# Metamorphosis

Collective coaching program for businesses

Let's build a meaningful future for your business.



#### What we offer

Metamorphosis is a **coaching** program that can be **tailor-made** to help businesses and organizations in Paris foster **authenticity**, **well-being**, and **innovation**.

Rooted in Learning Sciences, psychology, and somatic practices, our coaching approach integrates reflective, interactive, and body-based methodologies to create **lasting** transformations in workplace culture and **leadership**.

#### Outcomes

Shared vision and values

Workplace Well-being and Balance

Confidence from self awareness

Team connection and quality collaborations

#### The Approach

Our methodology is tailored to the needs of multicultural or international companies that seek to create an **empowering workplace culture**.



Understanding where individual values and business values meet.



Incorporating body-mind techniques to enhance presence, communication, and stress resilience.



Engaging in dynamic workshops that encourage meaningful discussions and team bonding.

### We structure our coaching sessions around a pathway that includes:

- Identifying workplace patterns
- Understanding core values and beliefs
- Implementing mindset shifts for growth
- O Developing a shared vision
- Oal-setting and sustainable progress



# Is Metamorphosis right for your business?

If you resonate with any of the following, we are here to support you:

- ✓ Your team is open-minded and willing to reflect.
- ✓ You prioritize well-being and work-life balance.
- ✓ You seek a positive shift in your company culture.
- ✓ You want to improve leadership and communication.
- ✓ You are looking for innovative ways to inspire employees.
- You aim to strengthen teamwork and engagement.

### Your partners in growth

Danai Leventakou



Mytam Mayo-Smith



We are two **Learning Specialists** from diverse cultural and professional backgrounds, united by a shared passion for guiding individuals and businesses toward **meaningful growth.** 

Our journey began in Paris, where we met during our **Master's in Learning Sciences** at the Learning Planet Institute, formely known as the Center of Interdisciplinary Research in the Marais.

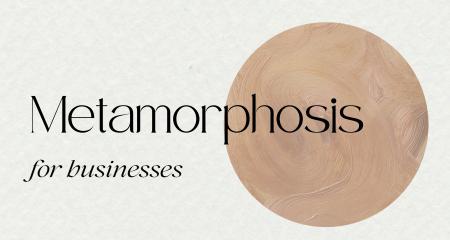
Inspired by the city's dynamic business environment and its emphasis on innovation and work-life balance, we embarked on a mission to bring **transformative coaching** to organizations.

By blending our expertise in **psychology**, **personal development**, and **somatic practices**, we created Metamorphosis—a coaching program designed to help teams and leaders evolve, **foster authentic collaboration**, and align their business goals with a strong, **human-centered approach**.

Whether you are navigating leadership transitions, strengthening team dynamics, or fostering a culture of well-being, we are here to support your **company's evolution**.

## Every business has the potential to evolve, innovate, and create a thriving, supportive workplace.

If you're ready to take your business to the next level with our tailored coaching approach, reach out today.



- Available for in-person and online coaching
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