



## MARGHERITA ADORNATO

(CERTIFIED COUNSELOR, FACILITATOR & PSYCHOLOGICAL SAFETY PRACTITIONER)

*"When we listen deeply without judgment, we create a safe space where others can finally breathe." (Thich Nhat Hanh)*

### MY CLIENTS SAY:

*"The training course on "leadership" that introduced me to Margherita was extremely engaging, challenging, and enjoyable."*

*"Margherita was always there – at the beginning of the journey, throughout it, and even afterwards – a sign that for her work is still a true mission to love and carry forward."*

## MARGHERITA ADORNATO

She spent more than 25 years working as an Export Manager in leading Italian food companies, gaining solid seniority in both family businesses and multinational organizations. She has personally experienced toxic work environments marked by fear of judgment, humiliation, and isolation.

Since 2020, she has chosen to transform her professional life by putting her managerial experience at the service of others as a Trainer, Counselor, and Consultant for organizational systems and spaces, helping people develop new skills in mindful listening, authentic connection, and non-violent communication, also thanks to her certification as a Psychological Safety Practitioner.

### TRAINED/CERTIFIED FOR

- Certified Counselor (Psicosintesi- Assagioli)
- Non Violent Communication facilitator
- Expert in International sales management
- Fearless Organization Scan Accredited Practitioner (FOS)

### TOP THREE VALUES

- Freedom, Authenticity, Evolution

### MY PURPOSE/PASSION

I am passionate about educating people and organizations in mindful listening, authentic human relationships free from biases, beliefs, and fears.

### LANGUAGE SKILLS

Italian (native); fluency in English, French, and Spanish.