

## PROFILE

Executive & Professional Coach, Trainer, and Communications Strategist with 25+ years of experience supporting individuals and organizations in leadership development, professional transitions, and interpersonal communication. Combines a strong corporate background (FedEx, PTV Logistics) with a freelance career in coaching and training. Skilled in facilitating career transitions, soft skills development, and strategic communication in multicultural environments. Experienced in career transition programs, helping professionals regain clarity, confidence, and direction through structured coaching, assessment tools, and active job-search support.

Passionate about helping individuals grow, reposition themselves, and succeed in periods of change.

---

## KEY COMPETENCIES

- **Executive & Management Coaching:** Empowering leaders and teams to navigate change, align with strategic goals, and grow with confidence.
  - **Career Transition Coaching:** Successfully supported professionals through career transition programs by combining individual coaching, group workshops, and job-search strategies. Skilled in using tools such as 360° feedback, motivation assessments, and personalized coaching plans to accelerate repositioning and reintegration into the job market.
  - **Professional Skills Development:** Designing and delivering soft skills training programs (communication, leadership, influence, team collaboration) tailored to business contexts.
  - **Strategic & Leadership Communication:** Helping executives and professionals communicate with impact, authenticity, and alignment during transitions.
  - **Change & Transformation Communication:** Crafting empathetic, clear messaging to support reorganizations and leadership alignment.
  - **Project & Program Management in Learning:** Coordinating and delivering learning initiatives across levels and geographies.
  - **Group Facilitation & Collective Intelligence:** Creating dynamic learning environments through co-development and team coaching.
- 

## PROFESSIONAL EXPERIENCE

### **Independent Executive & professional Coach, Trainer & Communications Consultant** *2021 – Present*

- Delivered workshops and training sessions on communication, leadership, emotional intelligence, and soft skills for clients in Belgium and across Europe.
- Supported professional transitions through individual coaching, group workshops, and team sessions focused on confidence-building and re-employability.

+32 (2) 472379608 | dpetsios@petsios-consulting.com | [www.linkedin.com/in/dimitra-petsios](http://www.linkedin.com/in/dimitra-petsios)

- Accompanied organizational transformation projects with tailored coaching and facilitation for executives and managers.

**Recent missions:**

- Executive coaching and professional development for the board at **PTV Logistics**
- Team coaching for managers at **Bekaert**, and collaboration with **Interaction L&D (UK)** to support professionals in implementing Personal Development Plans following a major organizational restructuring at a third-party company.
- Accompanying jobseekers through a structured **three-month coaching program** aligned with **Actiris** (Brussels Public Employment Service), focused on building confidence, clarifying career goals, and enhancing employability

**Strategic Communications Advisor – FedEx Express (EMEA)**

2005 – 2022

- Designed and executed internal communication strategies for large-scale transformation projects, mergers, and integrations — **managing timelines, stakeholders, and cross-functional coordination** across multiple countries
  - Trained executives in high-impact communication and leadership presence
  - **Led and project-managed** pan-European employee engagement initiatives and executive communication platforms, aligning business objectives with employee experience
  - Enhanced cross-regional collaboration through improved knowledge management systems and **strategic initiative planning**
- 

**EDUCATION & CERTIFICATIONS**

- Master's in Economics and Social Sciences – Université de Namur, Belgium
  - Bachelor in Translation (EN-IT) – ISTI, Brussels
  - **ICF Coach** – LC&Academy, Brussels
  - **Team & Group Coach Practitioner (ICF Certified)** – Spiral Academy
  - **Practitioner in Behavioral Neurocognitive Approach** – Institut du NeuroCognitivism
  - *Collective Intelligence* – **MIT Online Program** (Phase I completed) - Ongoing
- 

**LANGUAGES**

French (Native) | English (Fluent) | Italian (Fluent) | Greek (Conversational) | Dutch (Basic)

---

**KEY ACHIEVEMENTS**

- Delivered training and coaching on interpersonal skills across industries (individual and group sessions).

+32 (2) 472379608 | dpetsios@petsios-consulting.com | [www.linkedin.com/in/dimitra-petsios](http://www.linkedin.com/in/dimitra-petsios)

- Facilitated career development programs and employability pathways with an emphasis on personal branding and confidence-building.
- Supported executives and teams communications going through restructurings with high satisfaction and impact.
- Developed leadership communication strategies during complex transformation programs in multinational contexts.
- Promoted inclusive, trust-based team environments through facilitation and team coaching.

---

**Selected Clients & Collaborations:**

PTV Logistics, Bekaert, Interaction L&D UK, Bruxelles Formations, Fédération Wallonne, Actiris & Forem, European Parliament, Belgian Public Administrations, FedEx.