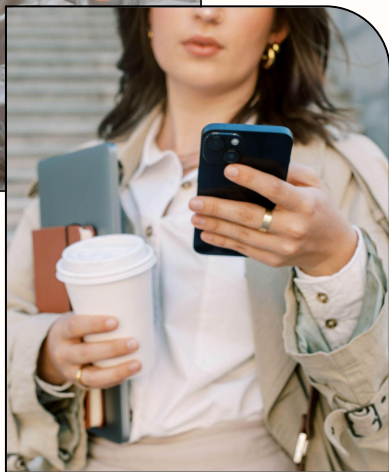




Célia Zermatten Coaching Services

**Transformational Career & Empowerment Coaching
for High-Achieving Women**

CÉLIA ZERMATTEN

Does It Sound Like You?



You are...

Ambitious
Full of Potential
Conscious and Purpose-Driven



But you feel...

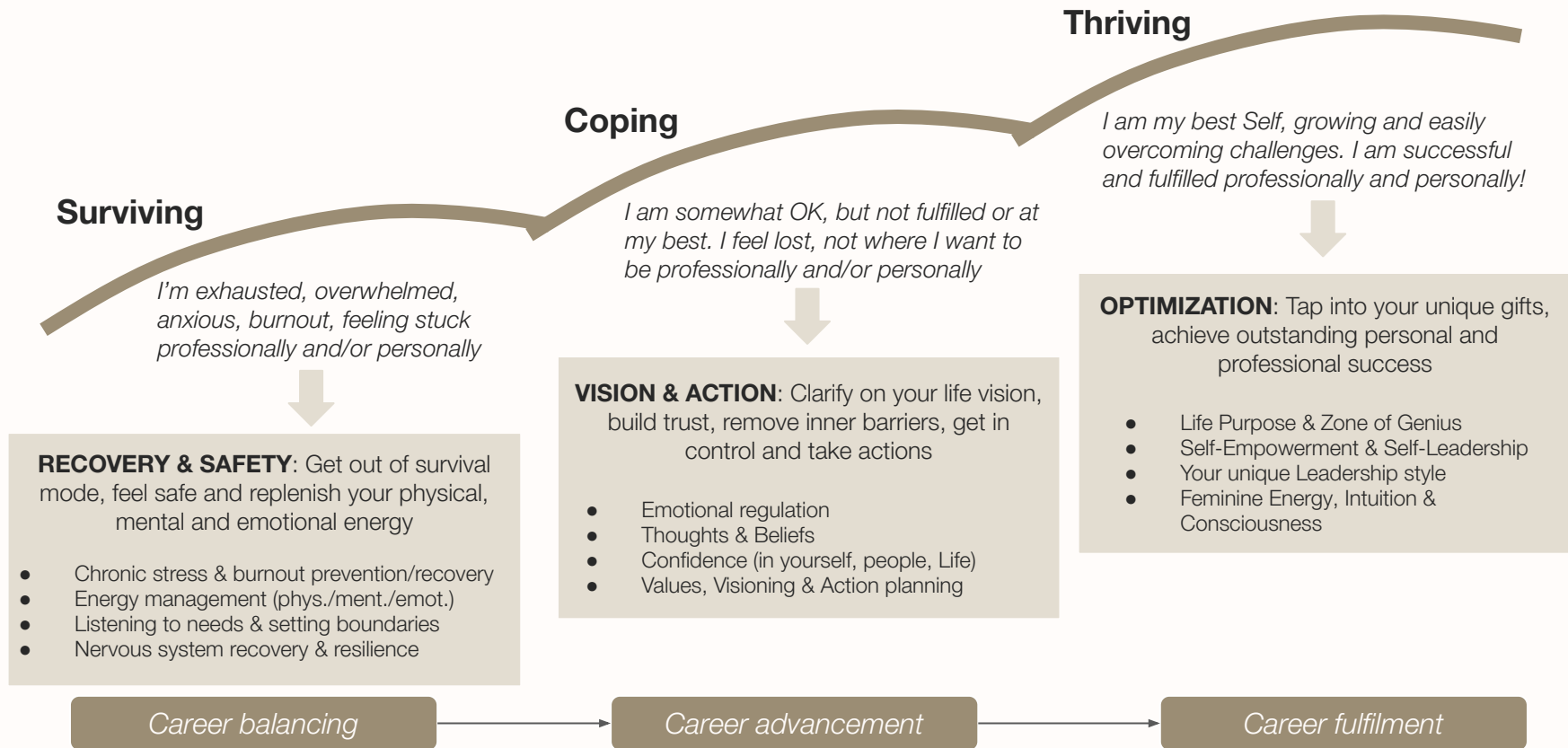
Lost or Stuck
Overwhelmed or Burned Out
Not In Control of Your Career or Personal Life

