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## JOHAN FRISK



### Coach and consultant, MsC

**Overview and Professional Philosophy:** My background in International Management and Senior Consulting, always on the border between Latin, Germanic and Anglo Saxon cultures, gives me a solid platform for partnering with my Executive Coaching Clients.

During my years as CEO, Executive Coach and Organizational Developer I have been energized by seeing customers and coworkers growing and achieving. To see a co-operation bear fruit gives me strength in a field where you risk investing more energy than you can recuperate. For me the greatest satisfaction has come from seeing people around me grow faster than they themselves, and even sometimes I thought possible – the human potential appears to be without limit.

For me good coaching is when the client learns to observe and implement what works for him or her. The alignment of corporate and personal values is crucial for survival at the top, I know, I've been there and suffered some of the consequences. Luckily there are tools and methods that makes it possible to become a charismatic, efficient and appreciated leader. Those are the techniques and behaviors that I have developed and adapted together with my coaching clients over the last decade.

### Recent Executive and Corporate Coaching Experience Highlights:

- Coaching of Local Top Management group in World Leading Value Transport company.
- Coaching of International Financial Controllers, strengthening their abilities to become co-pilots to Project Managers, in Multi-national very large vehicle construction projects.
- Coaching of HR management of leading bottle producer.



Strategic Executive Coaching Alliance

- Coaching of young managers at world leading food and hygiene company.
- Coaching of Factory Management group, for local turn-around of food-manufacturing plant.

#### **Executive/Management and Other Relevant Experience:**

- 13 years experience as support to top-managers, 5 years as coach;
- 13 years as CEO of consultancy and training company, specialized in productivity improvement through the cooperation of employees and workers;
- Long time experience of conference management and organization;
- A decade of international brand management throughout Europe;
- Five years of international product development, varied areas as health care, plastics, paint and elastomers;
- Able to offer coaching and consulting services in three languages: Swedish, English and Portuguese.

#### **Education, Training, Certifications:**

- Master of Science, Engineering
- Business and Economy
- Certified trainer of trainers
- Certified trainer and developer of training courses
- Certified Coach by International Coach Federation (ACC - Associate Certified Coach)
- Member of International Coach Federation sub-committee for training

#### **Personal:**

I love languages and cultures, to constantly learn and improve. Out-door adventure and Martial Arts, bring me both the adrenaline and camaraderie that I like.

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