

Cristina Palmer, M.A.

Executive Coach & Organizational Psychologist

As a certified coach and LIFO® Practitioner with international HR experience, I help individuals and teams recognise their strengths, understand their impact, and adapt their behaviour to collaborate and lead more effectively. My work combines psychological expertise with practical, strengths-based development for an increasingly digital workplace.



Services for Organizations

Developing Leaders and Teams for High-Performance Environments

All services are available in English, German and/or Spanish.

Strengths-Based Recruiting & Selection

Go beyond CVs and competencies. Add a behavioral perspective to hiring decisions by understanding how candidates prefer to work, collaborate, make decisions, and respond under pressure.

Leadership Impact & Flexibility

Strong leadership begins with self-awareness – but it grows through understanding impact. Help leaders see how their strengths shape the way they lead, how others experience their behavior, and where greater flexibility can improve effectiveness.

Team Strengths & Collaboration

Different working styles can become either a source of friction or a source of performance. Make those differences visible and turn them into clearer communication, stronger collaboration, and more intentional teamwork.

Human-Centered Change & Transformation

Transformation succeeds when people can understand, engage with, and adapt to what is changing. Support leaders and teams through AI, digital transformation, restructuring, and other periods of uncertainty by addressing the human behavior behind adoption.

Stress Management & Work-Life Integration

Transformation succeeds when people can understand, engage with, and adapt to what is changing. Support leaders and teams through AI, digital transformation, restructuring, and other periods of uncertainty by addressing the human behavior behind adoption.

Keynote Speaking – Positive Psychology at Work

Inspire a new way of thinking about performance through engaging, thought-provoking keynotes. These sessions help leaders and teams explore performance through a more human, strengths based lens while offering fresh perspectives on resilience, engagement, culture, and human potential.