



Krisztina Havasi

Transformational Business Coaching



*A structured yet deeply human approach to
inner and professional transformation*

Behind every strategy, process and result are people. When stress, emotional tension, reactivity, and internal conflicts remain unresolved, they quietly drain energy, clarity, and collaboration. This coaching supports leaders and employees in working with recurring inner patterns that influence behavior, communication, confidence, and resilience. When people reconnect with their deeper inner resources, sustainable change becomes possible — leading to greater well-being, stronger relationships and more conscious results.



WHAT CLIENTS OFTEN GAIN

- Calmer presence
- Greater emotional resilience
- Clearer communication
- Healthier relationships
- More aligned decisions
- Self-acceptance
- Empathy
- Emotional balance
- Inner stability
- Better stress management



TYPICAL FOCUS AREAS

- Stress and emotional overload
- Leadership presence
- Communication and difficult conversations
- Self-confidence and self-trust
- Recurring reactions and self-sabotage
- Change, transition, and uncertainty
- Conflict and collaboration
- Boundaries and decision-making
- Wellbeing, work-life balance



WHAT MAKES THIS APPROACH VALUABLE?

- Works with inner patterns, not only symptoms
- Supports lasting change
- Builds self-awareness and self-leadership
- Human-centered, practical, gentle yet effective
- Can be tailored to individual needs



HOW WE CAN WORK?

- 1:1 coaching
- Online or in person
- In English or Hungarian

About Krisztina Havasi

Business Coach, The Wholeness Work® Trainer, Core Transformation® Coach



Krisztina has twelve years of work and eight years of coaching experience in multinational environments in Budapest, New York, US. She was also member of the book working group of the English edition and the professional lector of the Hungarian edition of *The Wholeness Work Essential Guide*, a book of inner transformation by Connirae Andreas PhD. As a coach she goes beyond conversations and works on a deeper level. She combines warmth, presence and professional care by creating a supportive space where meaningful inner work can naturally unfold.



Let's discuss a tailored coaching solution for your employees and organization.

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