



Oona Kallanmaa

Brings warmth, creativity and perspective to every session

Overview

Oona is a coach, facilitator, trainer, and social entrepreneur dedicated to cultivating resilience and adaptability in individuals and teams. With extensive global experience and a deep capacity for reflection, she balances a personalised approach with a big-picture perspective—both essential for creating sustainable change. Her professional background spans the tech and non-profit sectors, giving her a broad understanding of the complexity individuals and organisations face.

Oona is passionate about creating spaces where people feel empowered, emotionally agile, and well-equipped to navigate complex environments. She designs and facilitates tailored workshops and training programs that enable individuals and teams to thrive, grounded in trust, wellbeing, and shared purpose. Oona believes that healthy individuals build trusting teams, and trusting teams drive efficient, impactful, and profitable organisations. Her human-centered, creative approach fosters togetherness, kindness, and alignment.

Location

The Netherlands

Languages

Finnish (native)
English

Specialties

Transformative and agile coaching, stress resilience, psychological safety, burnout prevention, team building, interpersonal and intercultural communication and custom-designed workshops and trainings.

Clients

Oona has worked with individuals and teams across a diverse range of sectors, including technology, financial services, software development, non-profit organisations, social enterprises, international organisations, and creative industries.

Training & Qualifications

- ICF & EMCC-accredited coaching training
- Transformative coaching, Animas Centre for Coaching
- Emotional agility for wellbeing at work, Susan David
- Acceptance and commitment therapy, Russ Harris
- Systemic coaching and constellations, Coaching Constellations Ltd.
- Whole Health Cairn Wellness Model, Whole Health Medicine Institute
- Professional Scrum Master (PSM I), Scrum.org
- MBTI personality profiler, Personality Hacker