

## Life Coaching Services

### Spiritual Coaching

- Coaching for Soul's desires and direction for across life time and space
- Somatic Coaching: Coaching practice while client at a deeply relaxed state through guided imagery
- Spiritual guidance and directorship

### Behavioral Change

- Understanding desired behaviors and coaching for the change

### Transition and Grievance Coaching

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

### Balanced Life

- Work-life balance assessment and Coaching

### Coaching for Wellness

- Establishing Wellness Goals Coaching for change towards wellness

### Mind-body Solutions

- Mindfulness meditation
- Guided visualizations
- Yoga, and Pilates Exercises
- Targeted meditation techniques for emotional resolve and releasing fear

## 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"

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"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"

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"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., MCC, PA USA"

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"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"

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"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"

*Executive, Life  
&  
Well-being Coaching*

Achieve the highest potential of your life!!

## Professional Coaching Services

### Leadership Development

- Executive Coaching
- On boarding
- Team coaching
- Consulting
- 360 Assessments and evaluations

### Cultural Transformation

- Value assessment and definition
- Cultural Coaching

### Organizational Development

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

### 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

## 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 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 management consultant resulted in multi-million dollars in productivity benefits.

Tijen has expertise in every aspect of coaching as a practitioner, mentor, and educator. She is an Executive, Life and Wellbeing Coach, specializing in Cultural Transformation through mindful awakening of individuals and companies by combining neuroscience and transcendental approaches to behavioral change. Tijen worked and lived in USA, UK, Spain, Turkey, and India; and provided Leadership Coaching, Cultural Transformation, Diversity and Inclusion practices for executives and teams. Tijen draws the strength from her skillset to coach leaders towards excellence in strategic and inclusive global leadership across geographical and organizational cultures. Her coaching support clients to elevate their consciousness, potentialize their strengths, develop impactful, sustainable, and inclusive strategies globally. Tijen served at the board of International Coaching Federation (ICF), Philadelphia Chapter, as the VP of Education and Professional Development, and she is an approved continuing education provider both for ICF and NBHWC (National Board of Health and Wellness Coaching). She provides Mentor Coaching and Lectures at the academic environment. She extends her specialty of cultural transformation and behavioral change coaching to organizations in the healthcare industry by enabling desired behaviors towards better health. For this purpose, Tijen uses her unique approach of incorporating mindfulness and neuroscience into behavioral change. Tijen also participates in Corporate Social Responsibility efforts. In 2013, Tijen served 3 months in India towards improving the quality of Maternal Health services in the rural areas, coaching across complex sponsoring organizations and social workers.

## Client Organizations

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

### For Profit

- Baxter
- Bristol-Myers Squibb
- CSL Behring
- Coca Cola
- DiaSorin
- HSBC
- Macys
- Merck & Co. Inc.
- Morgan Stanley Investment Management
- Paychex
- Shell Oil
- SIG Combiblog
- Woodman Properties

### Non-Profit

- ICF
- John Templeton Foundation
- UNICEF
- World Health Partners
- Pathfinder International

### Academic/Educational

- University of Texas at Dallas
- Chris Kresser ADAPT Health Coaching
- Life Coaching Group