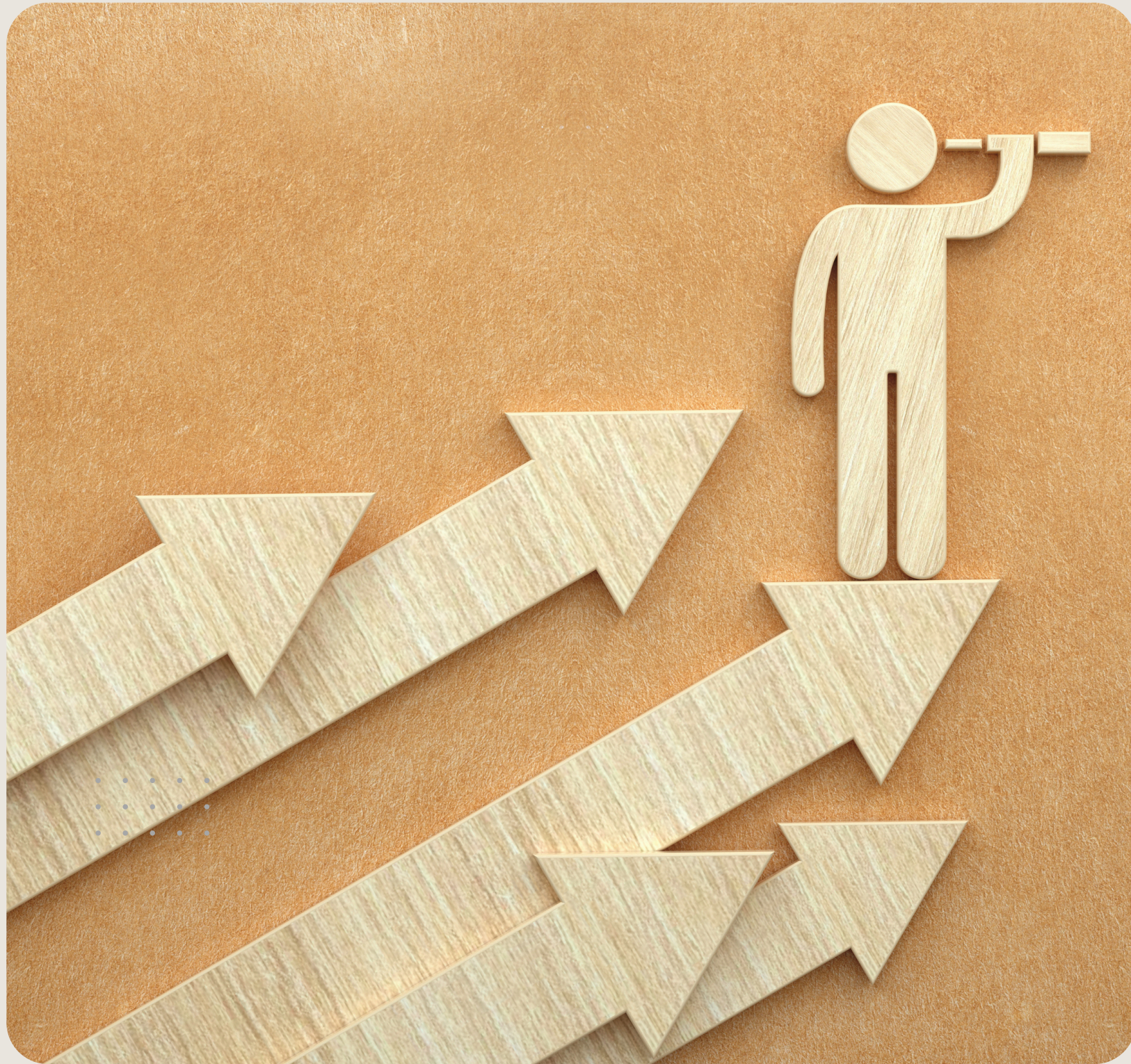


Panajota Angjeli

- Self-employed business coach, Leipzig
- Startup coach @ HHL & HTWK, Leipzig
- E-commerce project manager @ Essity, Munich
- B2B sales manager @ Marriott, Munich
- M.Sc. Management & Technology, TU Munich



- Career orientation
- Start-up consulting
- Resilience and self-leadership



Build the inner strength to move forward.

Start your journey now!

☎ +30 694 3630 156

✉ info@growthodos.com

🌐 www.growthodos.com