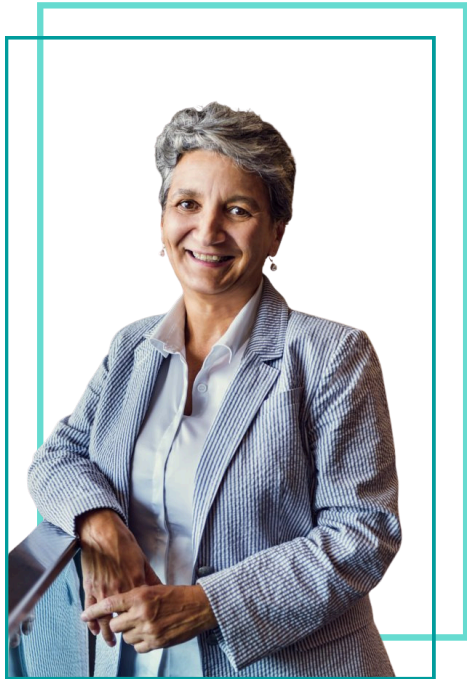




Gabriela Casineanu

Award-Winning Author • Introvert & Systems Coach
Bilingual international speaker known for bridging
analytical clarity with deep human insight

Gabriela is the founder of Introverts Academy, where she helps introverted professionals and entrepreneurs awaken their innate strengths, use strategies aligned with their personality — to build success authentically and co-create a better world.

Before becoming a coach, Gabriela spent 18 years in electronics engineering and IT, where she learned to see patterns, identify root causes, and break down complex problems with precision and clarity. Her transition into human development began after earning her MBA, followed by multiple ICF-accredited coaching trainings, which laid the foundation for her coaching career.

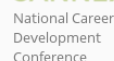
Several years into her coaching practice, Gabriela discovered a powerful theme: she naturally attracted introverted clients and helped them transform in ways others hadn't been able to. An introvert herself, this experience deepened her understanding of personality psychology. While the MBTI certification validated the insights she had already developed through thousands of coaching hours, self-study, and intuitive observation.

Today, with 19 years of professional coaching, Gabriela brings together:

- analytical & systems thinking (engineering, IT)
 - strategic clarity & business expertise (MBA)
 - professional coaching frameworks (ICF-accredited trainings)
 - psychology of personality (MBTI) & creativity (artistic expressions)
 - inner work, intuition, and self-awareness cultivated through meditation and spirituality
- and nearly two decades of experience helping introverts thrive in careers, business, and life.

Her work blends structure with intuition, science with personal development, and strategy with inner awareness; it is grounded, wholistic, and deeply human.

FEATURED ON



As a **speaker** and **workshop leader**, Gabriela Casineanu is known for her warm, thoughtful presence and her ability to inspire by presenting complex topics in a compelling, relatable way.



She speaks in English and French on topics such as:

- Systems thinking for personal & professional growth
- Complementary strengths of introverts and extroverts
- Authentic strategies to building confidence & success
- Mindful communication and career transitions
- The value of introvert strengths for business growth
- Creativity, clarity, and intuitive decision-making
- Human behavior, personality, and inner growth

With introverts being almost half of the population, Gabriela collaborates with organizations, universities, and business incubators that want to create environments that allow both introverts and extroverts to contribute and thrive authentically, maximize outcomes at a lower cost, and improve their well-being,

Gabriela is the **author** of multiple nonfiction books, including **award-winning works** that focus on personal growth, introversion, career, and human nature. She is recognized for her ability to translate complex ideas into accessible, practical guidance that empowers individuals to lead authentically and make meaningful contributions without changing who they are.



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