



Christiana Genie

PARENTING & LIFE SKILLS EXPERT



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Christiana is a specialist in conscious parenting and life skills. She is a speaker on personal development topics at various governmental and private organizations worldwide.

She began her coaching career in 2008 as a Child & Parenting Coach. Today, she specializes in supporting individuals of all ages to understand their automatic behaviors and shift their mindset to achieve their personal and professional goals.

She presents on topics such as conscious parenting, emotional management, stress, work-life balance, and mind reprogramming. She is an Accredited Senior Coach by EMCC, a Mentor at WOT Greece, and a Member of ICF and BPW Cyprus.

She is the founder of the **Inner Growth Academy** in Limassol.

www.innergrowthacademy.com | www.christianagenie.com



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THE JOURNEY

Christiana is a highly qualified professional with extensive credentials in coaching, psychology, and holistic well-being. She holds certifications as a Relationship Coach (July 2024) and Workplace Happiness Consultant (May 2024) from Happiitude Global, India, and a Happiness Coach Certificate (February 2024) from the Berkeley Institute of Well Being, California. She is accredited as a Senior Practitioner (November 2022) by the European Mentoring and Coaching Council, and she also earned a Life Coaching Diploma (June 2018) from the Institute of Lacanian Psychoanalysis and Personal Development, UK. Her expertise extends into specialized areas like Compassionate Self Inquiry for Healing Trauma

& Stress (June 2023) with Dr. Gabor Mate, Reiki, Usui Shiki Ryoho – Level 1 (May 2019), Child Psychology (January 2018), and Peaceful Parenting (July 2017). Christiana also completed Inner Engineering (November 2019) through the Isha Foundation, India, and holds additional qualifications in Mindful Practice (February 2022) and Ho’oponopono (March 2021).

Christiana’s deep commitment to child development is evident through her Child Coaching Diploma (November 2008), Child Day Care Diploma (October 2008), and Conscious Parenting (January 2019). Her well-rounded expertise positions her as a leader in personal development and parenting coaching.



Education and Training



Structural Child Coaching
Mindful Professional Practice



Workplace Happiness Consultant
Happiness Coach



Relationship Coach
Child Psychology



Senior Practitioner EMCC Accreditation
Structural Life Coaching

Our coaching *process*

1. Business assessment

When visiting a company, we begin by assessing the overall workplace environment, focusing on employee well-being, stress levels, emotional dynamics, and communication patterns.

We engage with staff and leadership to understand the challenges they face in managing stress, balancing work-life responsibilities, and fostering personal development.

2. Provide recommendations

Based on our assessment, we provide customized recommendations that address key areas like stress management, emotional awareness, parenting, and personal development. These strategies are designed to enhance emotional well-being, improve communication, and support a more conscious, balanced work culture that benefits both employees and leadership.

3. Create business plan

We collaborate with the company to create a tailored business plan that integrates emotional intelligence and stress management practices into their operations. This plan outlines actionable steps to promote personal growth, enhance employee engagement, and support a healthier, more productive workplace environment.



Our Signature programs





SIGNATURE PROGRAM 1

PARENTING SKILLS FOR BUSY PROFESSIONALS



The workshop focuses on building conscious parenting skills, enhancing emotional awareness, and creating stronger connections with children, all while maintaining a healthy work-life balance.

- **Emotional Awareness & Management:** Strategies for handling strong emotions and tantrums.
- **Effective Daily Processes:** Creating successful routines to foster a calm household and reduce daily struggles.
- **Conscious Boundary Methods:** Establishing boundaries without punishment or restrictions.
- **Building Lasting Connections:** Strengthening relationships with children while providing them with emotional protection.

Program Duration: 8h+





SIGNATURE PROGRAM 1

PARENTING SKILLS FOR BUSY PROFESSIONALS



8 PILLARS OF GREAT PARENTING

PILLAR 1: SELF AWARENESS & PARENTING

What is our role as parents and how deeply do we affect the self-image and success of our child?

