

DR IVETA SIMERA



As a **professional development coach & mentor**, I draw on 20 years of research experience and extensive management expertise gained from academia, fast-paced management consultancy companies and international organisations such as WHO/PAHO.

I work with scientists, early career researchers and other professionals across disciplines.

More about me: <https://www.linkedin.com/in/ivetasimera/>

*"Coaching has become a **key ingredient to professional success** and an increasing number of career-minded professionals engage a coach to accelerate growth and achieve success."*

I help my clients to:



Better understand their situation and themselves



Identify what keeps them from getting what they want



Shift their perspective & overcome challenges



Feel less stressed & drive their career in the right way

This can include

- Effective planning and managing **career** development and **transitions**
- Re-focusing your career at mid-career stage
- Implementing new **leadership**, management and other skills in practice
- Starting and leading new jobs, projects, or programmes
- Building **confidence**, effective communication skills and good working relationships
- Dealing with complex situations and changes; making decisions
- Improving work/life balance, **wellbeing** & mental health

"I can't thank you enough for your input yesterday. It was so helpful to reflect on everything we discussed."

You are so easy to talk to and a really good listener. I have already put into place the two actions we agreed and feel a lot more positive."

Main benefits of working with me

- I understand the pressures of demanding professional environment and challenges of international setting
- I am structured, analytical, and quickly understand your situation
- All discussions are strictly confidential so you can be completely open and honest
- You will gain clarity, create a good action plan, and start moving forward

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- **Free introductory chat** 40-60 min to find out how coaching with me works and how it can help you (with no obligation to start)
- **One-off 60 min session** (via Zoom): 130 EUR
- **Bronze coaching package:** 350 EUR
 - 3 one-to-one 60-min sessions (usually once a month; via Zoom)
 - Access to Speed coaching/mentoring support between sessions (=opportunity to email me or have a quick chat)
- **Silver coaching package:** 650 EUR
 - 6 one-to-one 60-min sessions (usually once a month; via Zoom)
 - Access to Speed coaching/mentoring support between sessions (=opportunity to email me, review documents or have a quick chat)
 - Complimentary review session once the assignment is complete



Email me at isimera@gmail.com for a free Zoom chat to discuss how I can support you