



**FRANCESCA GIULIA MEREU**

[www.linkedin.com/in/fgmereu](http://www.linkedin.com/in/fgmereu)

[www.pem.pm](http://www.pem.pm)

**LANGUAGES USED ON A PROFESSIONAL LEVEL:**

ITALIAN, FRENCH, ENGLISH – highly conversational in GERMAN AND SPANISH

## PROFILE

### LEADERSHIP COACH

Francesca Giulia has more than 20 years' experience working as an executive coach with leaders of global companies, humanitarian organizations and business schools. Originally from Florence, Italy, she has lived and worked abroad - Eastern Europe, Middle East and North America- for most of her life, thriving in culturally diverse environments.

### PERSONAL ENERGY MANAGEMENT

Her main field of expertise is 'energy management': sustaining both performance and well-being [www.pem.pm](http://www.pem.pm)  
She outlined her approach in: 'Je recharge mes batteries' (I recharge my batteries), Jouvence Editions, 2012- now in its second edition. The book is now published in English and in Italian.

On this subject, she was invited to intervene at IPU (Inter-Parliamentary Union), IOC (International Olympic Committee), ICRC (International Red Cross Committee), CCHN (Center for Humanitarian Negotiators), UEFA, SABIC, Bulgari, IMD Business School and Pictet Wealth Management.

Her framework is used by professor Michael Watkins -author of The First 90 days- in his course at IMD and was featured on Forbes India: <https://goo.gl/GpUmiW>

### SOME OF HER CLIENTS AND HER ROLES

- ◆ IMD in Switzerland -currently part of their pool of executive coaches
- ◆ Ashridge Hult Business School (UK) -currently part of their team of executive coaches
- ◆ Aggreko, SEB, Firmenich, Novartis, Sabic, Maersk Shipping for leadership team and individual coaching
- ◆ WHO (world health organisation) and WFP (world food program) for leadership coaching
  
- ◆ EC (European Commission) in Brussels for energy management and body language
- ◆ Reuters UK and CH for individual coaching in the field of cross-cultural communication
- ◆ UN-AIDS as coach for their management program
- ◆ ICC (international criminal court) in The Hague for executive coaching
  
- ◆ ICRC (International Committee of the Red Cross) for leadership coaching and energy management
- ◆ MSU (multinational specialized unit) peacekeeping in Sarajevo, for stress management
- ◆ ST Electronics as a leadership and energy management trainer
- ◆ CCHN (centre for humanitarian negotiation) for energy management

## EDUCATION AND SELECTED TRAINING

**1991**

BA in Sociology and Anthropology- University of Lausanne, Switzerland

**1998-2020**

9 months coaching training with [www.boastl.com](http://www.boastl.com) (Belgium - 125 hours, accredited by ICF).

Accredited Ashridge Executive Coach and Associate by Ashridge Hult Business School (UK)

NLP master practitioner, trained by R. Bandler, co-creator of the method (London)

Trained facilitator in experiential learning (Stucki AG), 12 years' experience

Genesis leaders in transition Consultant- Based on The First 90 Days methodology by prof. M. Watkins

### **Certified to use (selection):**

Hogan HPI, HDS and MVPI on potential, derailers and values- [www.mentis.international](http://www.mentis.international)

Firo B, interpersonal needs, [www.hpsys.com](http://www.hpsys.com)

MBTI Step I and Step II, [www.ama.com](http://www.ama.com)

NEO-PR1, the Big Five personality traits, [www.teamfocus.co.uk](http://www.teamfocus.co.uk)

GCI a 360° tool about cross-cultural competencies, [www.kozaigroup.com](http://www.kozaigroup.com)

Motivation Factor <sup>TM</sup>, [www.motivationfactor.com](http://www.motivationfactor.com)

GLA 360° (global leadership assessment) by Marshall Goldsmith, [www.sccoaching.com](http://www.sccoaching.com)

LEA 360° (leadership effectiveness analysis), [www.mrg.com](http://www.mrg.com)

## PERSONAL INFORMATION

**Nationality:** Italian, currently living in Lausanne (CH).

**Published books:** Rechargez-vos batteries (2012) Jouvence. Translated in English and Italian.

- Ni herisson, ni paillason (2018) Jouvence, with S. Ruder Schoof, on assertiveness.

**Hobbies and sports:** Writing and illustrating children's stories, sacred music, yoga instructor, clowning, Systema- Russian martial art- W. Hof method for mindfulness in cold water, diving (PADI assistant instructor).

## REFERENCES

- ◆ Prof. J-F. Manzoni, President of IMD Business School - [jean-francois.mazoni@imd.org](mailto:jean-francois.mazoni@imd.org)
- ◆ Petra Kneuer, Director of Resource Management at European Commission-[petra.kneuer@ec.europa.eu](mailto:petra.kneuer@ec.europa.eu)
- ◆ Martin Falkenberg, Senior Vice President HR Americas Suez - [martin.falkenberg@suez.com](mailto:martin.falkenberg@suez.com)
- ◆ Claude Meyer- Coordinator P4H Network at WHO (World Health Organization)- [cmeyer@who.int](mailto:cmeyer@who.int)
  
- ◆ Erwan Vilfeu, CEO of Nestle Korea- [erwan.vilfeu@kr.nestle.com](mailto:erwan.vilfeu@kr.nestle.com)
- ◆ Carla Haddad- Director of Public Partnerships Division at UNICEF -[chaddadmardini@unicef.org](mailto:chaddadmardini@unicef.org)
- ◆ Prof. Michael Watkins, Professor of Organizational Behavior at IMD- [michael.watkins@imd.org](mailto:michael.watkins@imd.org)
- ◆ Prof. C. Bruderlein, Strategic Advisor to the President of ICRC, professor at Harvard and director of CCHN (centre of competence for humanitarian negotiation)- [cbruderl@frontline-negotiations.org](mailto:cbruderl@frontline-negotiations.org)
  
- ◆ Charles-Hubert de Montebel, CEO Lagostina- SEB group- [chdemontbel@groupeseb.com](mailto:chdemontbel@groupeseb.com)
- ◆ Prof. Maury Peiperl, Dean of George Mason University - [mpeiperl@gmu.edu](mailto:mpeiperl@gmu.edu)
- ◆ Federica dal Cin, CEO EliFriuli- [federica.dalcin@elifriulia.it](mailto:federica.dalcin@elifriulia.it)
- ◆ Sofian Lamal, Head of Leadership Development and Executive Succession at SABIC- [lamaliss@sabic.com](mailto:lamaliss@sabic.com)