

# Vital Again Protocol

Alpha Opportunity To Build a Purpose-Driven  
System to Step Into the Leader Of Your Life



**EFFECTIVE OUTCOMES**

YOUR VISION DRIVES YOUR DECISIONS

Who Am I?

# Work Experience





I spent over close to two decade in high-stress roles across financial services and regulatory consulting.

I knew how to deliver results. But I didn't know how to do it without exhausting myself.

Eventually, the mental fog, physical stress, and emotional fatigue caught up with me.

That's when I began building what I'm sharing with you today.

A method to reconnect with your body, sharpen your mind, and perform from a place of power, not pressure.



My early life took an exciting turn when my family moved to the United States.

Immersing myself in a new culture at a young age not only taught me adaptability but also gave me a global perspective that has shaped my approach to leadership.

Later on, in Scotland, I pursued an LLM in Commercial Law whilst balancing the rigorous demands of competitive swimming and water polo.

Professionally, I honed my expertise in financial services across Luxembourg, Paris, London, and the Scandinavian countries.

Working with international teams during times of market volatility, I gained firsthand insight into the high-stakes nature of client trust, operational precision, and adaptability.

This reinforced my belief that success lies in empowering teams to align their efforts with values and powerful goals.

Today, I bring these lessons to life by helping professionals redefine productivity.

My integrative approach combines strategic thinking, emotional intelligence, fitness and human-centered solutions to drive sustainable performance.

Let's win together

*Alvin Sicre*

# Qualifications



## University Degrees

- LL.M in Commercial Law, University of Glasgow
- Masters Droit des Affaires Internationales, Aix-en-Provence
- Property Finance Diploma, Cambridge University ICE

## Executive Coaching

- CEC Certified Executive Coach
- Henka Institute Certification
- DiSC Flow Certified Trainer
- Presenter Mastery Certification, David JP Philips

## Fitness Coaching

- Qualified lifeguard
- Crossfit Weightlifting Level 1
- In the process of obtaining CrossFit Level 1





## Workshops & Client Stories

- Professionals just like you regained energy, balance, and confidence.
- Saved marriages, reduced stress, lost weight, reclaimed control.
- Real men & women, real breakthroughs.



# Workshops & Webinars

## Active Listening

**Create the Space to Be Heard.** Empowering leaders to foster trust and collaboration by truly hearing their colleagues, unlocking stronger team dynamics.

## Diversity of Thinking

**We All Bring Strengths.** Helping teams recognize and leverage **unique** perspectives for more innovative solutions and smarter decision-making.



NATO Support and  
Procurement Agency  
(NSPA)



## **Influence and Persuasion Expertise**

Delivered an exclusive 3 hours workshop for a top Luxembourg law firm on The Art of Influencing.

Understanding human needs and how we are wired for connection.





