



ANTONIO ESPOSITO

EMOTIONAL INTELLIGENCE COACH | MENTOR | TRAINER

PROFILE

I am a Professional Life Coach and NLP Practitioner Certified, specialising in Emotional Intelligence Coaching for Life and Business Performance.

Over the years, I've also developed my skills and knowledge in the field of Eating Psychology by coaching, training and mentoring individuals from all walks of life, overcoming their emotional disruptive eating patterns, food addictions and obesity-related disorders.

My mission is to coach individuals and help them reach their most important personal and professional targets through a transformative process of self-discovery, thought awareness, and modification of negative thinking patterns.

Since 2017 I am also part of the prestigious team of Mentors of The Coaching Academy, where I have coached and mentored hundreds of international students from all walks of life, to successfully complete their training journey as Professional Certified Life Performance and Executive Business coaches.

WORK EXPERIENCES

2020 to present - LaMentePensante.com - Founder & Author, Italy

I am the founder and author of a Digital Magazine, born during the COVID-19 pandemic with the idea of creating a virtual space where like-minded professionals and experts in the field of Psychology, Personal Development, and Neuroscience could have the opportunity to share knowledge and insights with the aim of promoting mental health and wellbeing.

2017 to present - The Coaching Academy - Mentor, United Kingdom

I have been part of The Coaching Academy's prestigious network of Mentors, helping and mentoring hundreds of Life Coaching students, both one-to-one and in group settings, to complete their training journey in becoming Professional Certified Life Performance and Executive Business coaches.

2016 to present - The ThinkingMind Coaching Ltd - Managing Director, United Kingdom

In 2015 I completed the Life Performance Coaching Certification and the NLP Practitioner Diploma with the ICF, ACSTH and CPD accredited, London-based company, The Coaching Academy. In October 2016, I founded TheThinkingMind Coaching Ltd, a Manchester-based firm where I work as Managing Director offering, Life Coaching, Mentoring and Personal Development services.

TheThinkingMind Coaching Ltd is a Company Registered in England and Wales with No. 10436953

EDUCATION

2014-2015 - Life Performance Coach & NLP Practitioner - The Coaching Academy, United Kingdom

2017-2021 - Certifications (CPD Continuing Professional Development) - CoE Ltd, United Kingdom

- General Psychology, Diploma
- Body Image, Diploma
- Body Language, Diploma
- Addiction Therapy, Diploma
- Emotional intelligence, Diploma
- CBT Cognitive Behavioural Therapy, Diploma
- Postive Psychology, Diploma
- Eating Disorder Awareness, Diploma
- Psychology of Success, Diploma
- Clinical Weight Loss, Diploma
- Mindfulness, Diploma
- Eating Psychology Coaching, Diploma

2016 - Certifications (CPD Continuing Professional Development) - IAP College, United States

- Motivational Speaker, Diploma
- Business and Career Coach, Diploma
- Relationship Coach, Diploma

ACHIEVEMENTS & AWARDS

2022 - Executive Contributor at Brainz Magazine - brainzmagazine.com - Sweden

2021 - Mentor Recognition Award - The Coaching Academy - United Kingdom

2018 - Best Business Award - Think Lean Formula Eating Psychology Coaching & Training CoE Ltd - United Kingdom

CONTACTS



Date of Birth: 27 November 1975
Dual Nationality: Italian / British



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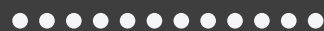
Websites:
Coaching: antonioespositocoaching.com
Company: thethinkingmindcoaching.com
Magazine: lamentepensante.com



www.linkedin.com/in/antonioesposito/

LANGUAGES

Italian (mother language)



English (Advanced/Fluent, written and spoken)



SKILLS

- Life Coach and Mentoring
- Emotional Intelligence
- Negative Thought Patterns
- Personal & Business Goals
- Limiting Beliefs
- Self-Esteem and Self-Confidence
- Phobias & Irrational Fear
- Addiction Recovery
- Eating Psychology Disorders
- Body & Self Image
- Weight Loss Psychology & Obesity
- Time Management & Perfectionism