



Anat Amit Eyal, EMC, ICC, EMCC

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About myself

Anat is an executive coach, executive team coach, facilitator and leadership consultant which specializes in leadership development, change, and women's leadership. She is an Executive Coach and a Leadership Consultant with INSEAD Executive Education in a variety of programs. Anat is passionate about human development and change. She transitioned to coaching after over 20 years of experience in senior management positions in multinational corporations in the high-tech & financial sector

My understanding of coaching; coaching focus

Anat helps leaders navigate highly complex and changing environments by focusing on creating dramatic shifts in their self-awareness with regards to their leadership style, decision making processes, roles, relational patterns, and habitual obstacles. She excels in helping leaders to overcome those obstacles and to further develop to achieve their goals.

Situations in which I am effective as

She partners with executives and executive teams, to help them navigate, grow, and thrive through change, adversity and complexity - leveraging on her expertise in System Psychodynamics. Among her diverse client base are multinational corporates in the high-tech, financial services and retail sectors. She has a profound understanding of cross – cultural international environment which was shaped by over 12 years of living abroad and working globally. Her practice draws on her 2 decades of senior corporate background. She specializes in senior management, c-suite, women leadership and role transitions.

Coaching languages and region

Based in Portugal, works globally in English

Coaching certifications & cont. training

Executive Master for Change from INSEAD (Clinical Organizational Psychology, Distinction), Coaching Certificate from INSEAD (ICC), and a variety of group dynamics training (Tavistock, Nioda). She is an EMCC certified Team and Individual Coach, a certified Coach Supervisor (CSA)