



<https://www.ctggroup.co/ellinawatanabe>

Ellina is a Member of The Association for Coaching and the EMCC. She is a Certified Reiki Master & Teacher and is fluent in English, Russian, and able to support Japanese and French language speakers.

“Ellina provided me with a different perspective to review and adjust my priorities and focus on my work and life. With her step by step inspiration, I had a deep self-reflection, and started to realize using energy management rather than time management to guarantee my passion in my work and life, and changed my mindset to "internal motivation" instead of "external motivations" to ensure my passion lasts for a longer term.”

Development Manager, High Tech Company

ELLINA WATANABE

EXECUTIVE LEADERSHIP COACH, FACILITATOR

Ellina Watanabe, Ph.D.(c), is a Human Essence and Executive Coach, living her purpose to honor the essence in all and be a gentle and empowering force to bring it forward. She is on a mission to transform the leadership narrative from mind-driven to essence-driven.

Ellina is an amalgam of diverse cultural, professional and life forces and seeks to recognize and bring out the unique identity tapestry within people and teams she works with. As an executive coach, she creates the space for deep reflection, guiding people to look within and recognize their autopilot patterns and ingrained beliefs and attitudes that drive their behaviors and communication.

Being curious and open to the richness and diversity of what makes us – us, she fosters this openness of heart and mind in others. This deeply relational perspective equally extends beyond our perceived boundaries of self and touches all those around.

While Ellina may provide certain mental models, tools and resources to experience short-term shifts, the truly lasting aha moments come in the open flow of conversation and co-creation.

In addition to coaching, Ellina pursues an academic research path where she explores alternative ways of making sense of leadership, specifically through a relational lens. She is invited to present her work at international academic conferences in Denmark, USA, UK and serves as an ad hoc reviewer for journals and annual conferences.

Ellina has a unique international experience to bring to any engagement with more than 10 years in the corporate marketing and entrepreneurial roles.