



Team coaching feedback

Lidia Rauramo

Examples of recent coaching sessions and clients' feedback.



Lidia Rauramo

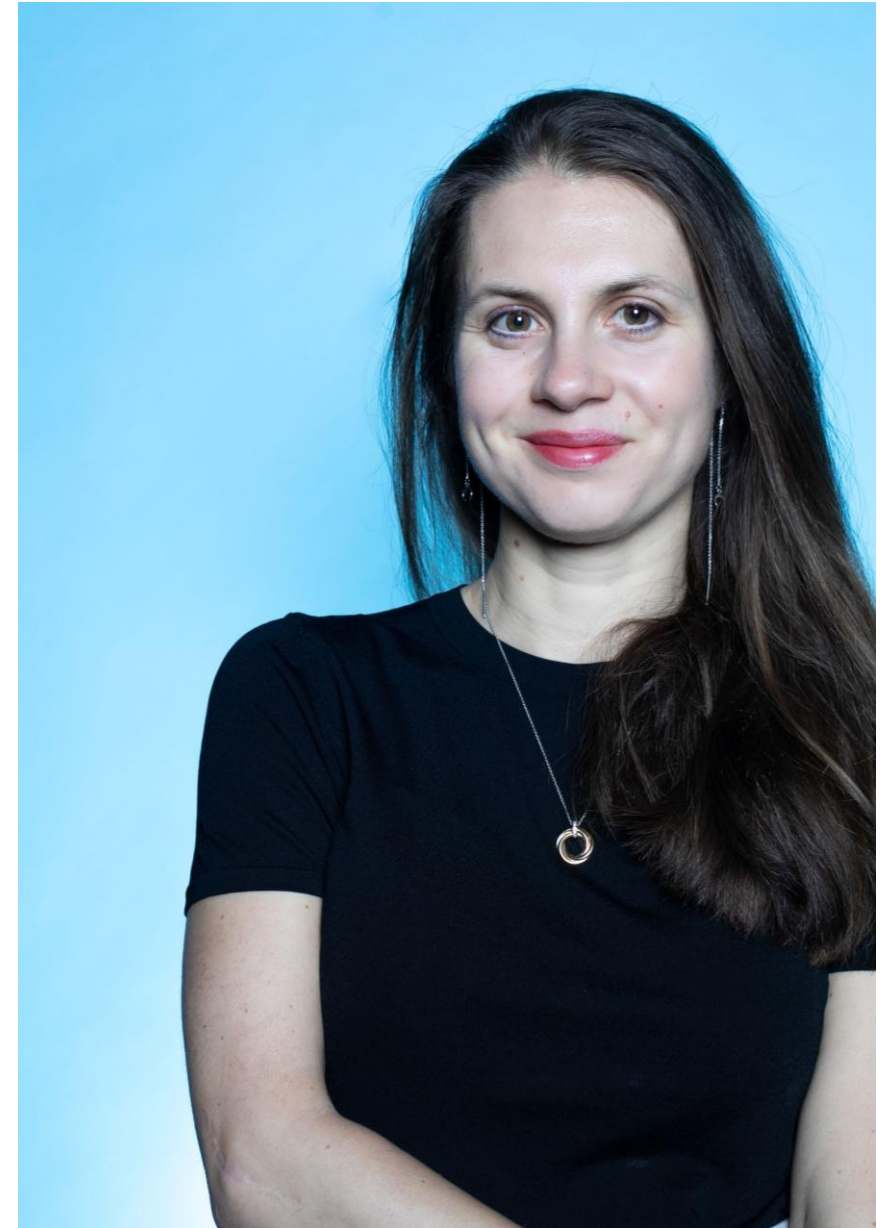
- Educator at TUTA, Aalto University and AaltoEE (entrepreneurship, startup, teamwork, leadership, self-leadership)
- ACC Executive coach
- Aalto University internal individual and team coach

