

Lyda Michopoulou

Transformational Coach

My background in music and my love for games and puzzles lead me towards training and later towards coaching. Being a team player with an eye for detail motivated me to take the next step and learn how to design learning experiences while supporting people to become their best selves. I'm an empathic listener whose motto is "everything is possible when you believe!".

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📍 Athens, Greece

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WORK EXPERIENCE

Transformational Coach Independent Contractor

01/2017 - Present

Worldwide

- Supporting individuals to become their best selves
- Working with individuals and groups
- Supporting individuals to shape their personal & professional lives

Learning Designer Independent Contractor

09/2015 - Present

Worldwide

- Design & deliver custom-made learning experiences
- Co-design & deliver training events / programs
- Online & offline facilitation using Art of Hosting and the Circle Way methods

EDUCATION

Youth Trainers Academy 2012 Zero Generation / Portugal [📄](#)

12/2012 - 12/2015

- Training Design / Training delivery
- Facilitation for Trainers
- Gamification / Activity design / Group dynamics

Degree in Agriculture (BSc & MSc) Aristotle University of Thessaloniki

09/2005 - 07/2011

GPA: 6,56/10

- Thesis: Agricultural Reproductive Systems (10/10)

SOFT SKILLS

Proactive



Coaching



Active listening



Communication



Emotional Intelligence



TRAINING SKILLS

Learning Design



Facilitation



Virtual Facilitation



Training Delivery



Organization



LANGUAGES

English

Native or Bilingual Proficiency

Greek

Native or Bilingual Proficiency

French

Professional Working Proficiency

INTERESTS

Reading books

Traveling

TEDx