



Alexandra Wicksell

C'est La Vie (That's life)

Overview

Alexandra is a coach and strategic communications expert with a passion for understanding the human experience and our potential. Before becoming a coach, Alexandra worked in global organisations as a strategic project director & communications consultant, using cutting-edge research and data to drive engaging communication campaigns for companies across multiple industries in Europe, USA, Middle East and Africa. She uses this expertise to help individuals align their personal vision and values with the way they make a living and impact the world.

As a coach and strategic consultant, Alexandra combines the best of psychological, emotional, and spiritual practices to help her clients navigate complex projects and transformations to unlock their full potential and thrive. She works with leaders from a wide range of smaller creative startups to large global corporations, and she also takes on selected projects as a strategic consultant for larger marketing, data, and communications projects.

Location

UK

Languages

English-Swedish
(bi-lingual)

Specialties

Personal & professional growth, behavioural change, executive coaching, mindfulness & stress management, ADHD management coaching, strategic communications, emotional intelligence.

Clients

Alexandra has worked with a wide range of clients from start-ups to global organisations in various industries including art, education, financial services, healthcare, professional services, social impact and technology.

Training & Qualifications

- CBT Cognitive Behaviour Therapy Life Coaching Certification (Transformation Academy)
- REBT Mindset Coach Certification (Transformation Academy)
- Human Design - Level 3 Advanced Reader Training (My Human Design)
- Certified LIFE AWARENESS™ Breathwork Instructor, Yogalap (International Breathwork Foundation)
- APM Project management certification (Association for Project Management, UK)
- Master's degree in Middle East Politics (SOAS, University of London, UK)
- BA International Politics (SOAS, University of London, UK)