

About Me

I am an **actress, director, writer, and ontological coach**, and I've discovered that the combination of these disciplines creates a powerful tool for personal development and team management.

My journey through the arts and coaching allows me to support transformation processes with a creative, deep, and authentic approach. Acting taught me to embody emotions, directing showed me how to lead with vision, writing helped me express with clarity, and ontological coaching taught me to listen with purpose.

Today, I bring all this knowledge together in sessions that not only inspire movement but also **generate real, measurable results**, both personally and professionally.

What to Expect in My Sessions

- **Deep personal exploration** through an integrative perspective
- **Practical tools** to improve communication, leadership, and decision-making
- **Emotional and body-centered work** to unblock limiting patterns
- **Creativity as a catalyst for change**, individually and in teams
- **Real and lasting transformation** in people and organizations

For Companies and Teams

In the corporate world, I combine coaching with theatrical and narrative techniques to achieve:

- **More cohesive and empathetic teams**
- Leaders with stronger **presence, active listening, and clarity**
- **Work environments that are more human, creative, and productive**