

LENA'S STORY

Founder of Lena's Moves

Creativity, structure and passion for growth are the foundations of my work and reflective touchstones for me as I synthesize new ideas to bring forth an embodied way of learning, training & coaching.

While working with people – no matter if they are coaches, trainers, entrepreneurs, managers, teachers, team leaders or adults in general – I've realized that the body matters. It supports the learning process to be experienced at a deeper level and brings joy to the whole journey.

Having an academical background in Pedagogy and Adult Education lead me to adapt, in my personal and professional life, a formal approach to transferring knowledge. Giving advice and solutions to people's problems was a big part of this approach. I was operating like this with my students as well as with my clients coming from corporate environments (Lancome, Samsung, Nestle).

Getting to know about coaching, I questioned myself: What if I can support people to learn in a different way? Can I empower them to discover their own answers?; and What if I can use movement to make this process easier?

As such, I began working alongside a talented group of coaches who were of different cultures and had distinct styles, and yet shared a common love, EMBODIMENT! This gave me another perspective on what embodiment can bring to and how it is connected with learning, coaching and training. Moving is our brain's favourite way to learn, as I've experienced first hand.

*"Through amazingly guided exercises and my own intuitive reactions
I learned a lot about myself and the ways in which I function."*

Ira Vince, Marketing Mentor, Jungian Coach and Brand Expert

The embodied approach for me is built on 5 years of experimental work and tested on more than 1.000 people from 30 different countries. It puts into practice notions that have been developed throughout the history of Ontological coaching, NLP, Provocative Coaching, Systemic Constellations, Embodied Cognition and Psychology of Movement.

Lena's qualifications:

- Bachelor in Primary Education
- Masters in Adult Education
- Coaching Certification
- Training Certification
- Embodied Methodology Specialization
- CRKBO Teachers Quality Code