



Alexandra Efthimiadou is the founder of nlpgreece® and senior partner of Synolic Development Systems. With initial studies in Organizational Behavior & Psychology, a master's degree in social science, Birmingham University, UK and a PhD in Human Resource Management, University of Georgia, USA, she approaches the human potential in a systemic way and provides people with leading-edge methodologies aiming to release their resourcefulness & generativity in paradigm shifts.

She served as a key contributor to the Synolic® Human Resource Development model (by Alan Barratt and D. Patrick Georges), enrichment, by combining it with the Neuro-linguistics system of applications for depicting how people code the information inside their minds and how to re-pattern the path they use to generate new potentials, new resources, and new strengths and create a life and business orientation that aims for excellence and results.

She cooperates with NLP University Santa Cruz California, to explore the latest discoveries in modelling human excellence to apply new generation methodologies for people to impact with a growth and stamina mindset to thrive, navigate and break through challenges, in ventures, new roles and projects. She represents Dilts Strategy Group for the Success Factor Modeling SFM™ & Shelle Rose Charvet – Language And Behavior Profile (LAB Profile®) for Greece & Cyprus.

An active member of the NLP Global Trainer Consultancy Community, the European Board of NLP (EBNLP), the European Association of NLP Therapy (EANLPt), NLP Global Body, American Board of NLP, she participates in international projects to contextualize the Neuro Linguistics Programming, in different fields of application: Personal efficacy Business, Professional coaching / consulting, Education, Health & Wellness.

Her academic projects, applying the NLP system include: HEC – Paris, Executive Coaching program – The Socratic methodology in Coaching questions, University of Piraeus, Post graduate program CSAP – The Synolic® Approach to HRD & the system of NLP in the technology of change, National and Kapodistrian University of Athens, Greece – Dental School – the NLP system in the Effective Communication for Dentists.

Her author credits include the books: NLP – Neuro-linguistic Programming Demythologised, and Parto Allios (a very Greek expression, one of its meanings being “think how you think and think it over”) and the articles: The Risk of

Ambiguity in Metaphors, Journal of Experiential Psychotherapy, Vol 21, No 4, Dec 2018 & “Disobedience”— A fundamental systemic component in the origins of scientific study, International Journal of Applied of Systemic Studies, Inderscience Publishers, 2022