

Think
& Act
Differently



Bruna De Palo, PCC

Neuroscience-based Executive and Career Coach
Keynote Speaker & Facilitator

Helping high-achievers **expand their thinking, acting and leading capability** using a science-based approach to boost productivity, impact and presence.



2022 SME AWARD WINNER:
MOST INNOVATIVE SCIENCE-BASED COACHING & TRAINING APPROACH

WWW.BRUNADEPALO.COM

COACHING APPROACH

Pragmatic, empowering and directive when necessary, Bruna balances coaching and mentoring to suit the circumstances. **Action-oriented and evidence-led**, she facilitates growth that reflects positively on clients' professional and personal life. Her premium workbooks, tools and frameworks make it **easy for her busy clients to stay on track, measure progress and optimise time and energy.**

WHAT TO EXPECT

- Improve how you think, interpret and react in challenging situations
- Increase your emotional intelligence
- Communicate effectively and learn to influence without authority
- Get set for promotion
- Increase your impact, empower and inspire your team
- Improve your work-life balance
- Develop your charisma and executive presence
- Be a more effective decision-maker, especially under pressure
- Change unconstructive behaviours
- Use your intuitive intelligence as a conduit for progress

...and much more!

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BIO

With over 20 years of experience in the corporate sector and further studies in neuroscience and psychology, Bruna coaches high-achievers from finance, banking and tech to harness their brain's potential to improve their life and career, as well as aid the transition to more senior positions.

TRAINED AT



It's not an understatement to say that my work with Bruna was life-changing. I was immediately impressed with her science-based approach to helping me understand how my brain functions and how this was keeping me stuck in my career. She guided me through very practical exercises which helped me to solve problems and think in a very different and effective way. I found her energy and unique approach to be a powerful combination which has also helped me in my life outside work.

Matthew Ekroth, Executive Director
at Morgan Stanley & Co.