



**Being
Essential®**
Who
is
Who

Stella Rapti

Executive Leadership Coach |
Mentor | Trainer (PCC/ICF)

About me

Stella is an Executive Leadership Coach, Mentor, and Trainer, dedicated to reinventing leadership and transforming workplace culture. With a 27-year corporate career in the media industry, she has a deep understanding of leadership dynamics and organizational transformation. As the Founder & CEO of Over & Above, a leadership development and coaching organization based in Athens, she works closely with executives and teams to enhance leadership capabilities, improve communication, manage stress, and optimize well-being. Her coaching integrates embodiment practices, mindfulness, and symbolic thinking, fostering profound personal and professional growth.

She is a Professional Certified Coach (PCC) by the International Coach Federation (ICF) and has accumulated over 700 executive coaching hours. Stella specializes in working with highly analytical executives and high performers in fast-paced environments, helping them embrace emotional intelligence and cultivate empathy in leadership.

Education

Jungian Coaching School Graduate
Marshall Goldsmith Stakeholder-Centered Program
Positive Intelligence Coaching Program

Certifications & Seminars

Professional Certified Coach (PCC) | International Coach Federation (ICF)

Experience

Stella has worked with leaders across multiple industries, including technology, finance, media, telecommunications, and energy. She has collaborated with companies such as:

- Qualco Group, Energean, Bespot Ai Solutions, Digital Horizon, Samsung (Sweden), Grupo Televisa, Alena Pharma, Doctor-online.co, QuattroLab, Oceanic Maritime, Conco, Karavias Underwriting Agency, ATTC, The Poulas Foundation (Little Giants Organization), Alba, and Attica Media Publications Group.

Her expertise includes:

- Leadership Development & Executive Coaching
- Stress Management & Well-Being in Leadership
- Communication & Emotional Intelligence
- Empathy & Team Development
- Mindfulness & Symbolic Thinking in Leadership

Through her holistic coaching methodology, she empowers leaders to become catalysts for positive change, guiding them toward sustainable professional growth and meaningful leadership impact.