

Sandra Bravo, Senior Consultant

Sandra Bravo, has been a coach, management consultant, and trainer since 1999. She specializes in personal and professional development, leadership and team development, emotional intelligence, negotiation, and conflict resolution consulting and coaching. She has worked for companies such as Adams, Banamex-Citibank, Banco Caja Social, Banco Santander, Bayer, Ericsson, Fonatur, IXE, JW Marriott, L'Oréal, MetLife, Nacional Financiera, Nestlé, Cadbury Schweppes, Peñafiel, Pricewaterhouse Coopers, Pemex, Roche, Puratos, Lamb Weston, Telefonica-Movistar, Televisa, and TV Azteca in Mexico, Europe and South America.

Sandra is the founder of Influye, Consultoria en Exito Profesional, a consultancy that specializes in executive/professional development, counseling, facilitation, coaching and training. She has collaborated in projects with Training Lab (Mexico and Spain), Applied Behavioral Technologies (USA) and Service Gallery (Colombia). She also collaborates with prestigious universities such as Universidad Iberoamericana (UIA), Instituto Tecnológico Autónomo de México (ITAM) and Instituto Tecnológico de Estudios Superiores de Monterrey (ITESM) in their postgraduate and institutional programs. On several occasions she had been invited to radio and T.V. programs to discuss individual and organizational development and health issues, and has been a speaker at motivational conferences. For 2 years she wrote the column "Bienestar" (Well-Being) in Solo Magazine.

Sandra graduated as a psychologist from Universidad Nacional Autónoma de México with Honors, and has a Master's in NeuroLinguistic Programming from Centro Mexicano de PNL, Guadalajara. She specialized in Systemic Family Therapy, Addictive Behavior Prevention and Treatment, Gestalt Therapy, Neuro-Linguistic Programming Coaching and Training, Exquisite Performance Coaching and Action Learning Team Coaching.

Since she started her profession as a clinical psychologist, she has been continuously learning and developing. As her professional life evolved she started focusing on organizational consulting, training and coaching, while she has always kept a space for her psychological private practice. Her passion is to enhance life's quality and satisfaction, including professional, family, social and recreational aspects.

Her areas of capability include:

➤ Action Reflection Learning	➤ Executive Coaching
➤ Emotional Intelligence	➤ Team Development
➤ Leadership Development	➤ Creativity
➤ Negotiation Consulting & Training	➤ Positive Psychology
➤ Neuro-Linguistic Programming	➤ Fluency in English & Spanish

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