



LUZ D'ANS

EXECUTIVE COACH
TRAINER
AND TEACHER ON
LEADERSHIP TOPICS

CONTACT

[LinkedIn Profile](#)

EDUCATION

Team coaching and organisational diagnostic
2024
Persolog France - DISC certification
2023
Leadership choices - Resilience coaching
2021
Egg 3 Belgium - Spiral dynamic
2020
Egg 3 Belgium - Managerial agility
2020
Institut Repère - Coaching Systémique
2019
Neuroleadership Institute Singapore
2015
Sciences Po Paris - Graduated with honours
2001

PROJECTS AND BOOKS

[TedX Basel 2019](#)
[Podcast "La Petite Voix " 2020](#)
[Article Le Psychodon](#)
[Radio "Burn out et absentéisme"](#)
[Article Dernière Nouvelles d'Alsace 2021](#)
"Plus Jamais seuls Face au Cancer"

ABOUT ME

Luz d'Ans is French, Belgian, and Peruvian. She graduated from Sciences Po Paris in 2001, and began her career as an auditor before working as a risk manager for major banking groups (BNP, HSBC, UBS, RBS).

In 2015, she graduated from the Neuroleadership Institute in Singapore and resigned from her manager's position in banking to dedicate her career to coaching and training. Having gone through cancer during the last 2 years of her career, she wanted to pause her job for a while but coaching reeled her in.

As an ICF certified coach, she supports individuals in their professional evolution and organizations in their transformation. Her mission is to help leaders overcome the complexity of their role in large organizations. She supports them in unlocking their internal blockages to grow in their leadership role.

Luz shares her passion for leadership as a lecturer at Sciences Po Paris, University of Economics (Strasbourg) for Master students and for HEC in the Executive Master in Innovation & entrepreneurship

CURRENT WORK

Coaching at Accor
Coaching at Cartier
Teaching at Université de Strasbourg
Teaching at Sciences Po Paris
Teaching at HEC (Haute Ecole de Commerce)
Teaching at ICAM (engineer school)

Q&A

1) How did you get involved in key2advance?
Martine noticed me on LinkedIn and reached out to you regarding a training campus for Accor. The stars were aligned that day!

2) What experience do you bring to the community?

With a strong foundation in understanding neurosciences, gained through my certification from the Neuroleadership Institute, I am passionate about sharing knowledge and fostering growth.
Trained in the systemic approach, I possess a deep understanding of group dynamics and excel in navigating complex environments.
Drawing from 15 years of experience as a risk manager, I bring my analytical skills and a business focus.
Additionally, my personal journey through overcoming cancer has instilled in me a deep sense of empathy and resilience, which I integrate into my coaching practice.

3) What value does coaching and training bring to your clients?

Coaching, for me, is primarily about holding a space for my clients to grow. I am always mindful of providing them with a psychological safe space, a "cocoon", where they can undergo their transition before spreading their wings like a butterfly. This applies to both individual coaching, team coaching, and even training sessions. For me, coaching is a moment of full presence where biases and filters are set aside to reach a level of self-awareness where the coachee can observe themselves from a meta position and become able to accept and challenge themselves.

4) How do you work with your clients to ensure the perfect session?

Goal setting forms the backbone of my approach as it enables coachees to gauge their progress. I consistently revisit the intention with them: What drives their desire to receive coaching on this particular topic? What specific goals do they aim to achieve for themselves and their team through collective coaching? What motivates them to engage in the coaching process for their own personal growth? Focusing on the meaning is vital for me,

5) What's your favourite part of being part of the key2advance community?

I love the diversity of the group: multiple cultures, backgrounds, professional experiences. I feel that we can learn a lot from each other!