



"I began the coaching process with Gabriela Sanz intending to enhance my strategic leadership skills and broaden my influence in the corporate environment. From the outset, the process was transformative, helping me realize that effective leadership goes beyond technical decisions; it involves empathy, active listening, and the ability to build genuine connections. Gabriela demonstrated expertise in tailoring each session to the specific challenges and objectives I faced, providing an experience that was both assertive and welcoming. With her support, I improved my strategic vision and developed tactics to overcome obstacles with a more balanced and focused approach. Today, I leave the process with renewed confidence and a clear perspective on how to lead with purpose—not just to achieve results, but to inspire and empower those around me."

Marina Scotelaro Pantoja – Brazil

"Gabi helped me reflect and structure my career strategy, allowing me to develop and execute a clear action plan. We had a very rich exchange, which brought me greater self-awareness and clarity about what I really want. Thank you for being so professional and for supporting me. I felt comfortable sharing my ideas and personal feelings, and I was very pleased with the outcome!"

André Menezes – Germany

"When I decided to work with Gabi, my goal was to improve my leadership skills to better serve my team. During the process, I realized that my perspective on this role was limited and distorted by how I interpreted the information in my work environment. Gabi helped me navigate this sea of information, both internal and external. She guided me to assign more meaning and rationality to my experiences, allowing me to reconnect and gain a clearer understanding of where I was and how I could reach my goals. I would recommend Gabi to anyone on this planet! In just seven sessions, she had an impact equivalent to seven years of growth. I am immensely grateful for everything, Gabi! I wish you all the happiness and success—you are amazing!"

Ana Paula Cardozo – Brazil



"My main goal in coaching with Gabriela was and remains understanding what my next career step should be. As Gabriela translated it, my goal is to gain awareness, be fully present, and choose with more intention and clarity, leaving 'auto-pilot mode' behind. During the sessions, I felt heard and still do. I am confident that I am not lost; I just need the right tools and regular practice to rebuild paths that will reshape me to be confident, serene, present, and at peace with my choices. I feel there was a true awakening. With a few more sessions, I know I will be even stronger and better prepared to face professional and personal adversities."

Inês Matos – Germany

"When I started coaching, my goal was to find my next step regarding a career transition. By the end of the process, I was certain about what that step would be and the best path to achieve it. Many times, I felt uncomfortable exposing my weaknesses or opening up about certain issues, but revisiting all these topics helped me see the great opportunity that lay ahead. I leave this process confident, with clarity about a new path, and without losing important ties to my past."

Marcelo Gama – Brazil

"Gabi is an excellent coaching professional who conveys great security and seriousness throughout the self-discovery program and the analysis of our professional journey. She offers profound knowledge about the adversities and realities of the corporate world, bringing valuable insights, expertise, and preparation to explore our weaknesses and career motivations. I feel more prepared and confident to face my 'weaknesses,' which are often paradigms we create internally, especially during the expatriation process to a new country and job market, and move forward toward my professional and personal success. The sessions with Gabi were extremely valuable moments to step out of the autopilot mode of daily responsibilities, think about myself, reflect on my journey and achievements, and plan the next steps with a focus on my priorities and motivations."

Verena Fiori Ferreira – Spain

"I am in the process of looking for the next challenge, trying to be as assertive as possible to work on something that stimulates me and makes me happy. The continuous exchange of the process brings more clarity and security during this moment of 'rediscovery' and revision; and Gabi helps me move step by step toward this goal."

Cecilia Ramos – Paris



"I am grateful to have had Gabriela Sanz as my career coach. Her experience in career coaching and her genuine interest in my success were invaluable. Gabriela helped me identify my values and personal strengths and guided me to use them to achieve my goals. Working with Gabriela has been an empowering and transformative experience, and I recommend her to anyone seeking to make positive changes in their career. Gabriela's support and guidance gave me the tools and confidence to reach my full potential in my career. Thank you, Gabriela."

