

Life Coaching Services

Goal Setting and Execution

- Goal setting
- Execution planning and strategy

Behavioral Change

- Change readiness assessment
- Change coaching

Mind-body Solutions

- Mindfulness meditation
- Guided visualizations
- Breath work
- Stretches
- Exercises
- Targeted meditation techniques for emotional resolve and releasing fear

Balanced Life

- Work-life balance assessment
- Balanced life strategy setting
- Coaching for strategy execution

Coaching for Wellness

- Overall wellness assessment
- Strategy setting for wellbeing
- Coaching for change towards wellness

Transition and Grievance Coaching

- Emotional processing and freedom
- Transition planning for major life events
- Coaching for strategy execution

Testimonials

"Tijen's coaching and healing tools and techniques are perfectly entwined to facilitate maximal change within your physical, emotional, mental and energetic systems.

The results are astounding, the growth exponential. Working with Tijen has been a movement into bliss! If desire growth, then your choice for a coach must be Tijen!" - Scott H., Adelaide, Australia"

"I participated in Tijen's meditation class at the NAC's Spring Awakening. I enjoyed it and felt that it improved my quality of Life." - Margaret B, RN, PA -USA"

"I had the opportunity to be coached by Tijen Genco. I found her to be an extremely intuitive and deeply perceptive coach. During the time that she coached me, I gained greater clarity about two important areas of my life, including what was getting in my way of successfully moving forward. I recommend Tijen to anyone who is looking for a transformational coaching experience!" - Lisa K., MBB, PA USA"

"I highly recommend Tijen as a coach. Our sessions always bring awareness to the issue at hand, whether it is in life or in business. Tijen's ability to see beyond what you are stating and provide a larger picture for you is her strongest talent. I've been able to get to the root of the issue quicker and more meaningfully with her by my side." Susan S., CO USA"

"I have been very impressed by Tijen's coaching. Her ability to read in between the lines, to hear things unsaid, is incredible. The questions she poses and the comments she makes gave me a comfort. She has a certain ability of addressing things in a respectful and intriguing way which leads one to want to discover more, with interest and without blame. She acts professionally as a facilitator and that builds trust. She has given me an insight within a very few weeks that I have not been able to get for the past 39 years. With her guidance I feel much more anchored in my life and I have been given a drive and lust for conquering myself. With insight comes knowledge, comes genuine love. Thanks for having helped discovering me within..." - Muvet S., Copenhagen, Denmark"

*Professional
&
Life Coaching*

Achieve the highest potential of your life!!

Professional Coaching Services

Strategy Setting and Execution

- Strategy setting
- Strategy execution
- Facilitative workshops

Performance Improvement

- Process & performance improvement
- Best practice development
- Workshops and trainings

Change Execution

- Change execution Strategy
- Change execution across levels & cultures
- Realization strategy and enablement
- Workshops and lectures

Leadership Development

- On boarding
- Executive coaching
- Team coaching
- Management consulting

Organizational Development

- Strength assessments
- Strength-based assignments
- Organizational gap analysis, development and coaching plan
- Workshops and lectures

About Tijen Genco

Tijen Genco is a certified Professional and Life Coach. Her client portfolio include C-Level senior executives, division heads, and chiefs of staff across wide variety of fortune 100 companies; country managers of non-profit organizations; entrepreneurs, lawyers, and seasoned coaches.



Tijen holds Master of Science degree in Management with concentrations in Organizational Behavior and Coaching from the University of Texas at Dallas. She is Master Black Belt in Lean/Six Sigma Productivity Improvement Methodology. Tijen's engagements as trusted advisor and management consultant resulted in multi-million dollars in productivity benefits for fortune 100 companies over the years.

Tijen specializes in Executive Coaching, Organizational Development and Cultural Transformation along with Process Excellence. She provides individual as well as group/team coaching and workshops to corporate clients and private audiences worldwide.

Tijen is certified in various Yoga methodologies, Pilates and Meditation. As a wellness coach she has been instructing mind-body classes at prestigious clubs in the US since 2008.

Tijen is passionate about social issues and participates in Social Responsibility efforts. She extends her specialty of cultural transformation and behavioral changes in the healthcare industry to non-profit organizations for enabling desired behaviors towards better health. In 2013, she served 3 months in India helping to improve the quality of Maternal Health services in the rural areas, coaching non-Government Organization resources. She served at the board of International Coaching Federation (ICF), Philadelphia Chapter, as the VP of Education and Professional Development. Along the side of her coaching business, she is chairing the Global Executive Coaching Community of Practice of ICF, and instructing mind-body classes.

Client Organizations

Following is a sample list of organizations that are benefited from coaching and business consulting services of Genco Coaching

For Profit

- Merck & Co. Inc.
- Shell Oil
- BP
- Morgan Stanley Investment Management
- Macys
- Choice Point

Non-Profit

- World Health Partners
- Pathfinder International