

Company Profile

Reported Benefits:

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

Our Approach

We believe that productivity is a vital ingredient for success and that everyone deserves to be successful. Our mission is to support our clients to work smarter not harder, ensuring goals achievement, maximum flexibility, optimal work-life balance, increased self-appreciation and reduced costs.

We offer 1-on-1 and group coaching / training sessions, using web-based tools such as skype and zoom. In 1-on-1 coaching the client drives the agenda. Group and team coaching programs can be tailored to serve specific needs.

In our services we implement EVOLVE2WIN, the coaching model developed by Panagiotis Ntouskas

We aim at long-term partnerships, and we place emphasis on cost savings through optimization of processes and productivity management.

Our evidence-based coaching incorporates principles and techniques from various practices such as appreciative inquiry, lean and agile frameworks, 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](#)

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

- ⇒ [Lean & Agile Transformation](#)
- ⇒ [Personal Productivity Coaching](#)
- ⇒ [Group and Team Coaching](#)



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Meet your coach

The Founder, Lean – Agile & Personal Productivity Coach, Trainer and Consultant of [Sigma Loop Coaching Ltd](#) is Panagiotis Ntouskas. Panagiotis is accredited as PCC (Professional Certified Coach) by ICF and certified as CPC (Certified Professional Coach) by ICA (International Coach Academy). He is a certified Lean Six Sigma Black Belt by ASQ (American Society for Quality), trained in agile methodologies and 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.