



**Being
Essential®**
Who
is
Who

Barbara Asimakopoulou

Inner & Outer Leadership Coach | Mentor
| Trainer (PCC/ICF, EMCC, Marshall
Goldsmith)

About me

Barbara is an award-winning Executive and Team Coach, internationally recognized for her expertise in leadership development, coaching education, and human resources management. With over 30 years of experience, she has worked with high-potential executives, senior professionals, and business leaders, guiding them to enhance their leadership skills, align teams, and improve workplace well-being. As the Founder & CEO of Human Resources Expertise, she has designed and implemented innovative coaching and leadership development programs, integrating philosophical wisdom, positive psychology, and business management principles to foster personal and professional growth.

Barbara is a PCC-certified coach by the International Coach Federation (ICF), an EMCC-accredited Team Coach, and a Certified Leadership Coach by Marshall Goldsmith Stakeholder Centered Coaching. She is also a published author and keynote speaker, inspiring leaders and organizations globally.

Certifications & Seminars

Professional Certified Coach (PCC) | International Coach Federation (ICF)
Team Coaching Accreditation (ITCA) | EMCC
Certified Leadership Coach | Marshall Goldsmith
Stakeholder Centered Coaching
Certified Global Leadership Coach | GCG
Accredited Professional Coaching Training Provider |
ICF Positive Psychology Certification | City University, UK
Certified Narrative Coach Practitioner | Dr. Dave Drake
NLP Certification | NLP in Greece
Coaching Presence Certification | Tunde Erdos
Licensed to conduct 360° Leadership Assessments |
Marshall Goldsmith & SHL

Experience

Barbara has collaborated with major multinational organizations, including Diageo, Beiersdorf, Leo Pharma, Bayer, Janssen, Generation Y, Titan Cement Company, Unisol SA, Kone SA, Vodafone, Sephora, Alfa Laval, Rina, Mapei, and CRH.

Her expertise includes:

- Executive & Leadership Coaching
- Team Coaching & Alignment
- Coaching Education & Mentorship
- Organizational Change & HR Strategy
- Philosophical Coaching & Positive Psychology

She is also a certified coaching educator, delivering the ICF-accredited Philosophical Coaching Diploma and collaborating with National & Kapodistrian University of Athens to teach Coaching Leadership in the Steps of Socrates.

As a published author, Barbara's books include:

- Philosophical Leadership – Best-seller on Amazon France
- The Art of Workplace Peace
- Inner Emancipation: Coaching, Leadership & Philosophy
- Reflections: The Coach's Journal

She is a founding member and former President of ICF Greece and has been nominated for the ICF Global Impact Awards.

With her visionary approach to leadership and coaching, Barbara continues to empower leaders and teams worldwide, helping them unlock their potential and create lasting impact.

Education

MBA in Human Resources Management | ALBA Graduate Business School, Greece
Master's in Organizational Psychology | I.A.G.-Université Catholique de Louvain, Belgium
Bachelor's in Chemistry | University of Patras