



**Being
Essential®**
Who
is
Who



Sonia Petropoulou

Master Trainer, Senior Training
Consultant & Executive Coach

About me

Master Trainer, Senior Training Consultant and Executive Coach with a passion and significant experience in designing and facilitating training programs to executives. Equipped with a business background for 14 years, she has undertaken roles such as Training Manager, Senior Recruiter, Senior Consultant and Facilitator leading her to becoming a passionate trainer. Sonia is dedicated to influence individuals to become more effective and productive by gaining awareness and exploring alternative behaviors.

Education

MSc in Organizational Behavior | Aston Business School
BSc in Management Science & Technology | Economic
University in Athens

Academic studies in the Department of Economics (Socrates Erasmus exchange program) | University of Seville, Spain

Certifications & Seminars

Diploma in Executive Coaching and Organizational Development (AADCT) | Impact PCS, Athens

ICF Accredited Coach Training Program | Solution Focused Coaching (soon to be completed)

CIPD Part Qualification in Level A Psychometric Testing
Qualification in Level B Psychometric Testing

Experience

Sonia initiated her career in 2008 as a Recruiter in Adecco HR Services. From 2009 and for 9 years, she held the role of Training Manager and Recruitment at Inditex in Greece, one of the biggest Fashion Retailer all over the world. She participated and implemented many international projects in Spain and New York.

In 2019, she decided to grow her professional career as Trainer and moved to KPMG Greece as a Senior Consultant. She has worked with many companies and facilitated training programs to executives with various backgrounds and management levels.

Since 2022, she has functioned as an independent professional, dedicating her efforts to having strong impact on the participants and influencing them through experiential trainings and executive coaching.

Her expertise is in developing and facilitating programs on Managerial & Leadership skills, which are based on communicating, influencing, motivating, and inspiring people.

Sonia also designs and implements training programs covering a great variety of topics, such as Team Development & Management, Communication & Influencing Skills, Emotional Intelligence, Conflict Management, Coaching, Change Management, Resilience, Leading Remote teams, Interviewing Skills, Customer Service and Sales.

She has successfully implemented major leadership programs for an impressive array of clients, including Lidl Hellas, Loulis Foods Ingredients, Eurobank, AIA, IBM, Triumph, Globalsat, JTI, Leroy Merlin, Konica Minolta, Cepal, OTE, Qualco, Bank of Greece, OPAP, Halcor, Global Navigation Systems, Skytaly.

She is passionate about practicing executive coaching and has supported several executives to cultivate growth and success professionally and personally.