

KRISTINE BALTACA

I am a Personal Performance Coach, Small Business Coach, and startup coach and mentor.

I will help you gain awareness of your strengths, talents, and resources.

I support you in setting smart goals, being inspired, and motivated. I help you get clarity on what you want to achieve and become persistent and unstoppable!

The person you're becoming will be grateful you chose to take responsibility today.

www.startupcoaching.online

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I speak English, Latvian, Russian, and Spanish



ABOUT ME

I am a qualified Personal Performance Coach and an entrepreneur with more than 20 years of experience in business.

I founded and developed 2 startups and have a strong background in international business administration (logistics), online business development (education, marketplace).

In the past 3 years, I've focused on positive psychology, sociology, and sustainability.

WELCOME

HOW COACHING WORKS

Coaching is about gaining clarity today with a focus on the future! Through powerful deep questions, meaningful feedback, support in decision-making, and challenging your “obvious” assumptions, a coach helps you:

- **uncover** your true desires,
- **see** your situation from a **new perspective**,
- **think** in ways you never have before,
- **set** clear and realistic goals,
- **recognize** your potential,
- **envision** new possibilities, and
- **develop** creative **solutions** to your challenges.

Your future is in your hands. Take responsibility for it today.



The GROW Model



GOAL SETTING

A clear goal statement



REALITY CHECK

An assessment of reality, resources, and obstacles



EXPLORE OPPORTUNITIES

examining potential paths



WAY FORWARD

goal-oriented action and personal accountability

HOW TO GO ABOUT IT

THE PROCESS

STEP

1 Free Chemistry Call

CHEMISTRY CALL

A 45-minute online meeting to check the “chemistry.” We’ll discuss your needs and expectations, I’ll answer your questions, and together we’ll determine whether coaching is the right approach to support your goals.

STEP

Intake Session

2

INTAKE SESSION

We will agree to define the working period and our collaboration model.
We’ll set a clear goal for our work together, determine how we’ll measure results.

STEP

3 Weekly Sessions

WEEKLY SESSIONS

30–60-minute sessions where we work toward your larger goal (core question) by exploring the topic, addressing intermediate milestones, testing ideas, and evaluating progress.

**Are you ready to take responsibility for
your future?**

**TODAY IS THE BEST
DAY TO START**

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

1.

2.

3.

4.

TODAY IS THE BEST
DAY TO START

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Ready for transformation, growth, and change?

TODAY IS THE BEST
DAY TO START

How would you describe yourself to someone who didn't know you?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Are you ready to boldly face the future and uncover your true desires?

TODAY IS THE BEST
DAY TO START

**How will working with me help you with your goals
in your life / work / business?**

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Ready to realize your potential and become the best version of yourself?

TODAY IS THE BEST
DAY TO START

What do you want your life / work / business to be, do, or have that you don't think it is now?

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Your future self will be grateful for the actions you take today.

TODAY IS THE BEST
DAY TO ACT

How will you measure success?

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YOUR THOUGHTS

What do I need to know about you for our partnership to be successful?

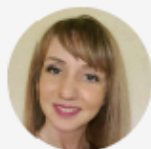
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THANK YOU VERY MUCH FOR YOUR ANSWERS

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