Reminder

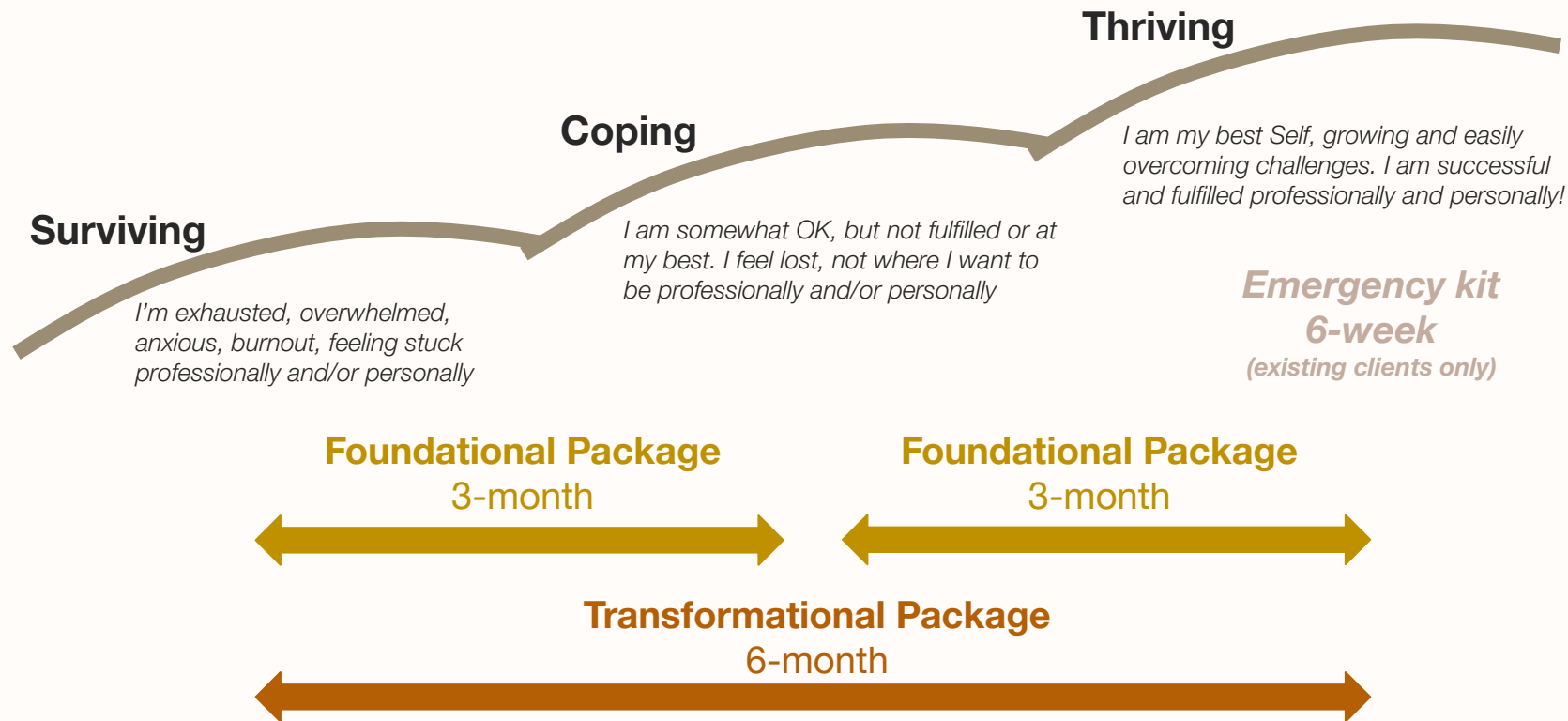
You should not have ***to suffer***
to succeed in your life and career