Rony Klayany – Qatar

"Gabi quickly identified points of attention in me and helped strengthen other points that I was absorbing but which were often associated with an environment that wasn't conducive to my development. We identified my strengths and weaknesses together, and we defined my non-negotiable values. It was very enjoyable to navigate with this defender of my capabilities through new visions of performance, and together we identified opportunities to do things differently and better. I loved these weeks together, and I highly recommend having Gabi's support, no matter the professional issue; especially when you are in higher leadership positions, with fewer people to count on and needing to strengthen yourself for fast decisions. Thank you, Gabi <3."

Camila Chagas – Brazil

"I worked with Gabriela for several months, and it was truly worth it. I came with the goal of developing my business, becoming more consistent, and focusing more. I gained values from our sessions, achieved more self-awareness, and found more clarity. I felt heard and had 100% of Gabriela's presence throughout the process. I was able to open up and find different perspectives that were invaluable for my journey. I would recommend Gabriela as a partner, a great career coach with powerful insights. Thank you!"

Mi-Hyun Park Lammert – Ivory Coast

"Gabriela was extremely supportive and insightful throughout the process. She provides you with the comfort and direction to channel your thoughts that are all over the place. The tools she used and the assignments she gave me challenged my thinking process and brought great clarity to my career choice going forward. I had set 3 goals for myself at the beginning of the sessions: 1. To know whether I am suitable for a director-level profile or if I should stick to senior manager profiles. 2. To understand my interpersonal skills and their fit in the French context. 3. Which roles would be most suitable for my profile. I never expected to get answers to all my questions. I was hoping for



some clarity, but it was incredible how it became clearer after each session. In the end, I can confidently say that all three goals were achieved to my satisfaction. I am confident about my next steps, and it wouldn't have been possible without Gabriela's timely intervention and her insightful questions that led me in the right direction."

Yama Ranjan – Paris

"Gabriela is not just a professional coach, but she has this incredible human soul that is so hard to find nowadays. She listens very carefully and attentively; it's natural to open up and share your deepest secrets with her. The connection was instant, and she helped me discover deep sides of myself that I didn't know before working with her. Since most of the obstacles are within us, Gabi is the right person to melt them away with her passion, compassion, and observations. Feeling empowered and motivated, I saw myself marching forward and achieving great things, a life-changing experience."

Rambo Levin – Thailand

"I did the coaching process with Gabriela last year, and it was amazing, very structured with a clear start, middle, and end. Right after the first session, I had an insight that positively changed my professional posture. We worked on this discovery, and by the end of the process, my goal was achieved. The right techniques applied at the right time and with great sensitivity from Gabriela made the work a success. I am very grateful and highly recommend it!"

Luciana Wulfhorst – Brazil

"The coaching process with Gabriela was extremely focused and structured from the beginning. This allowed me to gain clarity on each personal and professional discovery, as well as the areas to work on in order to achieve my greater goal. Gabriela wisely guided me to become aware of my strengths, but also of all the elements I needed to work on in order to progress. Gabriela's attention and dedication during the coaching sessions were key factors and differentiators. Her active listening gave me the confidence and security to share my concerns during my process of change. Gabriela is responsive and available, and she adapted and personalized her coaching method to meet my needs. Without a doubt, it was a positive and transformational experience in my journey.

Two years after my first experience in 2019, I decided once again to work with Gabriela, this time focused on making important decisions in my professional life. During our work together, we were surprised by important variables in my personal life. Throughout the process, Gabriela was exemplary in her empathy, listening, understanding, and especially in the way she conducted our



work in a precise and structured manner. Due to her methodology and interventions, I was able to see the situation in a lighter and clearer way. At the end of our work, I was able to make the best decision for my professional life at that moment, fully aware of the reasons that led me to this choice. Gabriela guided my self-awareness throughout the process with great professionalism, and I am now confident for future decisions."