<https://www.linkedin.com/in/lidia-rauramo/>

lidia.rauramo@aalto.fi

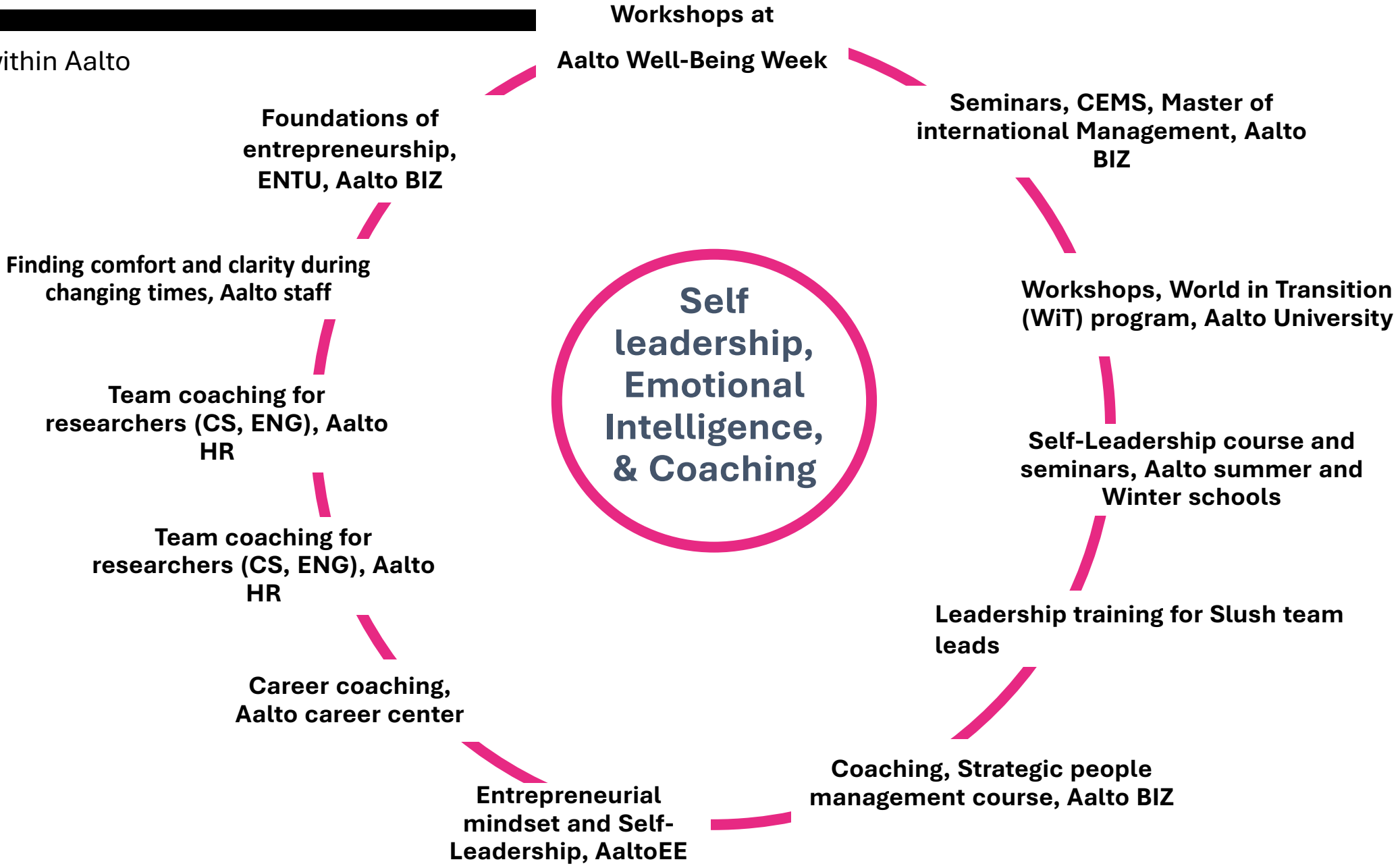
lidia.rauramo@gmail.com

www.lidiarauramo.com ← **References from coachees**





Projects within Aalto



Collaboration with companies

Leadership training for Slush team and group leads

Smartly – Emotional Intelligence training for leaders

Bank (confidential) – Self Leadership

Familia ry – Discovering your strengths

HyTest – Self Leadership

FinnChurchAid – Self Leadership

Shortcut – First time leader

HEUNI - Creativity



SELF-LEADERSHIP seminar series “From postdocs-to-postdocs initiative”.

Organizer – Gozaliasl Ghassem.

Location – Computer Science department, Aalto University

Feedback:

Ghassem Gozaliasl, Astrophysics and AI researcher, Ph.D.,
Docent Department of Computer Science

"I would like to express my sincere appreciation to our guest speaker, Ms. Lidia Rauramo, for her excellent collaboration and teaching, which were very well received by the postdocs. Lidia designed and ran tailored team coaching sessions specifically for them, covering topics such as time management, goal setting, and strategies for maintaining motivation and focus".

Team coaching series for ENG researchers' team, Aalto.

The process:



Process: 5 times 1,5 h. sessions with homework after each session

Feedback:

Taka Maija, Academic Coordinator, Aalto University

“Lidia is a warm-hearted professional who was excellent in mapping our needs for coaching, and for understanding what ways of working would suit us best. We ended up co-creating a lot together and thanks to Lidia, we now have a more comprehensive understanding of our team, the principles, and direction. She introduced us to various frameworks and tools that we are now applying in our daily collaboration. The main thing was the safe space she created for sharing, discussing, and learning. I can warmly recommend Lidia for any team looking for coaching and constructive.”

Self-leadership course for Aalto employees:

“Finding comfort and clarity during changing times”, 2024

Time – Thursday mornings 10.30-12.00.

- The 10th of October the Course kick-off: “**Self-Awareness**”. Juniper, Viima
