



MARIE-LAURE METZIGER DARTOIS

EDUCATION & CERTIFICATIONS

Associate Certified Coach (ACC)
International Coaching Federation (2026)

Certified Professional Co-Active Coach (CPCC)
Co-Active Training Institute (2023 - 2025)

Hospitality Management & Marketing Advanced Diploma
(2002 - 2002)

ABOUT MARIE - LAURE

Marie-Laure is a certified coach and founder of her coaching and consulting practice. She combines 17 years of international experience in hospitality operations and corporate leadership across Europe and the Middle East with professional coaching.

Marie-Laure was born and raised in France, lived in Switzerland, the UK and the UAE before moving back to France. She is a CPCC and ACC-accredited coach who helps leaders and entrepreneurs reconnect with themselves, regain clarity, and move forward with confidence.

Marie-Laure is passionate about people and enjoys working with different cultures. She traveled as much for work and for leisure, and made a longtime dream come true in 2025, by taking her family on a 6 month trip around the world. Technology enabled seamless communication while she was away, allowing her to continue coaching her clients.

CONTACT

LinkedIn:
<https://www.linkedin.com/in/marie-laure-metziger-dartois-654a5925/>

Q&A

1) How did you get involved in key2advance?

I met Mona back in 2018 in Dubai, when I was 8 months pregnant and about to start a new journey, leaving my corporate job. We spoke about coaching, and realized we shared the same values and vision. 5 years and 2 children later, I started my certification with CTI and founded my own coaching practice. We reconnected in 2026 and I am honored to be joining the key@advance community.

2) What experience do you bring to the community?

It's a combined experience of 3 years coaching many different client profiles and 17 years in major hospitality chains, both in operations and in corporate leadership. One of my latest roles was to set up and lead a Revenue Management Center for Hilton in the Middle East & Africa. I recruited, trained and coached the entire team, established standards, and worked with hotels to get stakeholder alignment.

3) What value does coaching and facilitation bring to your clients?

Coaching and training help my clients spend time with themselves. It helps them gain clarity on who they are, shedding light on everything that's important. Having integrated all their colors, they are ready to become unshakeable and reach their goals.

4) How do you work with your clients to ensure the perfect session?

I prepare my sessions by taking a moment of stillness before we begin, letting go of everything else so I can fully show up. It helps me hold a safe space where my clients can also fully show up and be themselves. The deep listening helps them be present, and connected to their intuition, meaning the answers they've been seeking are showing up too.

5) What's your favourite part of being part of the key2advance community?

I love being part of a team, and key2advance is a community of like minded people working on growth. We are always stronger together and I believe synergy can create meaningful impact and change the world.