

Company Profile

Reported Benefits:

- Improved performance and productivity
- More creative ideas
- Better use of skills and resources
- Improved quality of life
- Greater flexibility and adaptability to change

Our Approach

Aiming at long-term partnerships.

Tailor-made group and team coaching programs to serve specific needs.

Emphasis on cost savings through optimization of processes and productivity management.

Our coaching incorporates principles and techniques from various practices such as Appreciative Inquiry, Management, NLP, Emotional Intelligence, Leadership Theory, CBT, Positive Psychology and Mindfulness. Our approach in training is based on modern adult learning theories.

How to start

The best way to find out whether our coaching programs can serve your needs is by booking a [free 15min 1-on-1 discovery session](#). Our coaching & training programs are delivered via web-based tools such as zoom and are offered worldwide at cost effective prices.

Our Free E-Books

- [Lean Six Sigma in the Service Industry](#)
- [Three First Steps for a Successful Business Transformation](#)
- [Three Life Coaching Tools for Starting your Life Transformation Journey](#)



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What is coaching?

The International Coach Federation (ICF) defines coaching in the following way:

"Professional coaching is a partnership with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Coaching is a client-driven process."

Coaching & Training Programs

- ⇒ [Business Excellence & Lean Six Sigma - Coaching & Training](#)
- ⇒ [Leadership Development - Coaching & Training](#)
- ⇒ [Personal Growth & Transformational Life Coaching](#)



Meet your coach

The Founder, Principal Coach, Trainer and Consultant of [Sigma Loop Coaching Ltd](#) is Panagiotis Ntouskas. Panagiotis is a Business Excellence and Personal Growth Coach, accredited as PCC (Professional Certified Coach) by ICF and certified as CPC (Certified Professional Coach) by ICA (International Coach Academy). He is a certified Six Sigma Black Belt by ASQ (American Society for Quality), certified also in Professional Change Management. He holds three master's degrees (Quality Management, Continuing Education & Lifelong Learning, Environmental Studies), a BSc in Business Administration & Management and an EDI Diploma in Psychology. He has more than 15 years of experience in managerial and consulting positions related to HR, training, quality management, business process management and productivity improvement. He has lived in Greece, UK, Germany, Bulgaria, Saudi Arabia and Costa Rica.