## Unlock the Secrets to Your Ultimate Flow

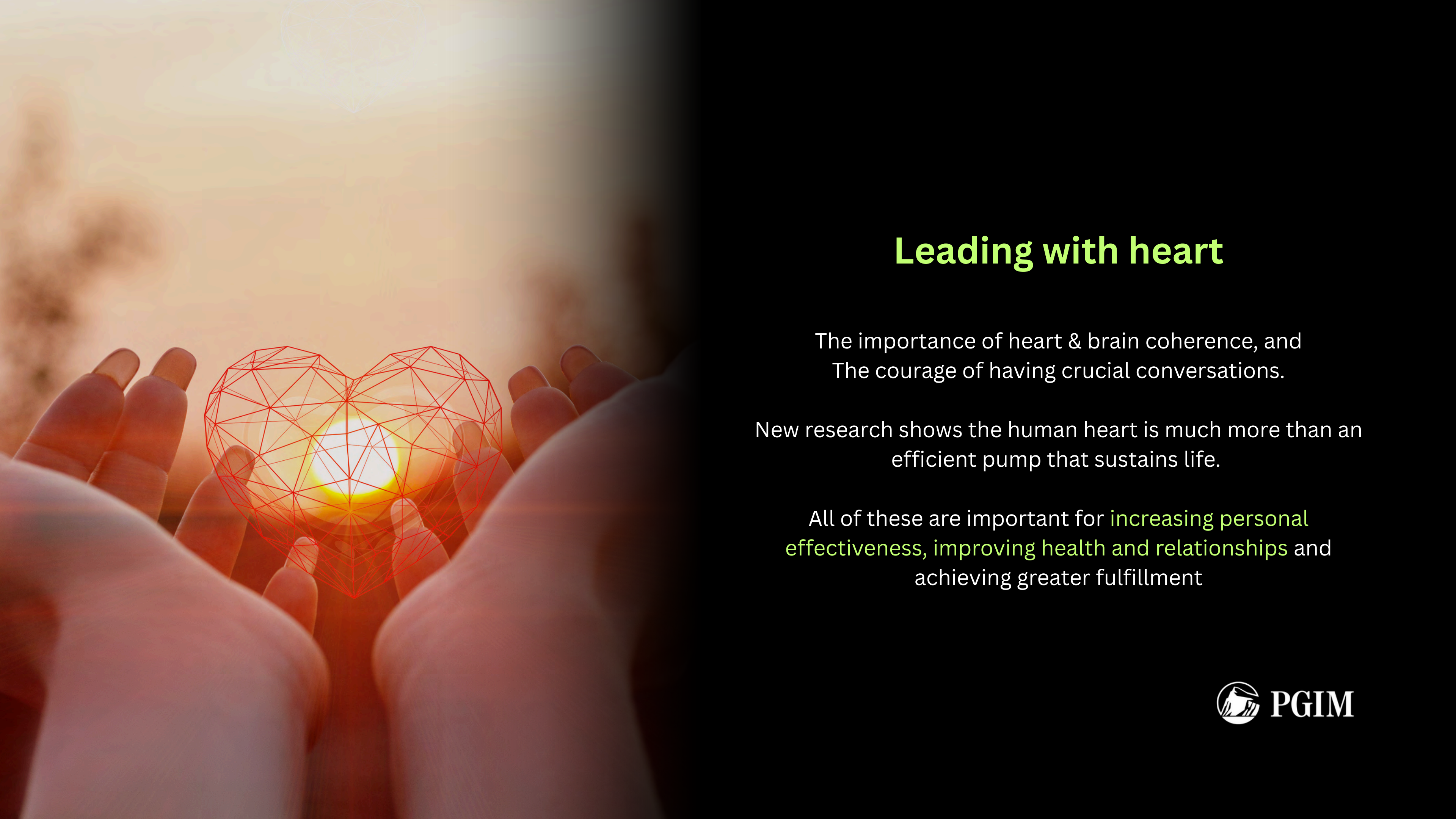
What if you could move through life with effortless precision?

**Your mind sharp, your body energized, and your work an extension of your natural rhythm.**

*"Finding Your Flow"* is an exclusive immersion into the Psychology of Optimal Experience.

Over a 140 employees attended this webinar.

**Julius Bär**



## Leading with heart

The importance of heart & brain coherence, and  
The courage of having crucial conversations.

New research shows the human heart is much more than an  
efficient pump that sustains life.

All of these are important for **increasing personal  
effectiveness, improving health and relationships** and  
achieving greater fulfillment



**Learn About Yourself**

I've conducted 20+ DiSC personality assessments, helping professionals and leaders uncover their core strengths, blind spots, and untapped potential.

**A simple shift in awareness lead to breakthroughs in confidence, communication, and career growth.**

The DiSC assessment isn't just another personality test—it's a blueprint for understanding how you interact with the world.

It reveals:

- What motivates you (and what drains your energy)
- How you handle challenges and decision-making
- Your natural communication style—and how to improve it
- The habits that push you forward and the ones that hold you back



## Know Thyself

I've conducted 40+ MBTI "Personality Hacker" assessments and consultation, helping professionals and leaders uncover their:

- Natural Flow
- Talent
- Genius at work
- Blind spots


**It gives you the tools to understand how your mind works, so you can navigate your unique path forward.**

The Personality Hacker is an MBTI based assessment based on Carl Jung's approach with archetypes.





Individual Support



Whether they lead teams or build companies, I helped them **stay sharp, lead with confidence, and grow without burning out.**

- A future CFO of a Private Swiss Bank's Asset Manager arm.
- A new Head of Department of a Real Estate Asset Manager.
- Two founders: one in sustainability, the other in industrial consulting.





### **Senior Private Equity Leader**

Support in building lasting health habits during a career transition. He lost 5 kg, reduced back pain, and boosted energy.

Thanks to simple, repeatable actions that fit his demanding schedule and restored consistency.

### **Senior Risk & Internal Control Leader**

I help him rebalance health, focus, and discipline.

In 12 weeks, he regained energy, improved sleep, and boosted confidence, proving change is possible even with a demanding executive schedule.

# Recommendations



**Constantin Viorel Costin** · 1st  
Fund Controller at M&G Luxembourg S.A.

Executive Coaching

★★★★★ 5.0 · April 22, 2025

Thank you for the powerful leadership insights.

Your guidance helped me shift my perspective from seeing leadership as a title to embracing it as a mindset.

I've learned to show up with purpose, listen with intention, and lead by example.

That change has made a real difference. I feel more confident, grounded, and clear in how I show up for others.



**Boris Lemiegre** · 1st  
Partner - Head of advisory and tax

Leadership Development

★★★★★ 5.0 · April 4, 2025

Great experience.

