

DOREEN AMATELLI, MBA, PCC, NLP

Professional Certified Coach, Workshop/Seminar Leader, Speaker

❧ Achieve Unlimited Professional Success ❧

“Great. I understand how to slow down so I can get clear in what I want to change.”

WORKSHOPS TO MASTER YOUR COMMUNICATION

- **The Confident Communicator:** Overcome Fear of Public Speaking
- **The Art of Listening:** Essential Skills for Effective Communication
- **Nice to Meet You:** Build Rapport With Anyone

“Very insightful and useful tools to guide my future career and personal goals.”

WORKSHOPS TO MASTER YOUR LIFE & CAREER DIRECTION

- **Goal Setting:** The Keys To Achievement
- **Guide Your Career:** Develop an Effective Personal Mission Statement
- **Work To Live:** Create Balance Between Your Work and Personal Life

“I learned practical tips I could use to help me deal with everyday challenges and stress.”

WORKSHOPS TO MASTER YOUR MENTAL STRENGTH & RESILIENCE

- **Meditation With Ease:** Beginning Meditation Techniques
- **What Should I Do?** How to Make the Right Decisions
- **Beyond Breathing:** How to Effectively Manage Your Stress

Variety of formats delivered to groups or one-on-one

- ⇒ Six-week Program
- ⇒ Full/half-day Program
- ⇒ One-hour Program
- ⇒ Self-study Audio Program (Meditation with Ease)

❧ About Doreen ❧



Doreen Amatelli is an MBA, certified as a professional coach and certified in neuro-linguistic programming. She shares her training and expertise through workshops and seminars that specialize in personal development and individual growth as the basis for reaching personal and professional goals. Through her workshops, seminars, and coaching she teaches practical, impactful tools, techniques and concepts to help others overcome their roadblocks, opening a clear path to achieve their goals. Doreen has appeared in various media channels including WDVR Radio, EBRU.TV "How to Ask for a Raise" and NJBIZ feature article "Business Coaches Provide Personalized Direction, Fresh Ways of Thinking." She publishes an online monthly newsletter and blog and several articles on personal development topics for personal and professional success. Certifications and Affiliations: Professional Certified Coach through ICF, Certified Empowerment Coach, Certified NLP Practitioner, NJ Professional Coaches Association, NJ Association of Women Business Owners- Chapter President, International Positive Psychology Association.

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Achieve success by getting out of your own way