Larissa Rabelo – France

"I started the coaching process without any idea of what was to come. I was confident, but at the same time, I needed guidance, someone to help me create a plan for self-discovery that would get me out of a state of complacency. At first, I admit it was difficult to fully engage, and my commitment was low. Gabriela identified this flaw, strengthened my self-esteem, transformed my mindset, and with her tools and teaching approach, she made me focus on the results and on pursuing something that had previously stayed on paper until it became a reality. I am incredibly grateful for Gabriela Sanz's mentorship; it made perfect sense for the moment I am living in."

Ana Paula Zanata – Brazil

"I would strongly say to anyone looking for an amazing Coach to look for Gabriela. From the start of our first coaching session, I felt a sense of peace. Gabriela listens to you with a genuine heart. With patience, she encourages you to speak your thoughts and feelings, and with that, we start to find ourselves and the answers we've hidden or suppressed. I learned more about myself in the sessions I had with her. Thank you, Gabi."

Maurice Lim – Singapore

"I have been working with Gabriela for some time and my business and my life have really changed. She helped me gain 100% clarity on what I really wanted from my business and what was holding me back from pursuing it. I really felt stuck in how I was showing up online; I didn't feel totally authentic and I had a lot of fears that were preventing me from being the leader I could be. Gabriela is an incredible coach and extremely skilled at uncovering the root cause of your struggles, which was exactly what I needed. I was amazed at how quickly I gained clarity about what was keeping me stuck and how easy it was to make the change. Now I've made big changes in my business, I feel 300% authentic, and I'm showing up like never before. My business results have tripled! Without Gabriela, I would have stayed stuck without truly knowing why or how to move forward. I'm so happy I started working with her and was able to make the changes! Thank you, Gabriela!"

Sophie Verlinden – Belgium



"After 19 years working in a marketing company and going through a burnout, I decided to stop and take a sabbatical year. I really enjoyed this extended time with my family and the freedom of schedules and tasks. However, after this year, I started to think about what I could do, and I was really lost. In a conversation with friends, Gabi offered the coaching process and I accepted, even though I wasn't sure what I would gain from it! My initial goals were to gain clarity on where to go, to do something that would make me happy, and not just go through the motions. Gabi's sessions and questions gave me the opportunity to dedicate an important time to think about myself. Understanding or remembering that there is someone beyond being a mother and wife was crucial for the whole process. Understanding that setting boundaries, whatever they may be, will be important for my future. I managed to organize my thoughts, and gradually things became clearer, and it felt like I connected more with opportunities. In summary, I found my life purpose, and reaching this point is priceless."

Fernanda Lopes – Brazil

"For sure, this was a super positive outcome of 2020! I've known Gabi for a long time, we've been friends since school, and at first, I wondered if this could have a less positive influence, but it was totally the opposite. I started coaching to work on two issues. The first was to have a better understanding and define a way to act during an important restructuring phase I'm going through in the corporate world. The second was, finally, to bring a 'plan B' idea to life that I had been dreaming of for a long time. The contribution in both cases was excellent, but mainly in the second one! For the first time, I had someone apply specific processes and push me to go deep into the project, dedicating quality time and exploring various possible paths to make it happen. Thank you from the bottom of my heart, Gabi. Your passion for helping, your genuine interest in people's stories, and your provocations were fundamental to close this chapter much more energized and motivated for what's to come."

Thais Teixeira – Brazil

"When I started the process, I thought it would be something difficult and maybe boring, but I was surprised by the lightness of the sessions and Gabi's insight. My goal was to regain my self-confidence, and coaching taught me that it's important to look inward and, even with fear, move forward. It made me remember successful and joyful situations, but also situations where fear and insecurity were present, and yet they were successful. You have to learn to deal with fear and understand its causes. The coaching process taught me to look at the environment and situations from a different, more analytical, and deeper perspective, relating my feelings to the situations. It



taught me to share more experiences with people and understand that there are different profiles, that everyone has their pros and cons, and you have to accept that we won't be like others, but we can learn from them. And this is something I've learned and continue to learn more every day. I believe this is just the first step of a much bigger journey I'm pursuing, and it started now. Gabi literally helped me 'open my eyes' to myself and learn to follow my intuition."

