



Christelle Soto-Suarez, MSc, ACC

Self-Leadership Awakener /
Executive & Leadership Coach

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Speaker's Bio

Professional Experience

As a Self-Leadership Awakener, Christelle Soto-Suarez is all about awakening the leadership of ourselves, that we all have within us but that's been pushed down by life. Her mission is to provide the support she'd have loved to have throughout her 20+-year international career in the construction industry and corporate world – because, as a hard-working, busy professional woman in mid-level management, she often felt a lack of support, or misguided support, that made it harder for her to evolve in a way that suited her...

Personal Experience

Christelle's childhood dream was to live a life of adventure, living in different countries and having multiple careers... But she felt the need to get back to "reality" when it was time to choose a career "for the rest of her life", deciding to go into the construction industry – far away from her dreams! Yet, it is the construction industry that allowed her to follow her dreams, living and working in several countries in Europe and then Canada, and having a portfolio career within that industry... until it was time for a bigger change!

Education

Christelle's original goal was to work after her 2-year certificate in construction technology in France. But everything changed when she had the opportunity to continue her studies in the UK, up to a Master's in International Construction Management – opening the doors to her international career. More doors opened when she completed her 2nd Master's (Construction Law & Dispute Resolution).

However, deciding to start a very different career in the coaching industry required new formal training, so she completed an ICF-accredited coaching training program and maintains her ICF Associate Certified Coach (ACC) credentials.

Speaking and Publications

Christelle enjoys the opportunity to demonstrate the power of coaching, as she practices it, through "Coaching-Infused Conversation" workshops that she organizes herself or via organizations supporting professionals.

Christelle also likes to share her thoughts and inspire others to start taking action on their goals/dreams with her writings on her website, Brainz Magazine, and Medium.