Alvin creates a unique peaceful environment that helps put things in perspective and realign professional and personal goals on the long term.

# Recommendations



**Martijn van der Schaaf** - 1st

Private Equity | Executive Leadership | Strategic Growth | Carried Interest | Fund Management | Ex-EQT

August 4, 2025, Martijn was Alvin's client

Before working with Alvin, I cared about fitness but struggled to stay consistent. Then I saw one of his posts about how strength training boosts energy more than cardio, and that you don't have to be Superman, just consistent. That really clicked for me.

My biggest hurdle? Always putting work and family first, leaving exercise to fall through the cracks. In between jobs, I managed to start working out again and was losing weight and volume, but when starting my new job I worried I'd quit again, like before.

But Alvin's low-pressure, habit-first approach made staying consistent easy and stress-free. And thus, I didn't quit!

Since beginning of the year, I lost substantial weight and volume, and feel more energized than ever. I even played 36 holes of golf in 1 day with zero back pain—something I couldn't dream of a year ago.

**If you're hesitating: start small. Alvin meets you where you are - small steps can truly change your life.**

# Recommendations



**Thomas Lanigra, CAMS** · 1st

Conducting Officer (Compliance & AML/CFT) | ALCO | LPEA

March 5, 2025, Thomas was Alvin's client

Working with Alvin has been a truly empowering experience. I was looking for a way to unleash my full potential and needed the proper guidance for it. Alvin provided precisely that, his coaching gave me the structure, support, and tools to create lasting, positive change.

Our coaching allowed me to build strong, sustainable habits, sharpen my mindset, and develop the resilience to tackle challenges with confidence. I now feel more energized, focused, and in control, not just in one area of my life but in everything I do.

What makes Alvin exceptional is his ability to inspire action and growth in a natural way. He doesn't just share strategies, he helps you implement them in a way that fits your journey.

Alvin is the one to work with if you're looking for a coach who truly makes a difference.



**Domenico Marrazzo** · 1st

FRM | Risk Management | Alternative Investments

February 6, 2025, Domenico was Alvin's client

I had the opportunity to be part of one of the first Alvin's coaching program, and it was a truly valuable experience.

He provided thoughtful guidance that helped me gain clarity on both my professional and fitness goals.

His structured yet flexible approach made the process insightful and actionable.

Alvin creates a supportive environment while challenging you to think deeper and push yourself.

I highly recommend his coaching to anyone looking for meaningful personal and professional growth.

# Recommendations



**Céline Danielli** · 1st

Programme Director @ NATO / Ex-Amazon

December 19, 2024, Céline was Alvin's client

I had the pleasure of working with Alvin during a key time for my teams and myself. He facilitated two workshops on Active Listening and Diversity of Thinking, which were both engaging and insightful.

In addition, Alvin provided 20 individual coaching sessions that focused on personality profiling.

These sessions brought real results. As a team, we noticed better communication, more productivity, and I personally gained some insights into how I make decision.

Alvin's ability to adapt his approach to suit both group and individual needs made a big difference.

What I appreciated most was Alvin's friendly, down-to-earth style and his practical advice. He made complex ideas easy to understand and apply. I'm happy to recommend Alvin to anyone looking for thoughtful and effective coaching.



**Antonio José Martínez Gandía** · 1st

Senior Manager @ NATO | Program Management |

ex-Meta, Amazon

Great professional experience working with Alvin.

Earlier this year, I had the opportunity to participate in two workshops organised by our Programme and delivered by Alvin focused on Effective Listening and Diverse Thinking.

While the topics were not new to me, Alvin managed to approach them in a very innovative and interactive way, bringing practical focus to ensure collaboration with other colleagues present during the sessions and pushing the audience to bring their own experiences and go beyond stabilised boundaries around topics being discussed.

As part of the workshops, Alvin also provided individual coaching sessions focused on individual communication and personality styles to help individuals understand how to better approach the working environment and be more effective as a leader.

I would recommend Alvin to those that want to find ways to improve the balance between personal and professional life

# Recommendations



**Jerome TIXIER** · 1st

Responsable Risque et Contrôle Interne - Fonction Clé Risk - chez CAMCA Assurance et CAMCA Réassurance

July 4, 2025, Jerome was Alvin's client

Before working with Alvin, I was carrying the weight of too many unfinished projects.

What changed? I stopped looking for external solutions and started finding my own. Alvin didn't give me a list of instructions. He asked the right questions, which helped me build a plan that came from me. That shift changed everything.

Now, I track my progress, make conscious decisions.

If you're hesitating, just know this: we're always stronger with someone by our side. Alvin isn't just a coach he's like a personal project manager for your life. He helps you stay on course, challenge old habits, and build something lasting.

I'd recommend him without hesitation.



