

# Elena Galliano

## ACC ICF Certified Coach | Grounding & Empowering Through Transition

After more than 25 years in international development with organizations such as the World Bank, the United Nations, and the German International Cooperation, I still carry forward the same belief that has guided all my work: that transformation begins when people feel seen, heard, and empowered. Today, as a certified coach and founder of EG Coaching, my focus is on helping people regain clarity, confidence, and connection—supporting them in finding presence and clarity today, so they can reconnect with what truly matters and act from that place of strength.

### Who I work with

I work with a diverse range of clients: senior leaders who have lost their sense of impact and purpose, feeling disconnected from their teams and uncertain about who they need to become; professionals navigating difficult relocations, demotions, organizational upheaval, or struggling with loss of focus, waning interest, eroding confidence, and deep dissatisfaction with their current path; women and men stuck in lives they struggle to embrace, yearning to break free from familiar patterns and discover what else is possible for them.

### My Approach: Grounding and Empowering

I practice a rigorous coaching methodology centered on the present moment—working with what blocks change, what feeds fear, and what awakens the willingness to move forward. Many people arrive trapped in behavioral patterns that no longer serve them, unaware that transformation doesn't require waiting for the "right moment" or perfect circumstances. Change begins right now, from exactly where you stand.

What feels like an obstacle—the confusion that blurs your vision, the dissatisfaction pulling you down, the dissatisfaction that weighs on you, the sense of potential locked inside—is often the starting point for change. These difficult feelings are not problems to eliminate; they are signals pointing you toward what needs to shift. Through the coaching process, we work with these signals to build clarity and direction for a life that genuinely reflects who you want to be.

At the heart of my practice is a fundamental belief: **helping people recognize their inherent value and reconnect with the quiet greatness of who they truly are.** This recognition is the foundation from which all real, sustainable change emerges.

**The Process** — Through active, compassionate listening and a system of powerful questions and observations, I help clients gradually dismantle the knots of their difficulties. This process isn't about me providing answers—it's about creating the conditions for you to discover your own solutions and build the inner resources needed to move through difficult periods and stagnating situations.

### Tools and Practices

My coaching integrates multiple dimensions of human experience:

**Powerful Questioning and Active Listening** — At the foundation of my practice is a system of powerful questions and active listening, complemented by a conscious process of building a trusting, grounding relationship through confidence-building sessions. This creates the safe container within which real exploration and transformation can unfold.

**Appreciative Inquiry** — I work with clients to focus on what they do well, rather than dwelling on what doesn't work. By identifying and strengthening what is already functioning, we build momentum and confidence from a place of existing competence and success.

**Metaphor and Visual Exploration** — I work with image cards to evoke new ways of seeing personal situations and to unlock feelings that may be difficult to describe, particularly for those not easily in touch with their emotions. With clients seeking to envision significant personal or professional change, I use vision boards as a creative, structured process to give form to desires and possibilities.

**Embodied Presence** — I bring elements of mindful breathing and yoga-inspired practices into coaching sessions. These aren't merely relaxation techniques—they are powerful tools for grounding in the present moment. Mindful breathing is an act of courage. It returns us to ourselves and reconnects us with the quiet greatness of who we truly are.

## **Who I Work With**

I partner with people navigating major life transitions—relocation, retirement, career crossroads—and those feeling stuck in professional or personal patterns that no longer serve them. Whether you're drowning in work that has lost its meaning, feeling disconnected from purpose and passion, or simply running through life's obligations wondering "Is this all there is?", coaching offers a pathway back to yourself.

Together, we transform the exhausting "to-do" list into an authentic "I want to do" life—one grounded in your values, empowered by your choices, and aligned with who you truly want to become.

**Background:** International development specialist (World Bank, WFP, GIZ) | ACC ICF Certified Coach

**Languages:** Italian (native), English, French

**Contact:** [elena.galliano@gmail.com](mailto:elena.galliano@gmail.com) | [www.elenagalliano.com](http://www.elenagalliano.com)