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The High-Achieving Women's Thriving Ladder™



Three Tailored Packages for Your Path to Thriving



Emergency kit
6-week
(existing clients only)

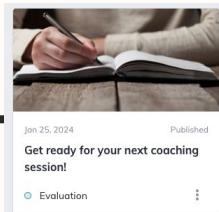
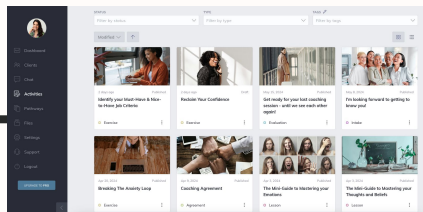
Coaching Packages Overview

	Transformational Package 6-month	Foundational Package 3-month
Who is this for?	You often feel exhausted, overwhelmed, anxious, or burnout. You feel stuck professionally and/or personally. You need to recover your physical, mental and emotional energy before moving into action and advancing your career.	You're doing somewhat OK, but you are not fulfilled or at your best. You may feel lost, not where you want to be professionally and/or personally. You're stagnating in your career and/or are looking for career change/advancement.
What is included?	• Initial diagnosis & action plan • 12x 60 min. 1:1 coaching sessions - <i>online sessions in English or French</i> • The High-Achieving Woman's Energy Tracker™ • Access to online platform (desktop & App) • Tailored practical concepts and exercises to help you move from where you are to where you want to be, both personally and professionally (delivered via platform) • Summary notes of sessions insights & follow-ups • Dedicated support via online platform chat function 9am-5pmCET Mon-Fri (except public holidays or as communicated by Célia)	• Initial diagnosis & action plan • 9x 60 min. 1:1 coaching sessions - <i>online sessions in English or French</i> • Access to online platform (desktop & App) • Tailored practical concepts and exercises to help you move from where you are to where you want to be, both personally and professionally (delivered via platform) • Summary notes of sessions insights & follow-ups • Dedicated support via online platform chat function 9am-5pmCET Mon-Fri (except public holidays or as communicated by Célia)
What is the time investment?	60min coaching session every 2 weeks + recommended 30min/week of self-work and self-study	60min coaching session every 1-2 weeks + recommended 30min/week of self-work and self-study

NOTE: The program has been optimized for BUSY women - fully integrated into your life and no time loss!

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Personalized Support with 1:1 Coaching and Online Modules



1:1 coaching session

- + In-depth problem-solving of what is keeping you stuck
- + New insights, new understandings, new approaches
- + Go beyond your current reality & tap into your subconscious
- + Set objectives until next 1:1 (linked to your long-term goals)

Online program + EXPERIMENT

- + Short customized e-learning modules and exercises to dive further into the topics of our 1:1 coaching session (self-pace and optional)
→ *new knowledge, new skills, new tools*
- + TAKE ACTION and experiment in your life
- + Direct support by Célia via chat function

Check-in

Short survey 24h before our 1:1

- + Progress to date?
- + What did not work?
- + Current challenges?
- + Set goals for the 1:1