**Cintia Procaci** · 1st

Managing Director and Founder at A Beautiful Green / Sustainability Consultancy

Leadership Development

★★★★★ 5.0 · May 20, 2025

As an entrepreneur juggling family, business, social life, and exercise, I knew I needed support but not from a psychologist.

I needed help managing my energy, mindset, and priorities.

Since working with Alvin, I've reconnected with my values and learned how easy it is to lose sight of them.

I'm more empowered, and I've realized that it's okay to make mistakes... as long as I stay true to what really matters.



# Online Group Coaching

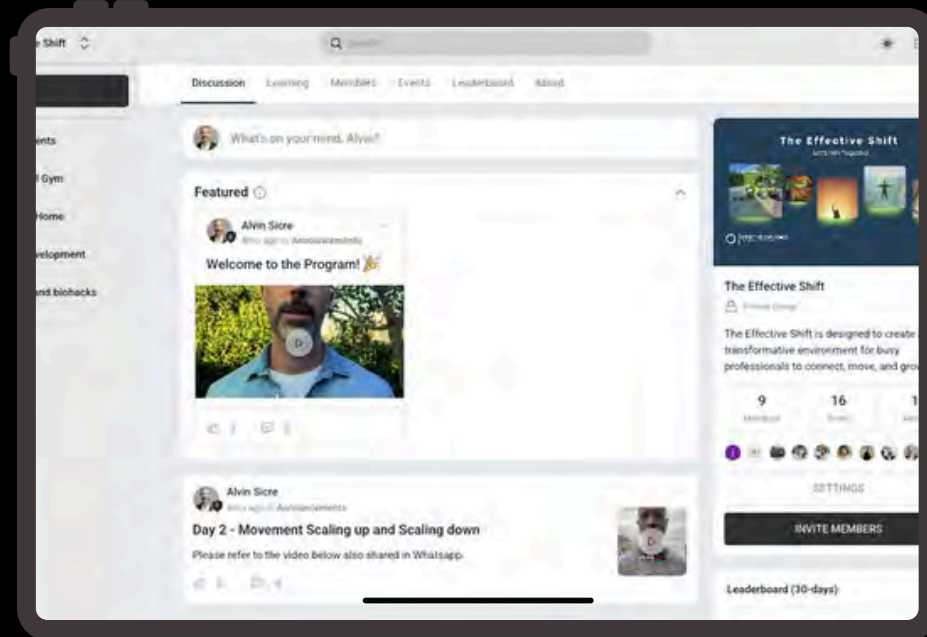
# Comprehensive Four-Week Online Program

Designed to meet the needs of busy professionals, this program provided actionable strategies to elevate physical, mental, and emotional performance:

- **Nutrition Made Simple**
- **Personality Insights**
- **At-Home Physical Training**
- **Weekly Webinars**



# Comprehensive Four-Week Online Program



## Weekly Webinars Covering:

- **Know Thyself:** Enhance self-awareness to lead with authenticity.
- **Life Maps:** Identify patterns and purpose to shape future success.
- **Goal Setting:** Craft actionable goals that align with personal and professional ambitions.
- **Sustaining Energy:** Practical steps to stay energized and engaged.

# Testimonials

**Our collaboration aligns with your commitment to developing leaders who drive innovation and foster growth within a supportive, high-performance culture.**



**Kevin Pindelski, Perth, Australia**  
Owner, Crafted Finishes  
[LinkedIn](#)

Through this awareness Alvin introduced me to a simple decision making tool.

As a result my time management has increased by a substantial amount.

And that is our most valuable asset. I'm very grateful for the coaching.



**Chris O'Toole, New York, US**  
Sales Trainer & Coach  
[Instagram](#)

The reflective exercises and time accountability worksheets helped bring a lot of clarity to meaningless activities that were dragging me down.

Additionally, the support and understanding that Alvin provided through listening while challenging me to reflect and move forward naturally instead of just telling me what I should do.

# Testimonials

**Our collaboration aligns with your commitment to developing leaders who drive innovation and foster growth within a supportive, high-performance culture.**



**Luke Carter, London, UK**  
Founder & CEO, Brave Brand  
[Linkedin](#)

Alvin quickly and calmly brought the best out of me by asking the right questions at the right time and providing clear guidance on how to overcome my bottle neck.

The expertise provided was empowering me through your coaching methodology.



**Meg Wubbenhorst, London, UK**  
Executive Coach  
[Linkedin](#)

He used a powerful visualization technique that helped me work through an obstacle that was rooted in fear.

I felt safe enough to be vulnerable and Alvin was helpful in finding insights and reframing the situation so I could make headway in the situation.



**EFFECTIVE OUTCOMES**

YOUR VISION DRIVES YOUR DECISIONS

Let's explore how we can tailor my proven coaching framework to meet your team's specific needs.

### Get In Touch



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