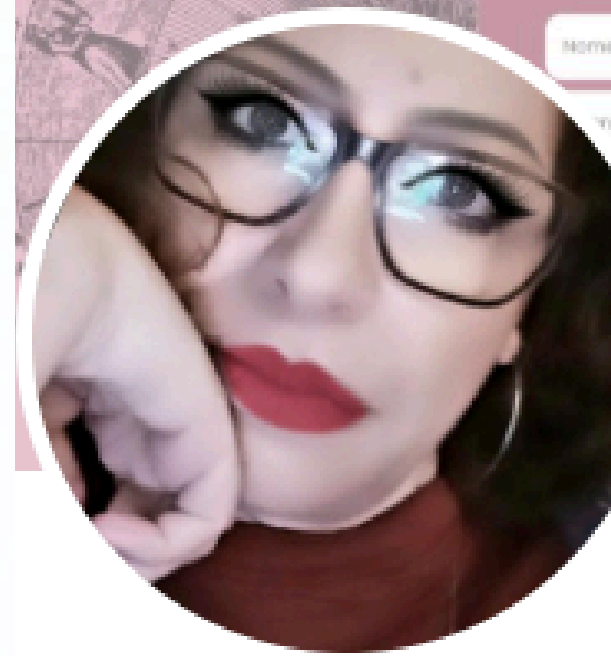


Transformational LifeCoaching

Nurturing Awareness

FOLLOW THE *sun*
INSIDE *you*



Why Choose Life Coaching?

Every stage of life presents challenges, opportunities, and the need to make conscious decisions. Life Coaching is a structured and strategic process of evolution and achievement that enhances awareness, fosters change, and helps reach tangible goals.

The adopted approach integrates Psychosynthesis, a psycho-spiritual methodology that harmonizes inner dimensions, strengthens personal skills, and reinforces leadership.

Through targeted tools, you can develop greater clarity, resilience, and effectiveness in managing professional and personal challenges.

Who is it for?

This program is designed for those who wish to, with a special focus on women:

- ✓ **Increase self-awareness: Identify strengths, values, and areas for improvement**
- ✓ **Define and pursue clear and realistic goals**
- ✓ **Navigate career transitions or significant changes**
- ✓ **Manage life transitions such as pre- and post-maternity, menopause, or retirement**
- ✓ **Overcome decision-making blocks and develop effective strategies**
- ✓ **Empowering leadership and strengthen soft skills such as communication and relationship management**
- ✓ **Break limiting patterns and build greater confidence and self-assertiveness**
- ✓ **Improve work-life balance**
- ✓ **Enhance adaptability and resilience in high-pressure work situations**

Managing Change with Awareness

Benefits of the Program

- ✓ **Structured and personalized approach** – Based on a transformative methodology that develops individual resources and full potential.
- ✓ **Focus on concrete and sustainable results** – Coaching is action-oriented, aiming for measurable and lasting changes.
- ✓ **Confidentiality and professionalism** – Each session offers a safe and confidential space, encouraging exploration and open dialogue.
- ✓ **Targeted and effective coaching** – Sessions are structured for in-depth work, with the possibility of renewal to consolidate achieved results.

Program Structure & Offer

- ◆ **Individual session** (60 min – via Zoom): €110
- ◆ **6-session coaching program** (60 min each, biweekly – via Zoom): €650
- ◆ **Personalized approach**, focused on specific goals and sustainable outcomes
- ◆ **Mentoring between sessions**, with email support for deeper insights
- ◆ **Possibility of renewal** to consolidate progress
- ◆ **Free introductory session** (30 min – via Zoom) to assess the program together

** 5% DISCOUNT for FAO Staff Coop Members

Con
Francesca Furino

EMCC, EIA Senior Practitioner
Mentor & Life Coach
Psychosynthesis LifeCoach - PLC



- ◆ I guide clients on their journey of self-realization with a systemic approach.
- ◆ I have a background at the United Nations and over seven years of coaching practice, which have honed my ability to operate in complex multicultural contexts.
- ◆ I integrate transformational coaching with Psychosynthesis, valuing authenticity and training the will for harmonious development.
- ◆ I believe in the power of authenticity and the importance of building a life rich in meaning.

Find me on LinkedIn:

[linkedin.com/in/francesca-furinodv](https://www.linkedin.com/in/francesca-furinodv)

Leadership: a Three-Level Journey

- ◆ **Personal Leadership** – Growth, self-discipline, and resilience
- ◆ **Interpersonal Leadership** – Effective communication and relationship management
- ◆ **Transpersonal Leadership** – Connection with deep values and strategic vision

Book your session: info@donnaenusiana.com

