

## My coaching

I believe that any **learning** has truly happened only when it is also made of a clear **self-awareness** about own talents, own deep motivations and own points of profound fragility.

For this reason I since ever work with people helping them first of all to increase their self-awareness, so that any person can identify by him/herself the **changes** needed to achieve a sense of **personal realization** and is equipped in terms of **will power** to commit authentically towards the **experimentation of the new attitudes** which will allow to reach new and better results compared to past.

My coaching is made of **questions** and a **lot of straight forward feedback**: a **reflective dialogue** in each session.

Through a coaching process, lots of stimulus are offered to observe and (re)consider own beliefs, possibly adding new or alternative ones. The renewed beliefs normally allow people to be in the “right” attitude to experiment new behaviors. This in turn gives a higher probability to achieve different results.

There are several coaching models and schools. The methodology that I selected is the Ontological Coaching, focusing on the person, on the way of being and it is applicable to explore the learnings coming from both personal and professional experiences. The methodology utilizes in balanced manner language, emotions and body posture.

A personal trait that I have always been recognized by others and that I can very well use when coaching people, is the capability to read through, above and beyond the words so to offer to the people I am coaching, the opportunity to deal with their “blind spots”. Therefore, when I work I usually share my interpretations having the goal of supporting and accelerating the achievement of self-awareness. I do this only if and when my clients are in agreement with this approach.

- Via Ignazio Silone 2 · 20019 Settimo Milanese (Milano)  
P.I. 07253090968 · C.F. CLLRNN63S68F205S  
+39 348 4715725 · [rosanna.cella@rosannacella.com](mailto:rosanna.cella@rosannacella.com)
- [www.rosannacella.com](http://www.rosannacella.com)