

Unlock Your Potential:

Self-Leadership Coaching with Elena

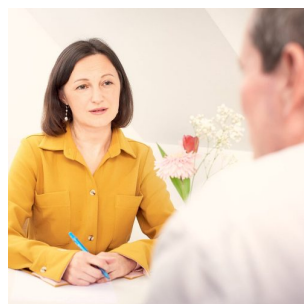
Are you ready to take charge of your life and career? My Heart-Based Self-Leadership Coaching is designed to help you discover and harness your inner leader. I am an ICF certified coach with many years of business experience and take a resource-oriented approach to people orientation and potential.

You'll achieve:

- **Clarity:** What you really want and your direction in life
- **Capability:** Assess resources and tools to be a real leader for yourself
- **Empowerment:** Discover how to lead yourself effectively, fostering confidence and resilience
- **Consistency:** Create your personal roadmap to reach your own goals and wishes.

Your motivation:

- You are a professional seeking to advance your career
- You want to improve your personal effectiveness for yourself
- You dream of living the life you want, and becoming who you want to be.



Your Coach:

Elena Zgurska

I am a professional leadership coach, certified by the International Coaching Federation (ICF). My extensive business experience over many years includes different managerial positions and leading multinational teams.

In the past two years, I have focused on people-centric agendas, delving deeply into mental health and leadership topics. My mission is to empower people to become true leaders of their own lives and to nurture the leaders of the future.

As a member of the multiprofessional team of the Heart-Based Center Basel, I have learned to unleash the power of the Heart-Based Medicine Principles in Leadership Coaching programs.

I'd love to inspire you to explore your full potential.



[Contact me](#)

The Heart-Based Center

The Heart-Based Center is a health center for Heart-Based medical, therapeutic and coaching advice and assistance. Heart-Based Medicine is a competence that can be taught, acquired and studied like any other proficiency. The multi-professional team is guided by the philosophy and findings of the Heart-Based Medicine Foundation, which scientifically researches, validates and communicates the energy potential and healing power of love and human-centered medicine.

The Heart-Based Center services include therapy, counselling and coaching.



I look forward to meeting you.

You can reach me by email at any time:

[Send Email](#)

For phone calls:

[Call 061 555 11 11](#)

Heart-Based Center Basel

Self-Leadership Coaching

Güterstrasse 86

4053 Basel

Switzerland