



**Co-incidence**  
Executive Coaching & Training



**Charlotte FREDERIKSEN**

## **EXECUTIVE COACHING & TRAINING – INTUITION DEVELOPMENT**

15 years in fast-paced international environments in corporate communications

**Certified as an Executive Coach from HEC Paris, Charlotte supports leaders and managers to develop their inner resources and self-insight. She enables individuals and teams to explore, understand and achieve their potential.**

**As an intuition expert, she also creates and facilitates soft skills workshops and trainings about the combination of rational and intuitive mindsets.**

Charlotte has a talent for creating an environment where individuals and groups can work and grow together in an effective and sustainable way. **Her role is to accelerate the development process and make it reliable. She guides her clients to autonomously find their own solutions.**

Her expertise and focus areas include:

- **Leadership, performance, intuition and career development**
- **Priorities, emotions, stress and personal branding management**
- **Soft skills improvement including communication and mindfulness**
- **Professional and personal mission identification and implementation**
- **Team alignment, performance, vision and co-operation**
- **Change Management and Organizational Development**

Her clients particularly appreciate her way of getting to the heart of things by being genuine, an active listener, non-judgmental and intuitive. It inspires and allows them to get a clearer view on their personal behaviors, challenges and resources. She blends these skills with various proven coaching approaches such as NLP, Transactional analysis, Gestalt, Systemic, and Art Therapy.

Her way of working and the questions she raises lead her clients to:

- **Overcome personal barriers**
- **Explore and use new resources**
- **Widen the scope of opportunities**
- **Take decisions autonomously**
- **Focus on priorities and operate proactively.**



**Fluent in both French and English, Charlotte holds a master's degree in Communications** and started her career in communication agencies in **Paris** and in **California**. She worked for both private and public sector clients such as Unilever and **Areva**. Based in **Basel** (Switzerland) since 2005, she worked at **DSM Nutritional Products** (Global leader in vitamins) for 8 years as **External Communications Manager** and as **Head Communications' Deputy**.

Responsible for developing and implementing communications strategies and programs, she generated media stories, internal content and managed crisis communications and branding campaigns.

Working as a business partner for an executive committee and closely with employees, investors and journalists gave her a solid understanding of the corporate world and its dynamics.

#### **ADDITIONAL PROFESSIONAL DEVELOPMENT**

**Certified Executive Coaching** HEC, Paris - FR

**Management Leadership Program MLP2**, Maastricht, NL

**Public Speaking & Written Communication with Creativity**, Stanford University, CA – USA

**Project Management**, University of California Berkeley, CA – USA

**Institut Supérieur de Communication ISCOM**, Paris – FR

**International Business**, University of La Sorbonne & National School of Commerce, Paris - FR

*" Working in partnership, my clients explore a deeper self-awareness making an impactful difference in both their professional and personal lives. I believe that together with a rational approach, intuition helps individuals and organizations to focus on what really matters, make effective and meaningful decisions, communicate better, and strengthen their autonomy to make lasting changes."*