

Ingenium in Movement

Connect with your creativity

Corporate Services



Learning & Development Coaching



About us

I'm Monica Ruiz, Founder & CEO of Ingenium in Movement, where we believe everyone has the potential to grow and evolve into the best version of themselves.

With the most innovative and results-proven frameworks, you and your teams will be in fast-track engagement, productivity and resilience, generating sustainable and long lasting results.

With +17 years of international experience in strategic consulting & coaching, we'll partner up with you to boost your team's development while your business grows.

Goals

Coaching, Wellbeing and Mentoring Services tailor-made to your needs

- Develop and support the potential of your team to improve performance
- Provide a supportive & positive workplace where employees can learn and expand, enabling your business to thrive

Services

- Group facilitation: workshops, keynotes and training
- Group coaching & mentoring
- Individual coaching & mentoring support

Specialisations

- Wellbeing in the workplace
- Resilience & Mental Health
- Productivity & Growth
- Leadership & Talent Development
- Succession Plans, Careers & Transitions
- Navigating Uncertainty & Change Management
- Marketing, Sales, Branding and Storytelling
- Business Strategy

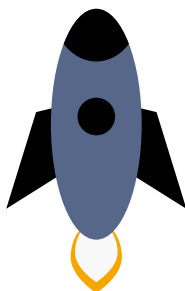
Our offering: a holistic method to bring the best in your team



**Executive
Coaching**



**Wellbeing in the
Workplace**



**Leadership &
Resilience
Mentoring**





THE FACTS: Why is this important?

- Companies that offer comprehensive training programs have 218% higher income per employee than companies without formalised training. But it doesn't stop there. These companies also enjoy a 24% higher profit margin than those who spend less on training
- Productivity increases as well as retention and contribution to your company's success. And data confirms this, as companies with engaged employees outperform those without by up to 202%
- 12.8m working days are lost due to stress, anxiety and depression, with a 80% of the workforce being frequently stressed (20% increase from last year), with a special impact on women: full-time employees are twice as likely to have mental health issues



Executive Coaching

- We specialise in combining the most effective talent & development techniques to support your employees to feel better and more fulfilled at work as their - and your - productivity increases as well as retention and contribution to your company's success
- Develop your leadership team & high-potential employees to generate self-awareness, clarify and achieve their personal goals in alignment to the company's needs
- Provide the required guidance & expertise for your teams to thrive and become engaged high-performers



Wellbeing in the Workplace

Every employer depends on having healthy and productive employees – valued and supported staff will deliver the best outcomes for your business as well as improve engagement and retention. Prioritising the mental health of your staff needs to be at the core of your organisation

Specially during uncertain times, business need to provide robust supporting structures for individual contributors, teams and leaders to stay focused on goals & deliverables. We provide **specific coaching & training support** in the following issues:

- Mindfulness at work
- Rethinking productivity
- Resilience & Mental Health
- How to prevent Stress & Burnout
- Time Management
- Change Management & Navigating Uncertainty



Leadership Development & Mentoring

Support your leaders to be the best leaders they can, as they develop their teams and themselves

Embrace an elevated leadership style: leading by example, value-based and with vision, that harness engagement, following and teamwork

We offer the following coaching, Mentoring & Training specialisations:

- Leadership & Senior Talent Development
- Succession Plans & Transitions
- Navigating Uncertainty & Change Management
- Marketing, Sales, Branding and Storytelling
- Business Strategy

**Join the Coaching revolution:
where you, your team and your company grow together**

Meet some of our happy clients



Get in touch to start creating your success story



Ingenium in Movement
Connect with your creativity

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