

# Metamorphosis

## Collective coaching for Meaningful Paths

A reflective and somatic coaching experience for teams and individuals ready to realign, grow, and move forward with clarity, purpose and presence.

A coaching-based method blending:

- » Somatic awareness
- » Reflective practices
- » Group interaction

It's about showing up with **honesty**, **presence**, and **direction** — as a team.



**Metamorphosis is offered in two formats:**

- A series of 6 workshops (3 hours each)
- Or a 3-day immersive experience

Both formats are grounded in **active, embodied learning** — and **fully adaptable to your team's needs**.

## For who?

Teams navigating change or realignment  
Leaders seeking clarity and deeper connection  
HR & People teams focused on well-being and cohesion  
Individuals in transition, reflection, or new leadership roles





# Objectives

- » Clearer personal and collective direction
- » Greater emotional presence and communication
- » A more honest, supportive team culture
- » Practical tools for reflection and emotional regulation
- » Reconnection with purpose, values, and vision
- » A shared experience that builds trust and meaning



## The Pathway:



### Patterns

*What cycles or reactions are repeating? Where are we stuck?*



### Needs

*What's unspoken or unmet — in ourselves, our roles, or our team?*



### Beliefs

*What internal narratives are shaping our experience?*



### Values

*What truly matters — as individuals and as a group?*



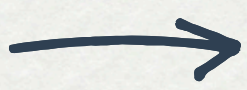
### Shifts

*What's ready to change, release, or realign?*



### Vision

*Where are we headed? What are we growing toward?*



## Each Session Includes:

- Thematic focus & guided coaching
- Group dialogue and shared reflection
- Individual journaling and introspection
- Pair coaching and mutual listening
- Somatic tools to reconnect with the body
- Visualisations and guided presence practices





## What Makes This Work

### **Cognitive awareness**

Exploring patterns, beliefs, and values using models from coaching and developmental psychology.

### **Somatic integration**

The body becomes part of the process — through grounding, movement, and emotional presence.

### **Experiential learning**

Active methods: dialogue, visualisation, journaling, role-play, and partner reflection — to move insight into action.

### **Emotional safety**

The structure and rhythm of each session are designed to create a space where people can show up honestly — with themselves and with others.

### **Reflective depth**

The process is not linear. It's layered — returning to what matters, questioning assumptions, and creating space for inner clarity.

**This isn't a technique. It's a process — of noticing, feeling, and choosing.**

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## **The Designer & Facilitator : Danai Leventakou**

I come from an engineering background and years of experience in both corporate and educational environments. That shaped the way I approach learning: structured, practical, and focused on real change.

My work blends learning sciences, coaching and facilitation to create human-centered workshops that help people think clearly, communicate better, and show up with confidence.

At the core, I help teams and individuals reflect and realign — not just through theory, but through experience. Everything I design is active, intentional, and tailored to the people in the room.