



**Being
Essential®**
Who
is
Who



Christina Galani

Facilitator, Trainer, Coach

About me

Christina's experience is a solid blend of people and business knowledge, as for 12+ years she had the opportunity to perform in Leadership roles within the Shipping/Container Business industry, as a member of the Board of Directors. Christina has led multicultural teams of different characters and has coached C-level executives, from several continents globally.

As an independent trainer and coach, in her projects her vision is to help all people and leaders understand their own emotional barriers, learn and develop personally and professionally, and create a framework for solutions.

Education

MSc Occupational Psychology | University of Nottingham, UK

Bachelor Psychology | Panteion University of Athens, Greece

Training in Systematic Psychotherapy | Systems Attachment Narrative Enchafalon, Greece

Certifications & Seminars

ICF | Solution Focused Coaching

CELEMI| Agile Move Simulation Certification

British Psychological Society| Psychometric testing Level A

DDI UK | Leadership training " Leading Leaders"

Ken Blanchard Group | Leadership training " Situation Leadership"

A.P. Moller-Maersk | Customer Service Train-the trainer workshop "CARE PRO"

Experience

Christina is an Occupational Psychologist (MSc University of Nottingham, UK), psychotherapist and business coach with a broad Leadership experience in Customer Service and HR functions. She is an experienced trainer in the fields of Emotional Intelligence, Customer experience and Leadership, and has worked with clients in the fields of Maritime, Transport & Logistics, Education and Healthcare. Christina is also an associate psychologist in designing and delivering Employee Assistance Programs (Hellas EAP), and Health Professionals Trainer (CCM Consulting).

During her experience as Customer Service Manager in major shipping company, she was managing diverse remote teams from several countries globally (Greece, Cyprus, Bulgaria, India, Philippines), while accelerating the team performance on the business KPI's; on the other hand, as a Cluster HR Manager, she spent several years coaching and training C-level executives, and facilitating their way through difficult business challenges such as restructuring, offshoring, mergers and digital transformation. In 2018 Christina developed and started delivering her own corporate training programs: "Emotional Intelligence @Work for professionals and leaders", and "Stress Prevention through Mindfulness". Christina has trained more than 1,500 executives in various companies, such as: Marsh-McLennan Group, DNV Maritime, OTE, Plaisio, L'OREAL, Fraport, Lundbeck, Pfizer, MITSIS Hotels, Leroy Merlin, AXA Global, Novartis, Astellas, A.P.Moller-Maersk, Alcon, British Embassy of Greece, Farantouris Financial Advisors.

Areas of Expertise:

Consultant and corporate program facilitation, Emotional Intelligence training, Customer Experience training, Coaching Skills, Stress Prevention and Resilience, Mindfulness, Leadership Development, Communication Skills for Health Professionals