1:1 coaching session

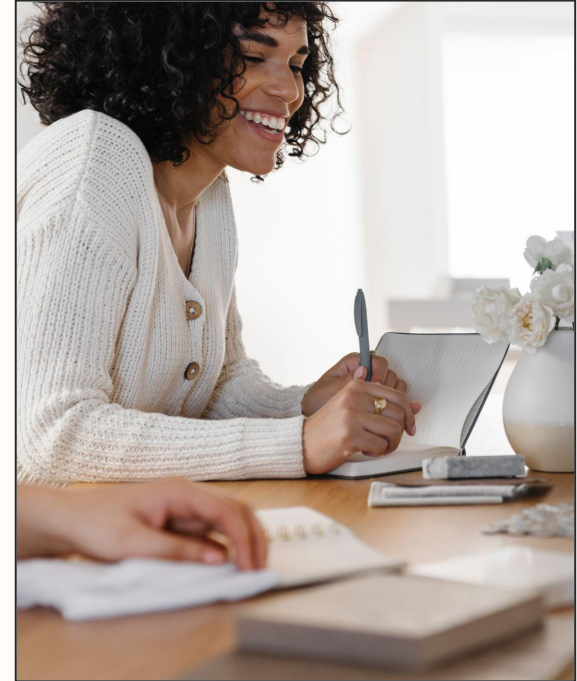
- + Review your progress to date
- + Debottleneck remaining issues
- + Move to your next objective
- + In-depth problem-solving of what is keeping you stuck
- + Develop new insights, learn new approaches, tap into subconscious
- + Set objectives until next 1:1

Everything is centralized on an online platform you can access from your computer or from an app on your phone

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Example of Online Modules

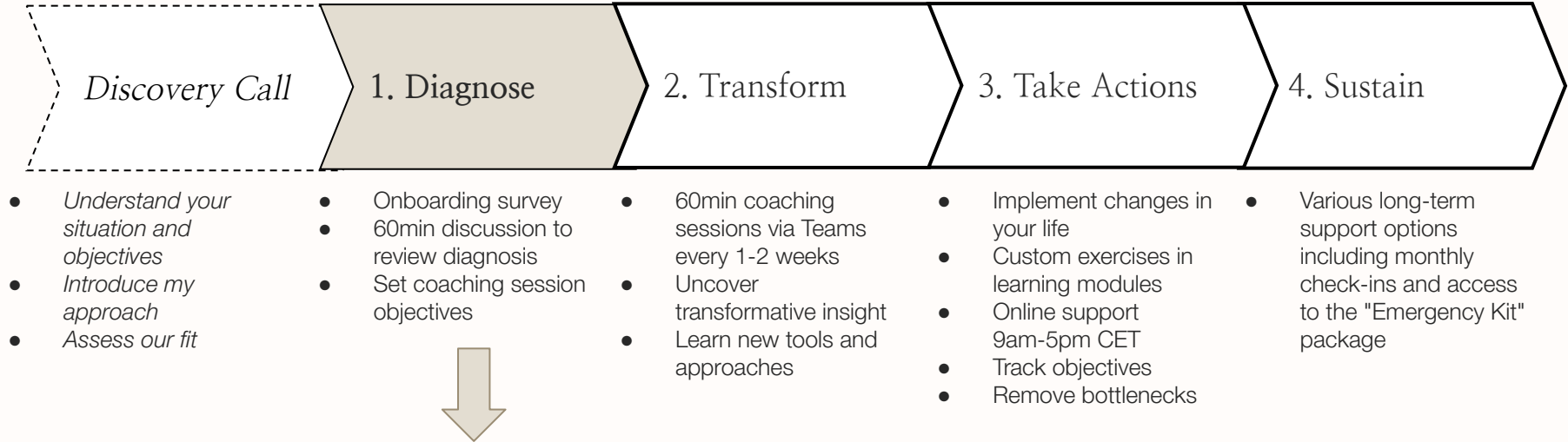
- Holistic Health: Replenish Your Physical, Mental, and Emotional Energy in Demanding Situations
- Trust Yourself: How to Reclaim Your Self-Esteem and Confidence
- Eliminate Procrastination and Master Self-Discipline
- Break Free from (High-Functioning) Anxiety
- Identify Your Must-Have and Nice-to-Have Job Criteria
- Craft Your Ideal Career: A Journey of Reflection and Discovery
- Master Your Emotions: Experience Fewer Negative Emotions and Learn How to Manage Them
- Quiet the Overthinking Mind and Gain Control of Your Thoughts and Beliefs
- Identify the Origins of Your Limiting Beliefs (Past Experiences, Society, Family) and Reprogram Them
- Define Your Core Values and Align Your Life with Them
- The Art of Polarity: Rebalance Feminine and Masculine Energies
- Understand the Science of Intuition and Reconnect with Your Heart