Fernanda Bordini Marchi – Brazil

"Initially, my goal with the coaching program was to define my next steps professionally, after a 'transition period' in my life of being a mother. Now, after the sessions, I know I've advanced not only professionally, but as a whole (personally too), getting to know myself better and focusing on what's important to me. I now feel much more confident and calm about what's coming next. What I liked most was being able to dive deeper into my goals and needs as a person in a unique and personalized way, by someone who not only has a lot of empathy but has been through something similar in her own life. Gabi was able to make me feel extremely comfortable from day one, clearly explaining everything we were exploring in each session, which tools were used and why, the objectives, and next steps, and most importantly, in a very human, respectful, and kind way. This was particularly important in helping me deal with some emotional issues that have always been present and, most of the time, blocking my way. It gave me the confidence and clarity I needed to move forward into the next phase of my life as a working mom (and still loving and caring)."

Fernanda Aidar Carmignani – United Kingdom

"My name is Luana Oliveira. Gabriela changed my life! I came in with the goal of working on a business idea, to clarify and see if it was viable or not. Over time, I went beyond my goal, I went further. I started seeing opportunities I hadn't seen before, potential, and totally empowered myself with the idea. And Gabriela's sincerity is something beautiful because you can see that she wants you to think, build, and develop. I am extremely grateful! Thank you, Gabriela!"

Luana Oliveira – Brazil

"My name is Andreza Lopes, I'm a psychologist, co-founder, and responsible for the operations area at Lucy. The main goal as co-founder of the startup Lucy was to stay motivated with my partner during the initial processes of the company. To be perfectly aligned with her in ideas, suggestions, and discourse. Being in the coaching process was essential because at each meeting, all the issues were aligned. I end this cycle with more commitment to organizing ideas. Gabriela was a key piece in this organization, whether in terms of ideas or even operationally. She was always very willing and



had a great reading of us, always suggesting great ideas that we started using in our daily lives. I am happy and grateful to be part of this process."

Andreza Lopes – Brazil

"The main goal was to lose the fear of speaking in public and organize my priorities. But the results were a bit different, meaning Gabriela was able to see points that blocked my professional development. I started to have more confidence in myself, to see that 'wonder woman' I am, have more confidence in myself, know how to say no when necessary at work without offending anyone, and give priority to my tasks. Making a presentation to a client without fear was the best joy I've ever had! Feeling capable and going beyond what was expected is priceless. The next step will be more professional, leading a team in a more French way and learning more about the world of a large international company. Thank you for everything, Gabriela! Your work was a key element in my progress! And we will continue together for the new phase of my life."

Elisa Herbrecht – France

"My main goal was to understand how and where to direct the next steps of my career among the different paths I saw myself taking. Gabi was very important in this process, allowing me to get to know myself more, supporting my development, and provoking my self-reflection. This process was fundamental. Even in a short period of time, I can already perceive and feel the various benefits this work has brought me. The main one was discovering my strengths and how I can drive my development from them."

Murilo Marchi – Brazil

"I was completely confused about my professional future, there was a certainty that something needed to change, that there was something bigger to be done, but the fear and insecurity of stepping out of my comfort zone and starting a business were holding me back with every thought. But still, a voice deep down told me to move forward. So, when Gabi spoke with me, every word, every explanation of what the coaching process would be, brought me understanding and certainty that I was on the right path and that she would be the perfect person! Gabi has an amazing ability to understand the scenario, analyze and connect facts, bringing scenarios that turn into a lit path, a safe path, and most importantly, eliminating uncertainties and "pains" that prevent us from seeing clearly where we really want to go. And she has the ability to make us feel super comfortable, a gentleness to listen and challenge us, the way she built the process, the subtlety and firmness in the sessions, revealed everything I had dreamed of being. We discovered the real 'end game.' I feel



completely secure to follow my new professional life purpose, and none of this would have happened without Gabi Sanz's coaching."

