



# Metamorphosis

*Collective coaching program for businesses*

Let's build a meaningful  
future for your business.

Metamorphosis  
*for 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**.

## reflective coaching

Understanding where individual values and business values meet.

## somatic coaching

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

## interactive coaching

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
- Developing a **shared vision**
- **Goal-setting** and sustainable progress

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## 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, formerly 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.

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Available for in-person and online coaching



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Visit us: [www.coaching-metamorphosis.com](http://www.coaching-metamorphosis.com)



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