



About Maria Jesús Orihuela Bolaino

Maria is an exceptional trainer, facilitator and coach, bringing a wealth of experience and passion to every session. She has delivered programmes to major clients in varying industries in the private sector, the public sector and the not-for-profit sector; both face-to-face and via virtual platforms in the form of virtual Training/workshops/webinars and remote coaching.

Maria is used to working with delegates at every level - from apprentices through to senior managers and C-board level Executives.

She has delivered programmes internationally, in multiple languages (English, Spanish and German) and is excellent at facilitating culturally diverse groups.

She is an expert on all things communication and is passionate about helping everyone experience happiness and belonging at work.

Maria is known for being highly engaging. She delivers high-impact, energetic sessions and has a very personable style that blends skillful challenging with empathy and fun.

Prior to her working as Trainer, Facilitator and Coach Maria worked in Advertising managing complex localisation projects and a team of 6.

She holds a BA and MA in Cultural and Communication Studies and a PGDip in Career Coaching.

Examples of your work:

- Coached C-Level Executive for leading shoe brand on Presence and Storytelling
- Delivered Leadership development Training across multiple industries and countries focusing on communications skills like personal impact and presenting (both face-to-face and virtually)
- Facilitated actor-real-play sessions in the context of Interview skills, handling difficult conversations and Influencing for several large organizations in the private sector
- Designed and delivered readiness for work-sessions for South Essex College students on confidence, communication and stress-management
- Delivered Inclusive Leadership Training for a UK Housing Association
- Facilitated (virtual) Resilience courses for a Council with such great success that the contract got extended a couple of times
- Facilitated Presenting at Senior-Level and Emotional Intelligence sessions for Exec MBA-students at JBS, as well as Coaching for Leaders for LBS

Accreditations

- Centre for Stress-Management: Certificate in Stress-Management
- Lumina Practitioner: Licensed in traits-based psychometric personality assessment tool Lumina Spark
- OTD Training: Power Presenter Certificate
- The Society of NLP: NLP Business Practitioner
- UKATA: Certificate in Transactional Analysis TA101