



MARTINE ALONSO MARQUIS

CERTIFIED EXECUTIVE
COACH
LEADERSHIP TRAINER

CONTACT

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EDUCATION

SCIENCES POLITIQUES

2008-2013 | Doctor of Philosophy, International Relations,
Summa Cum Laude

SCIENCES POLITIQUES

2005-2008 | M.A. Conflict & Security Studies, M.Sc.
International Relations, Summa Cum Laude

COURS FLORENT

2015-2016 | Professional Acting

CERTIFICATIONS

CERTIFIED EXECUTIVE COACH, PARIS HAUTE
ÉCOLE DE COACHING
CERTIFIED CONSCIOUS UNCOUPLING COACH,
KATHERINE WOODWARD THOMAS INSTITUTE

ABOUT ME

Professionally and personally, Dr. Martine Alonso Marquis strives for a more inclusive world, in which leaders are taught to practice mindfulness, integrity, and courage of the heart. This has driven Martine to pursue a two-pronged career path in international relations and leadership coaching. She believes transformation and growth in people and organisations is possible and enjoys supporting others discover and develop their true potential through knowledge, personalised advice, and training.

A former political advisor at the European Parliament with a Ph.D. in International Relations, Martine has gained a sharp understanding of political environments and the power of leadership. Canadian-born to a European family, discovering new cultures and listening to peoples' inspiring life stories has not only served to deepen her empathy but has also strengthened her resilience and ability to navigate challenging environments.

Her high energy and love of people also fuel a passion for theatre, which she uses to create public speaking training that combines her thorough understanding of the world with high-impact methods from top performance. At key2advance, she offers workshops and tailored services to professionals and academics at all levels.

PORTFOLIO

Executive & Leadership Coaching
Next Generation Leadership Academy
Impact & Public Speaking
Team
Resilience

Q&A

1) How did you get involved in key2advance?

I first became involved with key2advance after meeting Mona at a conference in Paris while I was a senior fellow at Humanity in Action. We formed a very good connection immediately, and soon found myself providing workshops while working at the European Parliament before taking over her position running the coveted internship programme.

2) What experience do you bring to the community?

I have had the privilege to coach and train hundreds of leaders from all sectors, from corporations to the public sector. My background and experience in politics allows me to fully grasp complex work environments where leaders are expected to show high levels of emotional intelligence and excellent communication skills.

I am also trained in the performing arts, which helps me construct workshops around communications with impact and public speaking by incorporating voice coaching and body exercises into my trainings. I lived in 7 different countries and am multi-lingual, which allows me to understand and connect with very diverse audiences.

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

Coaching is about being able to take the necessary step back and see challenging situations from a different perspective, opening up to new ideas and new possibilities of the self. It's also about having someone to support you along that journey so you can open up the realm of possibilities. Self-acceptance is very important to me. I work with top notch professionals who are very demanding of themselves and their environment - which often means they can be quite harsh to themselves. How can you learn to accept yourself: your strengths, your weaknesses and your failures, so that you can find contentment and acceptance, so you can thrive.

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

I want to make sure I have an accurate understanding of the environment: the audience, what does their work look like, the challenges they are facing, why do they think it's important to receive this particular training, etc. Ideally there's a lot of exchange between myself and the client as I really want to make it relevant to the client so they feel it's personalised and tailored to their needs.

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

So many favourite parts! The best is being around people who are so inspiring, full of capacity and extremely generous about sharing with one another. I learn a lot from my colleagues: we teach each other, train each other and support one another. We're all highly skilled professionals who believe in human value and have an open heart.