Not exhaustive—your journey will be customized based on your needs, wants, and growth objectives.

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Step 1: In-Depth Diagnosis and Goal Setting for Your Coaching Journey



The in-depth diagnosis sets the foundation for your program goals. You don't need to have crystal-clear goals upfront—I'll help uncover your most important objectives and issues that may not even be conscious! By the end of the session, we'll have **clear objectives and metrics to track throughout the program.**

My Coaching Philosophy

Transformational coaching for Ambitious Women



Profound shifts in
thinking, beliefs, and
behaviors

Somatic & embodiment coaching



Go beyond the mind,
reconnect to your
body and heart

Solutions-oriented & streamlined process



Clear goals and
concrete, impactful,
sustainable changes

Safe space, care, trust, non-judgment



YOUR time, your safe
space, I'm there for
you 100%!

A Few of My Favorite Transformational Coaching Tools

1

Brain Retraining

As high-achieving women, we must regain control of our minds to ensure our brains remain our superpowers rather than working against us with overthinking, anxiety, or controlling tendencies. To achieve this, you will learn powerful brain retraining techniques that leverage neuroplasticity—the brain's ability to reorganize and form new connections throughout life. These techniques include CBT, visualization, affirmations, and cognitive restructuring.

2

Cognitive Behavioral Therapy (CBT)

CBT focuses on the connections between beliefs, thoughts, actions, and behaviors. By identifying and challenging negative thought patterns and behaviors, CBT aims to replace them with more positive and constructive ones. It is particularly effective for high-achieving women who struggle with unconscious or conscious limiting beliefs that generate stress and self-doubt, such as 'I don't know if I deserve to be here' or 'Being authentic might hinder my chances of being liked or becoming successful'

3

Nervous System Regulation

Our nervous system serves as the central link between our mind and body. It operates in two main modes: 'fight or flight' and 'rest and digest.' Most high-achieving women are often stuck in the 'fight or flight' mode, leading to physical, mental, and emotional symptoms, potentially culminating in burnout. By regulating your nervous system through energy and mind/body approaches, we help restore balance and build resilience for future challenges.

4

Emotional Regulation, Feminine Energy, Intuition

Many high-achieving women are stuck in their heads, disconnected from their bodies, emotions, intuition, and feminine energy. This disconnection causes physical, mental, and emotional symptoms, such as stress and anxiety, and results in an unclear vision for their personal and professional lives. We use holistic tools to restore this union and reconnect you with your authenticity and inner wisdom.

“My coaching journey with Célia was truly impressive and had a huge impact on my whole ecosystem, much beyond my initial objective. I wanted her guidance to get back in control of my career and to improve my relationships and confidence at work, and I left completely transformed, with so many powerful insights and tools that help me better understand and manage who I am at my core, my body, my brain, my emotions and more. Célia guided me toward powerful realizations that changed my perspective and got me to behave differently when I face an obstacle, whether it’s professional or personal. She adapted her style to my needs, giving me factual, logical, structured and clear ways to look at complex concepts and human behaviors. Taking action straight after our first session and seeing progress quickly was a huge boost. This was not my first coaching experience and I’ve been looking for solutions for a while. Today I’ve progressed toward more harmony, authenticity and alignment with my core values. I’m deeply grateful for this transformation journey and can only recommend Célia to all ambitious women out there!” - *Jessica, Management Consulting Manager, Zurich*

