

Vanessa WRIGHT – Coach & Trainer

Professional Experience

Since 2012 **Life Coach and NLP and communication work-shop facilitator**

Coaching in companies and private practice on issues of conflict resolution, self-esteem, assertivity, goal definition, intercultural communication, behaviour patterns.

Management of stress and burn-out as consultant for the Employee Assistance Program PULSO.

Trainer and facilitator in companies and institutions (ETEX, ERCEA, ECHA, Institut Ressources, Ecole des Douanes Fr., IRA Fr., European Commission Brussels and Luxemburg, AIHE, Préfecture du Grand Est Fr., Educateurs Notre Foyer and private groups)

- Communicating with Flexibility and Response-Ability
- Improving communication with active listening and NLP
- Stepping out of Burn-out
- Becoming a trainer-coach and engaging participants
- Using coaching for team synergy
- Chaos, an opportunity in a VUCA world
- From self-confidence to self-esteem
- Speaking in public with confidence
- Inter-cultural communication
- Developing Emotional Intelligence and using it in management
- Reconnecting work with meaning

1998 - 2018 Trainer and language coach - Freelance – Brussels and Paris
Private clients and language schools: The English Academy, CLL, TopTraduc, Les Langues du Monde
Business English and presentation skills training, examination preparation (CAE, IELTS, TOEFL, TOEIC), in Industry, Pharmaceuticals, Distribution, Luxury, Finance.

1996 – 1997 Head of marketing research
INTERDECO – Advertising agency, Paris

1992 – 1996 Print and Multi-Media Marketing Researcher
CARAT – AEGIS Group Plc., Paris

Education

Neurology of Chronic Pain and Ericksonian Hypnotherapy Prisme, Charleroi (2018)

Brief Therapy Prisme, Charleroi (2017)

Training for Trainers Institut Ressources, Brussels (2016)

Ericksonian Hypnotherapy Institut Ressources, Brussels (2015)

Fundamentals to Counselling and Coaching Institut Ressources, Brussels (2013)

NLP Master Practitioner Institut Ressources, Brussels (2011)

I-I Certificate in Teaching English as a Second Language (2008)

BSc International Relations-economics & Marketing - Webster University – Gva, CH (1990)

Applied French and French Civilisation level III – University of Aix-Marseille III, France (1987)

Matric - Pretoria High School for Girls, South Africa (1986)

Languages and interests

English, French–bilingual, Italian - fluent

NVC, Sociocracy, Multi-cultural communication, Volunteer teacher at the Pitié-Salpêtrière hospital Paris (2000) Volunteer Red Cross at the St Pierre hospital Brussels (2011-12), Vice president of LP4Y (for the socio-professionnal insertion of young adults facing extreme poverty and exclusion).

Sculpture, Travels, Cultures, Story-telling, Photography, Scuba-diving

References available upon request

Avenue Albert 131 - 1190 Bruxelles - Cell : 0032 (0)498 169 349 - e-mail : wright.vanessa@hotmail.com

www.wrightvango.com