



VALENTINO LUGGEN – Thailand, Vietnam, Switzerland, globally online

Professional Summary: Leaders, teams and individuals appreciate collaboration with Valentino to strengthen workplace mental health, prevent burnout and boost motivation. Companies invite me to improve team dynamics, enhance performance and create healthier work environments. Individuals seek my guidance to overcome anxiety, depression, career roadblocks and personal challenges.

Valentino's approach combines advanced hypnotherapy, EFT and coaching techniques to address root causes directly and effectively. This allows professionals to rebuild confidence, sharpen focus and lead with clarity while helping employees and teams perform in a sustainable and resilient way.

Valentino also supports clients with relationship challenges such as jealousy, trust and self-esteem, since personal well-being and professional success are closely connected. Together lasting change is created that improves life at work and beyond.

Industry Experience: IT, Sales, Finance, Insurance, Telecommunication, Retail, Athletes

Experience Highlights:

Valentino has guided clients from all walks of life back to clarity, confidence and high performance. From students, to professionals, athletes and even royal families. A few highlights include:

- Helping a professional race car driver move from burnout and anxiety so severe he could not leave his house to performing at peak level on the track, thriving in his personal life, and excelling in his professional environment instantly.
- Supporting an executive to overcome depression after years of medication abuse and guiding him into starting a new business while building a fulfilling social life and thriving professional relationships instantly.



EXPERTISE WITHOUT BORDERS!

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STRATEGIC EXECUTIVE ADVISORS PROFILES**

- Freeing individuals from the deep wounds of narcissistic abuse, allowing them to reclaim self-worth, improve personal and professional relationships, and flourish at work.
- Helping clients release compulsive thinking patterns that once controlled their lives, restoring mental clarity, inner peace, and enhanced collaboration with colleagues.
- Bringing professional and high-performance athletes back to full capacity with immediate and lasting results, enabling them to perform at the highest level in their careers and personal lives.

These transformations show that lasting change is possible quickly when the root causes are addressed directly.

Certifications: Master Hypnotherapist OMNI, ETF Therapist, Access Consciousness practitioner

Mission Statement: Valentino's mission is to empower individuals, leaders, and teams to overcome mental, emotional, and professional barriers so they can thrive in every area of life. He enables clients to release trauma, limiting beliefs, and destructive patterns, restoring confidence, clarity, and resilience. Through personalized, holistic methods, he enables instant and lasting transformation in mental health, relationships, career performance, and personal growth, allowing each person to reach their full potential and live with purpose, balance, and fulfillment.

Languages: English, German