



COFFEE TABLE BOOK
**WHO'S
WHO**
of the world
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ADELINA STEFAN

Cultivating Inner Talent to Empower and Beyond



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skills and talent. This made Adelina embark on her entrepreneurial journey as a Professional Certified Coach, Intercultural Trainer and HR Consultant.

In her 12 years in the field, she has catalyzed the success of individuals and organizations across cultures ranging from expats to mid-to-senior level executives and CEOs. With her intuitive and agile coaching style, Adelina seeks to inspire clients to create and implement their unique career blueprint and maintain a healthy work-life balance.

"I support hundreds of expats and professionals to integrate successfully into their new culture so that they communicate with more impact, gain more clarity, purpose, fulfillment, and create alignment around what really matters to achieve sustainable career success. I'm passionate about cultivating inner talent to empower individuals and teams using



Adelina Stefan is whom one could truly call a 'global citizen'. Born in Romania, in a town close to the Carpathian mountains, she spent most of her life in different countries including Greece and Switzerland, both of which are very close to her heart. Today, she calls Zurich (Switzerland) home, where she has been residing with her husband, three-year-old daughter and their Tomcat, for the past six years.

Adelina's globe-trotting from an early age put her in a unique position to follow the career of her dreams. "I started my journey 12 years ago as a Business Consultant in Greece, during my full-time university studies in Language and Linguistics, wherein I was working in the travel industry with people of different nationalities and cultures," she begins.

As a passionate advocate of the entrepreneurial spirit, a life-long learner, and an expat, Adelina was always interested in sharing her experiences with people who were facing similar challenges as expats themselves, dealing with the cultural shock while trying to make a seamless career transition, using their unique

innovative ideas and processes to build cultural intelligence and improve connections across the globe," shares Adelina.

Multilingual and fluent in Greek, Romanian, English and German, Adelina holds multiple certifications. She is a Professional Certified Coach (PCC) designated by the International Coaching Federation (ICF), Certified Team & Group Coach and Personal Agility Ambassador (PARA), with an MBA and a Master in Sociolinguistics. She is also the Lead Facilitator in Europe of the Professional Coaching Mastery Certification Program (PCMC) created by Ignite Global, where they enable professionals to start their practice as a Professional Coach or strengthen their career as inspiring and dedicated leaders.

To her credit, Adelina clocks in 500+ hours of coaching every year, and the countries she's worked



with include Switzerland, most European countries in particular: UK, Greece, Italy, Romania, France, Belgium, Netherlands; Saudi Arabia, United States of America and Canada.

How did the pandemic affect business, we can't help but ask her. "At the beginning, I was living in a bit of uncertainty. At the same time, as a Professional Coach supporting expats in transition, I must say that I had a very busy period as I have been working intensively with lots of mid-to-senior professionals who unfortunately had been laid off, but managed to secure a new job opportunity. Apart from that, as for many of us, it was a good time to invest more in what really matters - and focus on: scaling my business, developing my skills (acquired at least five certifications), and focus on quality both at work and personal life," answers Adelina.

A stickler for maintaining the work-home balance, Adelina enjoys cycling, hiking, sailing and travelling with her little family. "Prioritising self-care, spending some time with our inner self, and using our talents to support others and help people thrive brings me joy and happiness, even in the most challenging times," she says.

However, she does have one weakness, she asserts - not asking for help and trying to do everything on her own. "I realised that by asking the powerful question "Who can help?", a key question in the Personal Agility System, invented by Peter Stevens and Maria Matarelli, there are many wonderful people around me who can offer their support, while I can focus on what really matters. Striving for perfection was another weakness, however, perfection is differently defined by each of us. My greatest realization was that by asking for help and striving for excellence you can achieve amazing results, stay healthy and happy," says Adelina.

Through Global Coaching, Adelina's goal is to forge a better workplace and create a coaching culture where individuals feel emotionally and psychologically safe, empowered to deliver excellence and strive for the best. One tip towards this goal? "Embrace change. Remember that change is inevitable and necessary to grow. Through each and every change, you are exiting your comfort zone and advancing in life and career," suggests professional coach Adelina.

