
COACHES' PORTFOLIO

COACHING ACCESS 2024



HEC
PARIS

LIFE PROJECT

FOREWORD

OUR COMMITMENTS

This Book is intended to present the selection of professional coaches of the "Coaching Access" offer proposed by HEC Life Project.

- All our coaches are certified by a recognised school and have a minimum of 200 hours of professional practice.
- A selection committee of experienced HEC alumni validates each application.
- The coaches are chosen for their listening skills, emotional maturity and authenticity.

THE COACHING ACCESS OFFER

- A 15-minute meeting with your coach before committing yourself (2 contacts possible)
- 3 sessions of 1 hour face to face or remotely, according to your preference
- A unique and negotiated rate especially for Alumni

OUR ENGLISH-SPEAKING COACHES

- **Isabelle DU CLUZEAU**
- **Laure FAU**
- **Carla HILBER**
- **Gildas MAJULT**
- **Sophie MARTIN-MONNIER**
- **Karine SOMNOLET GALLEAN**

RATES (3H FORMULA)

- HEC Alumni working members : 330€
- HEC Alumni job seeker members : 300€
- Non members or non HEC : 600€



ISABELLE DU CLUZEAU

Paris
06 85 22 58 94
icoach@free.fr

EXPERIENCE

Coach since 2009

Youth Track and Running Club, Los Angeles

Co-creation and Management

Scriptes, Amsterdam et Vienne

Marketing, consulting and translation work for Sport and IT sectors

Sage France

Responsible for client's communication tools

XI- Consult, Paris

Junior Marketing Consultant IT sector

EDUCATION

Coaching Certification (ICF/ACF) 2008-2009

Paris Dauphine University 1990

- Master's in Marketing applied to news Technologies

Paris X - HEC - ESSEC 1990

- Master's in Strategy and Management in Economics

Paris X 1985-1989

- Master in Economics
- Bachelor's in Communication and Journalism

OTHER

Corporate: Management, public speaking, Higher Impact © in Leadership, Mentoring

HEC Alumni and Station F: « Higher Impact© in Public Speaking »

ESTP: Communication and Management

Avarap (non-profit): Career transition Mentor

SKILLS

Business creation, Professional Shifts, New Position kick off, Management, Leadership and Inter Personal Communication Skills Development, Public Speaking Training, Assertiveness, Stress, Time and Conflict Management



LAURE FAU

Paris
06 21 05 56 01
laurefau@mac.com

EXPERIENCE

Laurefau.com, Dublin, London, Paris, since 2006

1:1 and team coaching in English and French for executives and entrepreneurs as well as women through their maternity leave

Ernst & Young, International Tax Services, London and Dublin, 1999-2006

Manager to Senior Tax Manager

PricewaterhouseCoopers, London, 1995-1999

International Tax Services

EDUCATION

On-going coach training including PNL, Systemic coaching, Generative coaching and Constellations

ACA, Associate Chartered Accountant, London (1998)

University College London (1994-1995)

• LLM Master of Laws

HEC Paris (1994)

ASSOCIATIONS

- Member of the Institute of Chartered Accountants of England and Wales
- Management committee of the HEC UK Alumni Career Group, and
- HEC UK Fundraising team in London
- Pro Bono Coach for On Purpose UK, a charity attracting and developing tomorrow's social enterprise leaders
- Association for Coaching: Member in the UK, Founding Member in Ireland and former board member of the Association for Coaching in Ireland
- Facilitation of Career Transition Groups in the UK for Avarap (a French not for profit association supporting executives through career transitions)



CARLA HILBER

Genève
00 4179 420 25 83
carla@carlahilber.ch

EXPERIENCE

Carla Hilber Consulting – since 2009

Career coaching, Leadership development, communication
French, English, Italian, Spanish, Portuguese

Geforin SA (investments) 2007-2009

Head of Communication and HR

Artexpo SA (art investments) 2006-2007

Director

SPG Group (real estate and publishing) 1996-2005

Member of the Management Board, Head of Communication

EDUCATION

HEC Paris/Oxford Said Business School

- Executive Master “Consulting and Coaching for Change”

International Coaching Federation

- Coaching certification

Institut of Geneva

- MA in history, languages and journalism

OTHER

- Expatriation in 9 countries on 3 continents (Europe, Africa, North and South America)
- Blogger in the business section of « Le Temps » (leading Swiss newspaper)
- Vice president of a network of multinational companies and international organizations (United Nations)



SOPHIE MARTIN-MONNIER

Annecy-le-Vieux
06 14 34 95 35
sophie.martin@cressens.com

EXPERIENCE

Career and transition coach - consultant - 9 years

Start-up Founder (SaaS platform related to career switch) – 3 years

Finance (audit, corporate finance, investment banking, risk project management) – 19 years

Expatriate USA – 7 years

EDUCATION

HEC Grande École 1985

Professional Certified Coach (PCC) from ICF (International Coaching Federation)

Certified DISC (communication) & **WPMOT** (motivations) & **EQ** (Emotional Intelligence)

English (bilingual), **German** (intermediate)

OTHER

- Career group Coach AVARAP HEC & TREMLIN – 4 years
- Associations: Réseau Entreprendre (Laureate & Coach) & 60000 Rebonds (Coach)
- Asage (Association Suisse des Amis des Grandes Ecoles), ExCom member
- MOOC: certified Science of Happiness (Berkeley) & Driving Change (ESSEC)
- MBSR Mindfulness Meditation



KARINE SOMNOLET-GALLEAU

Paris
06 09 17 56 20
ksomnolet@hotmail.com

EXPÉRIENCE

Bilingual Coach and Facilitator since 2014

Oral communication, public speaking, Personal branding, pitch
My objective: helping people see and express the best in themselves

Turning Point 2008-2012

Project manager in a start-up focused on the development of leaders

Diverse operational roles 1988-2008

In customer service, sales, translation
Sectors: Luxury hotels (Renaissance Group), Retail (Macy's Northeast)
Translator for banks, large corporations and UN

EDUCATION

Columbia University Business School MBA

Coaching certification, Coaching Ways, RNCP level 2

Certification Transactional Analysis 101

OTHER

- Franco-American, bilingual
- Founding member of the Prospectives association. Organizing and leading group sessions to find balance and quality of life.

CONTACT



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