

YOUR SELF-BOOST JOURNEY

BETTER CALL VIC TO UNLOCK YOUR FULL POTENTIAL

Do you...

- Feel **stuck in your body** when working?
- Wonder how to evolve from your position at WOD/PTC?
- Feel like there is a lack of communication with a colleague/manager?
- Often accept a new task/project, although you are very busy?
- Struggle to **balance your work and personal life**?



Victoria Moussoux

Work & Life Coach.
vmoussoux@worldofdigits.com
+32(0)488 41 92 92

From 😞 to 😊

Discuss your current situation



Define a goal together



Design an action plan

Coaching will give you the right conditions to learn, grow and develop your creativity.

The approach is about balancing emotions, thoughts and action. If you're willing to change, you will be the main actor in this coaching journey, which will allow you to see things in a different light.

Practical

Tailor-made program
(1-5 sessions of 60')

Online / at the office / outdoors

Confidentiality

Tools

NPL (Neuro-linguistic Programming)

Emotional intelligence

NVC (Nonviolent communication)

Conversational hypnosis

Transactional analysis

Collective intelligence

Coach

Coach & Explorer
(2 years of practice)

PTC Enthusiast

Human centric

Result driven