

KRISTINE BALTACA

startupcoaching.online

As a Personal Performance Coach, Small Business Coach, and startup coach and mentor, I help people to get awareness of their strengths, talents, and resources, set smart goals, be inspired and motivated, have clarity of what they really want to achieve, and get persistent and unstoppable!

book@startupcoaching.online

WhatsApp +371 27344201

www.startupcoaching.online

I speak English, Latvian, Russian
and Spanish



ABOUT ME

WELCOME

I am an experienced entrepreneur with more than 20 years of business experience. The experience of developing my own startups, international business administration studies and small business development skills are my strongest features that differentiate me in the coaching industry.

HOW COACHING WORKS

Through coaching, You can get clarity on Your business model, formulate SMART goals, unlock Your creative potential, and develop out-of-box solutions to challenges.

I support You to facilitate a creative thinking process, provide You positive feedback, based on evidence, and encourage experimentation.

I create a positive thinking environment for You, that nurtures innovation and fosters a mindset of continuous learning and improvement.



GROW



GOAL SETTING



REALITY CHECK



EXPLORE OPPORTUNITIES



WAY FORWARD:

HOW TO GO ABOUT IT

THE PROCESS

STEP

1 Free Chemistry Call

CHEMISTRY CALL

This is our first 30-minute online conversation with you to discover what are the segments of your life or business that you would like to work on.

STEP

2

Intake Session

I reiterate what coaching is. We make an agreement and get clarity on your motivation, your goals and your expectations from our work together.

INTAKE SESSION

STEP

3 Weekly Sessions

WEEKLY SESSIONS

We meet on a weekly basis to trace your progress and to work on your growth (most of the sessions are based on the GROW model).

READY TO EXPLORE?

TODAY IS THE BEST DAY TO START

**What achievements are you proud of in
your life / business so far?**

1.
.....
.....

2.
.....
.....

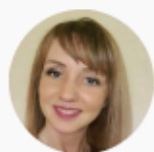
3.
.....
.....

4.
.....
.....

WHAT MY CLIENTS SAY ABOUT WORKING WITH ME



During the sessions, I evaluated all areas of my life. Answering the questions that Kristine asked me helped me to understand what was most important to me at that moment and what I needed to focus on. I set a goal and defined the steps to take to achieve it. I appreciate Kristine's professionalism in not deviating from the specific priority because my mind likes wandering around. I highly recommend Kristine as a professional, effective and inspiring coach.



Solveiga Jansone-Kraševska
EXPORT MARKETING MANAGER



These sessions have enhanced my financial decision-making, improved my personal and professional relationships, equipped me with coping mechanisms for personal loss, boosted my business outcomes through strategic planning, and helped me leverage my strengths. The impact has been notable. We addressed key areas including financial planning, relationship building, coping with loss, business strategies, and personal strengths development.



Boris Maizenberg

CO-FOUNDER @ GETIFY APP



When I first met up with the coach, I was clouded with many business ideas and confused. The coaching empowered me with strategies that enabled me to set out business priorities. I am better focussed with clear business goals. Coaching has boosted my confidence in making business decisions. The conversation that helps decision making process, especially in terms of enlisting and interrogating alternative options, has been very resourceful.



Dr. Titus Ludzi Makosha

MANAGEMENT CONSULTANT AT PERFORMANCE
MANAGEMENT INSTITUTE, BOTSWANA



I am very impressed by the efficiency of our sessions, I got a lot of insights and integrated it in my views of life, myself and others in a surprisingly short time. As we progressed during our sessions, different techniques from Kristina helped me become even more self-confident by factual understanding that there are no objective reasons why I can't achieve my goals in my career. Working with Kristina is a wonderful investment in your personality development and quality of life.



Aleksandra Gromova

MD MEDICINE, MEDICAL LECTURER