



**Being
Essential®**
Who
is
Who

Sonia Petropoulou

Master Trainer, Senior Training
Consultant & Certified Coach (ACC/ICF)

About me

Sonia is a Master Trainer, Senior Training Consultant, and Certified Coach (ACC/ICF) with a passion for empowering professionals through experiential training and executive coaching. With a solid business background spanning over 14 years, she has held key roles such as Training Manager, Senior Recruiter, Senior Consultant, and Facilitator. Her expertise lies in leadership development, communication, and influencing skills. She is committed to helping individuals gain awareness, enhance effectiveness, and explore alternative behaviors to improve their professional and personal growth.

Education

HMSc in Organizational Behavior | Aston Business School
BSc in Management Science & Technology | Economic
University of Athens
Academic Studies in Economics (Socrates Erasmus
Exchange Program) | University of Seville, Spain

Certifications & Seminars

Diploma in Executive Coaching & Organizational
Development (AADCT) | Impact PCS, Athens
ICF Accredited Coach Training Program | Solution
Focused Coaching
CIPD Part Qualification in Level A & Level B Psychometric
Testing

Experience

Sonia began her career in 2008 as a Recruiter at Adecco HR Services. From 2009 to 2018, she worked as a Training Manager and Senior Recruiter at Inditex Greece, one of the world's largest fashion retailers, participating in major international projects in Spain and New York.

In 2019, she transitioned into a Senior Consultant role at KPMG Greece, delivering training programs to executives across diverse industries. Since 2022, Sonia has been operating as an independent trainer and executive coach, designing and facilitating leadership and managerial skills programs focused on communication, motivation, influence, and team development.

She has extensive experience in training and coaching executives, covering topics such as:

- Leadership & Management Development
- Team Development & Management
- Communication & Influencing Skills
- Emotional Intelligence & Resilience
- Conflict & Change Management
- Coaching & Mentoring
- Leading Remote Teams
- Interviewing, Customer Service, and Sales

Sonia has worked with major organizations, including Lidl Hellas, Loulis Foods Ingredients, Eurobank, AIA, IBM, Triumph, JTI, Leroy Merlin, Konica Minolta, Cepal, OTE, Qualco, Bank of Greece, OPAP, Halcors, Global Navigation Systems, and Skytalys.

As an ICF Associate Certified Coach (ACC), she has conducted over 190 coaching hours, guiding executives and teams to cultivate professional success, resilience, and high-impact leadership.