Goal: Introduction to mindful parenting.

PILLAR 2: EMOTION MANAGEMENT

Children learn to manage their emotions by mirroring the way we behave when the going gets tough.

Goal: Easy approaches in emotion management for children and parents. Let's handle those tantrums with confidence!

PILLAR 3: UNCONSCIOUS PATTERNS

Being a mindful parent means recognizing automatic patterns that may not support our family's harmony or our personal well-being.

Goal: Spot and break the patterns.

PILLAR 4: MINDFULNESS & LIMITING BELIEFS

Techniques for staying present and identifying limiting beliefs.

Goal: Learn how our beliefs shape our children's mindset and discover ways to break the cycle for a more empowering future





SIGNATURE PROGRAM 1

PARENTING SKILLS FOR BUSY PROFESSIONALS



8 PILLARS OF GREAT PARENTING

PILLAR 5: EMPOWERING BELIEF INSTILLATION

Parenthood offers the incredible opportunity to nurture empowering beliefs in our children, helping them develop unwavering self-worth to navigate life's challenges. Goal: Explore how our actions and words shape the unconscious messages that influence our child's self-image.

PILLAR 6: BOUNDARIES WITHOUT PUNISHMENTS

Establishing boundaries without punishment or restrictions by Strengthening our relationship with them and maintain open communication with them. Goal: Understand when we need to set a boundary and how to remain firm on the boundaries we propose.

PILLAR 7: PREVENTIVE MAINTENANCE

Creating successful routines to foster a calm household and reduce daily struggles. Goal: Scheduled Emotion release and approaches to prevent meltdowns and power struggles.

PILLAR 8: STRENGTHENING CHILD CONFIDENCE

The secrets to raising confident children and the traps we fall into without realising, by over-praising them. Goal: to create an empowering mindset that helps children believe in their abilities and promote their autonomy.





SIGNATURE PROGRAM 2

WORK LIFE BALANCE & STRESS MANAGEMENT



The workshop introduces a unique approach to balancing professional and personal life through the lens of emotional intelligence. It equips participants with tools to manage stress effectively, enhance self-awareness, and foster emotional resilience for a more harmonious work-life integration.

Areas covered:

- Achieving genuine work-life balance, even in difficult times.
- Developing emotional awareness and management skills, including the use of the MPST Tool to restore emotional balance.
- Enhancing communication techniques to foster healthier relationships and improve emotional well-being and work-life integration.

Program Duration: 7h+





SIGNATURE PROGRAM 3

CONFLICT MANAGEMENT & EFFECTIVE COMMUNICATION

Program Duration: 7h+



This workshop is designed to equip employees with the essential skills for addressing conflicts constructively and communicating effectively, fostering stronger team dynamics and a more resilient organizational culture. By investing in these tools, the company can build a positive, productive workplace where challenges are met with confidence and collaboration.

Participants will learn how to identify sources of tension, navigate difficult conversations, and apply de-escalation techniques. Effective communication, including active listening, clear messaging, and adapting to different audiences, will be emphasized as a key to success. Additionally, mastering feedback and constructive criticism will promote growth and minimize defensiveness, cultivating a supportive, high-performing team environment.





Fostering a coaching culture at your workplace?

Coaching, has shown remarkable benefits in fostering higher levels of engagement among employees.

Organizations with strong coaching cultures report 51% higher revenue compared to their counterparts, with 62% of employees in these organizations rating themselves as highly engaged, according to the Human Capital Institute.

Coaching not only reduces procrastination but also enhances goal attainment and retaining healthy wellbeing, as revealed in a study by Frontiers in Psychology.

The collective environment of group coaching allows employees to share experiences and support each other, creating a more cohesive and motivated workforce.

Explore the possibility of individual and group coaching



HRDA Grant

Our workshops, programs and trainings receive partial funding from the Human Resource Development Authority of Cyprus depending on the number of participants. Applies only for companies registered in Cyprus.

For more information regarding cost and funding amount, please contact us without any obligation here.



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