- The 24th of October “**Emotional Intelligence**”. Otakaari 1, U523 Top Lounge
- The 7th of November “**Goal Setting**”. Meadow, Viima
- The 21th of November “**Time Management and maintaining motivation**”. Otakaari 1, U523 Top Lounge

Self-leadership course for Aalto employees:

“Finding comfort and clarity during changing times” Feedback:

Vastaukset

The environment felt very safe to share and I learned many new skills/ tools on how to cope with so many changes. The course managed to bring clarity and comfort into my life. 😊 Felt like it was a group therapy and was exactly what I needed it.

I think it's a highly relevant course for me, since most of my work is very dependent on how I orient my interests, motivation to set realistic goals on my research while not overworking myself. It's a delicate balance and I felt like I learned a lot on how to manage myself better and be a productive teammate in my group at the same time.

[Mikoto Masui](#), Media specialist

"I have always enjoyed your lectures and discussing with people in your class 😊. Thank you so much for this great learning opportunity."

Wartio Johanna, Projektiasiantuntija, Film, TV and Scenography

“Working with Lidia has been a lovely experience. Her solid expertise and holistic approach make her an excellent work coach. She doesn't just focus on career growth but also helps align professional goals with personal values and wellbeing. Her thoughtful guidance and supporting strategies have empowered me to navigate all the challenges. Thanks to her support, I've gained invaluable insights to a clear path forward. I warmly recommend Lidia to anyone looking for a coach who truly cares about their professional success, wellbeing, and growth as a whole person”.

I liked very much the trainer, Lidia was very friendly, gave us many examples/ stories, research info and encouraged us to share. Also the group was great and opened by sharing their experience. Felt really safe and cozy environment. This kind of environment is needed at Aalto.

I enjoyed the fact that sometimes the session can feel like a venting or support session, although it was not the main reason, but feels good to know that everyone else is struggling on similar issues