



# ALESSANDRO DE VITA ZUBLENA

MENTAL COACH - EXPERT IN CHANGE

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## CONTACT

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## EDUCATION

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- Candidate EDBA, International Management School Geneva, 2024
- Assistant to J. Grinder & C. Bostic St. Clair in Europe and Mentor for students, 2006-2024.
- Emergent New Code NLP Trainer by J. Grinder and C. Bostic St. Clair, Lagos (PT), 2024.
- Master Trainer, Tony Buzan in mind mapping, speed reading and memory, 2021.
- Hypnosis Practitioner, London Academy Hypnosis, Croydon (UK), 2021.
- International NLP Coach by J. Grinder and C. Bostic St. Clair, Brighton (UK), 2007.
- Senior Trainer of NLP and New NLP Code by J. Grinder and C. Bostic St. Clair, Brighton (UK), 2005-2006.
- Master's degree in Counselling Psychology - American University of Lausanne (CH), 1993.
- Bachelor's degree in psychology - American University of Lausanne (CH), 1992.

## LANGUAGES

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- Italian (Mother tongue)
- English (Fluent)
- French (Fluent)
- Spanish (Intermediate)

## MY PROFILE

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With over three decades of experience in Executive coaching, I am the Founder, Senior Partner, and Director of My Coaching Partners SA, based in Lausanne. Since 1994, my career is distinguished by over 45,000 hours of hands-on experience, guiding individuals and organizations through transformational change across Switzerland, Europe, the United States, and Latin America. My deep understanding of human behavior, combined with advanced coaching techniques, allows me to facilitate change that is both effective and sustainable. My work is characterized by a commitment to excellence and a passion for empowering others.

## MY MAIN SKILLS

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- Lead individuals to transform problems into high achievements
- Strong motivator, result oriented, robust organisational skills, strategic thinker
- Work at individual, group and organization level
- Very good public speaker, persuasive communicator and negotiation skills
- Self-application & personal congruity
- Sparkling intelligence & bottomless curiosity
- Solid personal ethics
- Excellent sense of humour
- Train the coach to world-class capability
- A driving desire to discover new patterns and continue to develop New Code NLP tools

## MY COACHING PROFESSIONAL EXPERIENCE & CREDENTIAL

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Founder, Senior Partner and Director at Adz Conseil & My Coaching Partners S.A. in Lausanne since 1996.

Trainer for police officers (Police of the Canton of Vaud (CH)) on 'how to manage emotions in difficult situations', 1993-1995.

Internship in a psychiatric hospital, Aosta Valley (IT). Assistant psychologist under the supervision of the Head of Clinic, Dr. Nadir Vietti, Prof. Jean-Pierre Dauwalder (University of Lausanne), and Dr. Jean Cottraux (Lyon Hospital), 1990-1991.

Member of ITCA NLP ([www.itcanlp.org](http://www.itcanlp.org)) since 2005  
ITCA is the official NLP Accrediting Body and Membership Association established by John Grinder, (Co-Creator of Classic and New Code NLP) Carmen Bostic St Clair, Co-Creator of New Code NLP) and Michael Carroll (Co-Developer of New Code NLP).

## MY COACHING TOOLS

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I offer my clients the ability to choose, achieve defined and measurable goals, providing honest and respectful feedback, rapid improvement and long-lasting results through a unique and innovative methodology.