“Working with Célia has been so valuable and such an enriching experience. Building on her own experience combined with her incredible knowledge, she always uses meaningful frameworks and questions to guide my growth. I addressed and released blocks and unserving patterns, learned how to deal with unpleasant emotions, and worked on getting clarity towards my future vision. I absolutely recommend working with Célia as a coach and thank her from the bottom of my heart for her guidance!” - *Julia, People & Culture Leader, Austria*

“Célia helped me clarify what I want, going for it, putting the rest in the background and enjoying the journey! She is 100% present for me during the sessions and helps me move forward when I am stuck, even when I do not realize it. I love the feeling of making progress after every session and seeing very the concrete impacts on my life very rapidly. I also love her flexibility and method. I highly recommend Célia’s coaching to all high-achieving women out there who want to flourish in their life and career!” - *Marion, Legal Counsel, Geneva*

“Célia is exceptionally skilled at listening and asking the right questions to guide one towards their goals and provide valuable insights that help gain clarity and direction. She creates a supportive, non-judgmental and creative environment, that allows for deeper understanding of oneself and develop practical strategies to overcome challenges. I highly recommend working with Célia to women seeking guidance and empowerment to create meaningful change in their lives; it has been a life-changing experience!” - *Ren, Fundraising Manager, London*

About Célia



Dedicating 10+ years working for UBS, McKinsey & Company, and the United Nations, Célia worked as a woman leader managing large-scale projects across continents, including “My Experience” at McKinsey & Company, a worldwide internal initiative to improve employee’s wellbeing and performance in Mind, Body, and Purpose.

However, after experiencing debilitating physical pain for 3 years, Célia began her journey to uncover the root cause of her health issues: physical, mental and emotional exhaustion (aka burnout!). She built her own holistic healing path working with the nervous system, the brain, the soul and more. She found her way out of *Survival Mode* and is now on a path to transform her pain into her purpose.

Célia is a certified professional coach by the International Coaching Federation (ICF) and obtained professional Women Empowerment Training by the Embodied Coaching Institute. She has a Bachelor of Science in Economics from HEC Lausanne and a Master of Science in Economics & Philosophy from the London School of Economics. She is also a certified Yoga Teacher (Yoga Alliance RYT 200).

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10+ years
at McKinsey, UBS, the UN

ICF ACC
Certified Coach

BSc+MSc
London School of Economics

RYT 200
Certified Yoga Teacher

CÉLIA ZERMATTEN

Explore My Resources

The Survival Guide to Survival Mode

In *The SuperWoman Survival Guide to Survival Mode: The High-Achieving Woman's Way Out of Chronic Stress and Burnout*, I dive deep into “Survival Mode,” what it is, and how so many high-achieving women end up there—and don’t even realize it! It’s a short and sweet 30-something-page guide that is packed with detailed, science-backed information, tools, and tips to help you recognize the signs of “Survival Mode” and how you can carve your path back to “Thriving Mode.”



The SuperWoman Quiz

Have you ever wondered what’s been hindering your career growth and fulfillment? After taking the *SuperWoman Quiz*, you’ll receive an email with your SuperWoman Archetype Results along with your unique superpowers, challenges and the most effective healing path for your Archetype. Learn how to embrace your strengths and conquer your challenges as you embark on your journey to self-actualization and professional and personal fulfillment.



Empowerment Blog for High-Achieving Women

High-achieving women's blog with carefully curated content e.g.,:

- [Uncovering the Burnout Gender Gap: Why being a woman puts you at higher risk of burnout](#)
- [Why Reconnecting to Your Feminine Energy Will Boost Your Mood and Career](#)
- [How Women \(and Men\) Can Experience Fewer Negative Emotions in the Workplace](#)
- [10 Empowering Ways for High-Achieving Women to Boost Self-Confidence](#)