



Sochi Ilomechina – CPC, ACC

Sochi is a graduate of Clark Atlanta University, Atlanta, Georgia, USA. She is a trained Team Development Consultant, Certified Professional Core Energy Coach and Energy Leadership Index Master Practitioner. Her niche is in corporate coaching with a specialty in transforming high potential staff to dynamic leaders. She has worked with clients in Nigeria, South Africa, Europe and the US, helping them to articulate their vision and goals and partnering with them to achieve and succeed.

With several years in the field of Learning and Development, Sochi has designed and facilitated team development and coaching programmes for various levels of leadership in organisations both in the public and private sectors as well as educational institutions like Lagos Business School; aiding them in raising their level of awareness and consciousness on the effects of behaviour on employee attitudes and engagement. She is passionate about people and learning and has a keen interest in engagement and moving employees from compliance to commitment.