



**CRETEM
DAMENI**
HPOI

Heroes are not born. They are grown.



Gina Bulai

I am a lover of nature and of people, who has psychology as a passion.

I graduated from the Faculty of Psychology and Educational Sciences, I attended a training in classical psychodrama and I am certified in Brief Coaching PURE with Solution Surfers Romania, an institution accredited by ICF. I also obtained the ACSTH Accreditation from ICF.

My professional experience began 17 years ago in Human Resources, continued in training and then coaching.

I have over 170 hours of coaching with business clients and I support leaders from various industries to reach their potential.

HOW I DO WHAT I DO

Solution Focused Coaching este formarea pe care o am, training oferit în România de către Solution Surfers, certificată de către reputata organizație International Coaching Federation.

În plus, am o formare de 4 ani în terapie de grup, prin metoda psihodramei, în Asociația Română de Psihodramă Clasică.

Îmbinând metode și tehnici din aceste două formări, împreună cu experiența profesională de peste 17 ani în business, reușesc să înțeleg și să ofer suport în cel mai bun mod cu putință clienților cu care lucrez.

Pașii urmați în procesul de coaching încep cu clarificarea obiectivului, continuă cu identificarea precedentelor de succes, apoi cu descrierea situației ideale și, în cele din urmă, identificarea resurselor și planului de acțiune pentru atingerea obiectivului propus.

HOW WILL WHAT I DO HELP YOU

95% of the business clients I worked with managed to achieve their goal in only 3 coaching sessions. The other 5% either reached it faster (1-2 sessions) or slightly slower (4-5 sessions).

I make it easier to achieve goals quickly by focusing on customer resources, their goals, the desired benefits and, above all, focusing on solutions.

Customers often identify from the first session a step in the progress they hope to achieve, and immediately begin to implement those behaviors that ensure their success.

How what I do helps you: You will have clarity about the decisions you want to make, more confidence in your own forces, and an action plan to put into practice.

**“Power and responsibility. I have rediscovered my identity”
– this is how clients describe the outcome of the sessions.**



Gina graduated from the Faculty of Psychology and Educational Sciences, followed a training in classical psychodrama and is certified in Brief Coaching PURE with Solution Surfers Romania, an institution accredited by ICF.

Her professional experience of over 15 years began in Human Resources, continued in training in one of the renowned corporations present in Romania and further as a trainer and coach soloprenor, experience that offers her a 360 understanding of the existing business concerns.

She is accredited as an Associate Certified Coach ACSTH by the ICF (International Coaching Federation). She is a partner trainer of HPDI and a business coach in a number of independent projects.

Gina has over 170 hours of coaching with business clients, helping leaders from diverse industries reach their potential. The most common objectives of her clients are: strengthening the relationship with business partners, fair behavior toward the members of the led teams, building a performing team, resolving conflicts, developing leadership skills

A FEW ARTICLES WRITTEN BY ME

How I got to love coaching




Resolutions, perseverance and small steps




A plea for stress






Gina is wonderful! Although it was the first meeting and the discussions reached various areas, she managed to centralize the information and give me an overview. She is the kind of person you would like to talk to endlessly.

This meeting was extremely relaxing, interesting and also challenging. Gina is an coach attentive to the talk partner, kind and attentive to important details. Thank you!



Thank you for all the support offered during the 4 coaching sessions and for the openness to be with me in this development endeavor! I think the most important thing for me is that I have strengthened my belief that in each of us there are undiscovered resources and for every thing/action, there are several solutions. Thank you very much!



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