

Consulting in personal and professional development

ISABELLE BARRETT
ASSOCIATE PRINCIPAL

psychotherapy, training, individual accompaniment

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Areas of expertise

- **Individual accompaniment**
 - Themes include major life changes, professional guidance in stress management, internal conflict, and self-affirmation
- **Training in personal and professional development**
 - Led groups in communication for executives undergoing a career transition and in public speaking
 - Led training programs on leadership, personal consistency, and interpersonal relations

Professional experience

- **Since 2003** **DIRIGEANTS & PARTENAIRES**, Paris
- **Since 1999** **Consultant and psychotherapist**
L'art en soi, center for therapy and personal development
- 1990/1999 **Garon et Bonvalot**, (Coutts Group), Paris
Outplacement consultant
Coach and trainer specializing in interpersonal communication
- 1988/1990 **Manpower**, Paris
Charged with recruiting permanent staff
- 1986/1988 **Interlangue Limited**, New York
International recruiting consultant
- 1985/1986 **Crédit Lyonnais**, New York
Assistant, Manager of Expatriate Human Resources

Educational Background

- Diploma in **Human Resource Management**, New York University
- Masters in **PNL**, Certified MBTI practitioner
- Trained in **Thomas Gordon Transactional Analysis, Process Communication, Stress Management Techniques and Communication Techniques**
- IRETT** and **NFL Schools of Psychotherapy**
- University degree in English studies**, Université de Paris XII

Areas of expertise Sculpture, nature