



<https://www.ctggroup.co/sabrina-park>

What do you love about coaching?

I am constantly amazed at how such a seemingly simple act can create profoundly positive results, that last. As a natural problem solver, I love the concept of bringing simplicity to complex problems. Blend this with my fascination for people and how they think and behave and somewhere in that mix there's coaching.

There is something incredibly satisfying about working with a client to facilitate fresh thinking and break through unhelpful assumptions and then seeing the possibilities unravel on the journey of change.

SABRINA PARK

EXECUTIVE LEADERSHIP COACH, FACILITATOR

With 18 years of coaching experience since 2006, my coaching style blends positive psychology and the humanistic philosophy of the International Coach Federation (ICF).

I empower individuals by leveraging their strengths and creating a supportive environment. Through active listening and powerful questioning, I help clients gain insights, set meaningful goals, and develop strategies for success. My tailored approach fosters self-reflection, removes barriers, and co-creates action plans.

I celebrate achievements and provide ongoing support, guiding clients towards unlocking their full potential. One of the most important aspects of my coaching style is maintaining a balance of empathy and neutral language.

As a coach, I strive to support coachees in gaining insights during our sessions. By providing a safe and non-judgmental space, I encourage clients to explore their thoughts and emotions, facilitating their personal growth and self-awareness.

Coaching Specialisation:

- Leadership Coaching
- Emotional intelligence
- Relationship
- Transition coaching (including First time manager coaching, and manager to executive leader)
- Team and group coaching (team issues, team building)

Her unique and diverse experiences, including working as an HR consultant, sales marketing manager at an SME, flight attendant for KLM, opera vocalist, assistant director of the National Opera company, reporter at EBS in Korea, and international conference expert, have provided her with a deep insight into various industries and a broad understanding of people. These experiences greatly contribute to her coaching abilities.