



LUMINARIA LIFE
LEADERSHIP. CHANGE. GROWTH.

EXECUTIVE LEADERSHIP COACHING & ADVISORY GUIDE

Your Next Chapter Starts Here.

Executive Coaching & Advisory for
Leaders and Senior Professionals

“
Helping leaders navigate change
with greater clarity, confidence
and calm.



LEADERSHIP BECOMES PERSONAL.

The most demanding phases in a career rarely stem from lack of competence. They arise when change becomes personal.

- A new leadership role
- More responsibility
- A restructuring
- A career transition
- The question:
“What comes next?”

I support leaders and senior professionals in navigating these moments with clarity, confidence and inner stability.

WHO I WORK WITH

-  Executive Leaders
-  Senior Professionals
-  Medical Directors
-  Trial Directors
-  Functional Leaders
-  High-potential Professionals
-  Professionals in Career Transition

WHAT CLIENTS GAIN

-  Greater clarity
-  Calm under pressure
-  Better leadership decisions
-  Sustainable performance
-  Stronger executive presence
-  Confidence during change

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Clarity is
the first step.
Confidence
follows.
Purpose
leads the way.

”

MY COACHING APPROACH



EXECUTIVE ADVISORY

Strategic thinking
Decision support
Leadership reflection



EXECUTIVE COACHING

Leadership growth
Career transition
Confidence
Self-leadership



TRANSITION ADVISORY

Role changes
Career decisions
Professional visibility
New chapters



THE GLOW METHOD™

Guided Reflection
Leadership Awareness
Optimized Habits
Well-being Integration

*Part of the Calm
Leadership Framework.*



YOUR NEXT CHAPTER DESERVES CLARITY.
Leadership isn't about having all the answers.
It's about having the clarity, confidence
and calm to navigate uncertainty.



*A trusted partner
for life's most important
leadership and career
transitions.*



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LEAD WITH CLARITY. LIVE WITH PURPOSE.