INNER GROWTH
ACADEMY

Building Corporate Cultures
People don’t want to leave



Christiana Genie

LEADERSHIP & BEHAVIOUR SPECIALIST

Christiana Genie is a **Behaviour Specialist and Parenting Strategist**, International Speaker, and **Founder of the Inner Growth Academy**. She also serves as the Head of the Growth Hacking Business Club in Limassol and Vice President of the English-speaking Business & Professional Women Cyprus.

She is dedicated to advancing conscious leadership, emotional awareness, and behavioural growth across individuals, families, and organisations.

With a professional foundation in parenting, mimdfulness and emotional awareness, she brings a differentiated approach to the business world, highlighting the critical role of human behaviour in shaping culture and performance, beyond strategy alone.

She has collaborated with organizations such as **CYTA, KPMG, Ocean Basket, and Bioland**, and is accredited as a Senior Coach by the European Mentoring and Coaching Council, holding certifications in Structural Coaching, Mindfulness, and Workplace Happiness.

Trusted by leading companies

cyta

KPMG

Ocean Basket

NEXXIE GROUP

PARI MATCH

PASCAL Private English School

Bioland Energy

EPTAGON GROUP

Our Signature programs

SIGNATURE PROGRAM 1

PARENTING SKILLS FOR BUSY PROFESSIONALS

For a Healthier Work-Life Culture







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 outbursts.
- **Effective Daily Processes & Stress Management**: Creating successful routines to foster a calm household and reduce daily struggles.
- **Time Management & Boundaries**: Methods for setting respectful, effective boundaries and using time intentionally, to boost productivity and make space for meaningful rest.
- **Building Lasting Connections**: Approaches for building emotional safety and deepening connection, while fostering open, trust-based communication.

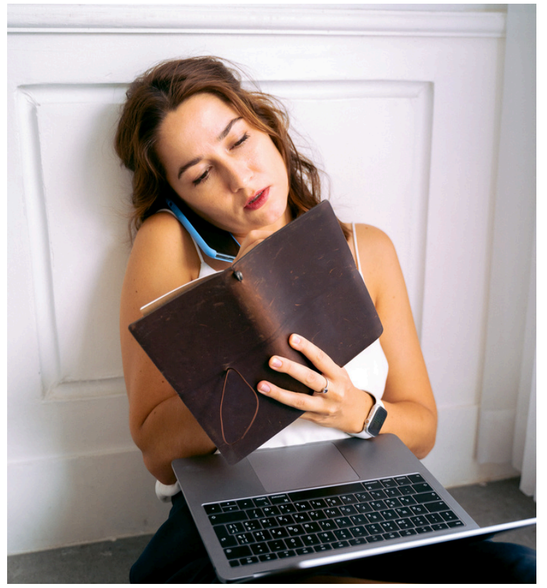
The methods shared are designed to be effective both at home and in the workplace. →

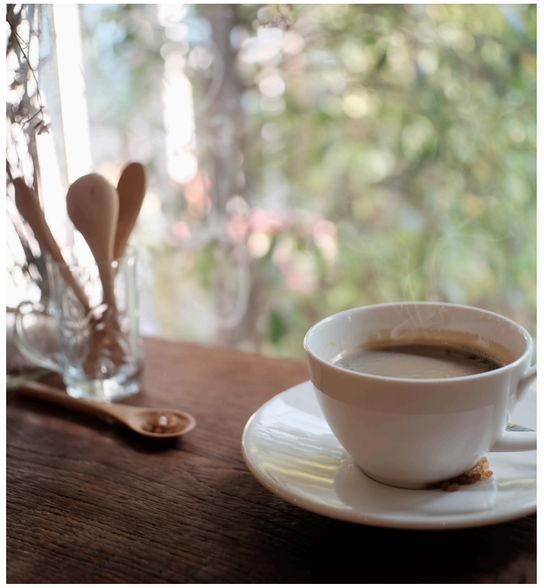
CG

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.

→

SIGNATURE PROGRAM 3

CONFLICT MANAGEMENT & EFFECTIVE COMMUNICATION







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.

SIGNATURE PROGRAM 4

HOW TO INFLUENCE, INSPIRE & IMPACT AS A LEADER







Many organizations struggle with disengaged teams, lack of initiative, poor communication, resistance to change, and leaders who manage tasks effectively but struggle to truly inspire and influence people.

This workshop is designed to help leaders develop the skills needed to build trust, motivate teams, and create high-performing workplace cultures. Participants will explore the difference between managing and leading, identify their own leadership style, and learn practical strategies to improve communication, strengthen collaboration, and increase accountability.

Through practical tools and real workplace examples, leaders will discover how to inspire growth, encourage innovation, create a shared vision, and achieve stronger organizational results through authentic and impactful leadership.

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 **funding** from the Human Resource Development Authority of Cyprus.

Applies only for companies registered in Cyprus.

Let's talk

Email

info@innergrowthacademy.com

Websites

www.innergrowthacademy.com
www.christianagenie.com

Telephone

25 004 044