Giselle Barros – Brazil

"Gabriela was extremely important during a transition from a phase of stagnation to a new, more dynamic phase in my career, which exactly corresponds to my professional expectations. Thanks to Gabriela's support, I was able to add and deepen tools that instantly brought me serenity, security, and clarity, and quickly brought me closer to my goals. Merci infiniment Gabi! Infinitely thank you, Gabi!"

Jean Philippe Gawronski – France

"When I sought Gabriela, I was in need of professional help, without even knowing why. The coaching process helped me clearly define my goals and explore paths to achieve them. In addition, I gained emotional awareness and learned techniques for anxiety control, which can be used in both personal and professional life. I really appreciated Gabriela's professional attitude, which encourages us to speak and discover where the problem lies. Thank you for the help, I have already seen results and feel stronger to move forward. See you soon!"

Viviane Seraphim – France

"Gabriela helped me open my eyes and see my situation as an opportunity. This allowed me not to make a hasty decision and gave me the confidence to understand what I didn't want for my professional life, and to weigh the positive and negative aspects that an opportunity might bring. The patience and well-considered decision-making allowed me to expand quickly in my work and gain recognition."

Morgane Coppola – France

"When the process started, I was a bit lost, analyzing several options: becoming an entrepreneur with a variety of business ideas, going back to a startup, or staying where I was... Gabi guided me with many questions and reflections to find a path and ease my anxiety about my career. This was my biggest gain from our sessions: less anxiety, as now I have more clarity about my short, medium, and long-term goals."

Janine Gonçalves – Brazil



"My goal was to analyze and decide what could be done to improve the direction of my team in the project I'm working on. During the sessions, Gabriela was efficient in noticing the difficulties I was trying to resolve. She helped me gain greater clarity on the actions I could take to realign the team and take the right direction."

Demian Gemballa Moura – Germany

"In a conversation with a work friend, she told me about her experience with Gabriela. I had worked with Gabi years ago, and we lost contact. After 21 years working in a multinational, I went through a retirement process and realized that I needed to understand better what to do and how to direct my life. That's when I decided to join Gabriela's program, and what a pleasant surprise it was. At first, I was very focused on what to do, I wanted to start working immediately, but over our conversations, I started to realize that what I needed was to look more at myself, to find my purpose. The sessions and questions from Gabi brought me back to that self-reflection, and the thoughts began to become clearer. I started organizing them where they should be, and with that, I realized the opportunities and the purpose that had been dormant. I just needed those caring conversations to understand and clarify my thoughts. Thank you, Gabi, for your care, your patience, your understanding of the human being. You are a luminous being."

Marlene Abreu – Brazil

"I sought Gabi with the goal of helping me see myself as a professional again since I had been out of the job market for a while. I had doubts about whether to venture into entrepreneurship or return to my previous field, and both options brought me fear and insecurity. At first, I was anxious and even felt a bit suffocated! Throughout the sessions, everything became clearer, and I started feeling more confident. Gabi helped me create a plan with focus and solutions that I could find along the way, solutions that would have previously made me stop right there in my search. Thank you, Gabi, for helping me find Ju again—the person, the professional, the fighter that was sleeping inside Ju the mother!"

Juliana Foz – Brazil

"When I started coaching, the situation regarding my job search was not very clear. Thanks to Gabriela, her talent, and incredible perception, I was able to clarify my goals, what I wanted, and what I no longer wanted. This was very necessary because if you show up for an interview without clarity and coherence, you won't be efficient or memorable. The best part for me was how she



helped me realize all the success and great achievements from my work experience. That was the best feeling. I couldn't have done this alone, and it gave me strength and confidence. She helped me go from 'having a vision' to 'putting things into action.' I wanted to change, but with her by my side, I was able to create that change!"

Valérie Lhomme – France

"Following my girlfriend's advice, I met Gabriela and discovered coaching. I immediately liked the flexibility of the schedule and the personalized adaptation. The sharing and exchange of different themes and issues are constructive and lead to the building of solutions. Gabriela helps me take a step back to better manage my daily life. I benefit from this, and the people around me do as well."

Andoni Telleria – France