

coaching



why

We all have these moments now and then in which we can't see the solution of a challenge or problem.

This stops us from proceeding, blocks us in our performance, is frustrating and postpones other important tasks.

To find the solutions to these challenges is not easy or simply impossible on our own.

The support of a coach, the view from outside can make a great impact!

what

Coaching supports your competences and performance, which are within you but haven't surfaced (yet).

Challenges like

- giving presentations & speeches
- leading a team
- coming out on top within a team
- finding and enhancing self-confidence
- jumping at a career chance
- accepting personal changes
- overcoming a decision dilemma

and others are systematically analyzed and solved.

how

- personal-coaching
- team-coaching
- online and face-to-face

"I support you in facing your challenges!
Contact me!"

Experts in communication
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Improving your performance

venegas coaching



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