

ABOUT YOUR COACH

Olympia MITSOPOULOU KOLYRIS



Atom Wave Founder

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I started coaching in 2002 after a 10-year high flyer career in consulting which landed to a burnout and a realisation that I no longer wanted to diagnose problems or assess what everybody can do or can't do. I wanted to contribute to people having a job they enjoy while maximising their career potential. Since then I have coached 160 leaders in Europe, the US, and Asia, from CEOs to factory team leaders. I found out that lots of EQ is needed at all hierarchical levels.

During my 25+ years career in People Development, and as Founding Director of Atom Wave, I have collaborated with more than 400 client organisations. This helps me "get it" quickly, yet always curious how each case is different. Among recent client collaborations are: AB (Ahold/Delhaize), Alpha Bank, AXA, Eurobank, Furlis Group (IKEA, INTERSPORT), Imerys, L'oreal, Pepsico, Philip Morris, Praktiker, Schneider Electric, Stanton Chase.

I am a credentialed ACC coach by the ICF (International Coach Federation), Program Designer and Director of the Atom Wave Internal Coach Certification ICF ACSTH program, Certified by Coach U, Certified by SolutionSurfers in BRIEF Coaching and Team Coaching, and by AXIALENT in Conscious Business coaching. I am also a trained assessor for the European Individual Accreditation and the European Quality Award for the European Mentoring and Coaching Council.

As a coaching professional, I am passionate about researching the direct link between coaching and improved business results. Therefore I enjoy opportunities to present my work at different international conferences and articles. I am a co-founding member of the Hellenic Coaching Association (the Greek affiliate of the EMCC) and a volunteer coach at the Solidarity coaching initiative of HCA

As my name doesn't leave much to imagination, I am originally from Greece and living abroad since 2004. I am now based in Lausanne since 2012 and when not working, you'll find me skiing water or mountains, re-painting furniture, or somewhere by the Aegean sea enjoying time with my family and good friends.

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As you might imagine, every coach has their own style and approach to coaching clients.

- Along the lines of Conscious Capitalism, I hold that corporations are here to serve a higher purpose than just profitability and I am hopeful that purpose will defeat the short-term chase of profitability.
- I am committed to supporting you to find an authentic expression of yourself within a corporate environment and I believe that there is a way to be happy and productive simultaneously.
- I believe that even the most toxic people are innately good and part of my mission is to bring out their goodness within the work environment.
- I also believe that people change if they want to. I am very excited this has been scientifically proven by latest findings of neuroscience.
- I am an empathic type of person therefore I have a strong intuition and will often offer you back what I receive from what you say. You choose whether this makes sense to you or not.
- As I am a verbal processor, I may sometimes think out loud until I form my question or observation but eventually I will come to that!
- I'm open to your input on what will work best in supporting you and will accommodate you in whatever way I can.

MY FAVOURITE STORY ABOUT COACHING:

Come my friend... said the kind monkey, let me help you come out of the water so that you don't drown... And gently placed on a dry leaf the... little fish!

I look forward
to our journey together!

Olympia