



MARTA FONSECA

Clinical Psychologist and Coach

PERSONAL PROFILE

Clinical psychologist with 25+ years of experience, including leadership and consulting roles. I work with leaders in building psychologically safe teams. PhD candidate on how belief impacts stress response and psychological safety at the workplace.

CONTACT

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EXPERTISE

Psychological safety
Mental health & well-being
Resilience
Emotional intelligence
EMDR
Psychoanalysis

SERVICES

Executive coaching
Psychotherapy
Trainings and workshops
Talks
Organizational consultancy

PERSONAL STRENGTHS

Trusted leadership partner
Emotional insight & depth
Relationship centered
Strategic & reflective
Inclusive awareness

WORK EXPERIENCE

REGIONAL STAFF COUNSELLOR

IOM/UN | Sept 2020 - Dec 2025

- Led a regional team supporting over 5,000 staff across 50+ countries, delivering leadership consultancy, crisis response, psychosocial support, and training.
- Designed and implemented a regional mental health strategy.
- Built cross-agency partnerships

WELL-BEING AND MENTAL HEALTH PROGRAM LEAD

Central Bank of Brazil | 2011 - 2020

- Led national well-being initiatives and mental health programs.
- Supervised the mental health team.
- Advised managers on the team's mental health and well-being.
- Training and talks on mental health, well-being, stress, communication, and conflict resolution.

PSYCHOTHERAPIST AND COACH

Private practice | 1997 - present moment

- Provided in-person and online adult psychotherapy and coaching
 - Designed and facilitated training programs and seminars on mental health and emotional well-being for organizations.
 - Cofounded and managed a psychotherapy clinic in Brasília, leading a multidisciplinary team of over ten professionals.
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EDUCATION

PHD IN CLINICAL PSYCHOLOGY

University of Porto | 2020 - present moment

PSYCHOLOGIST

Universidade de Brasilia / Brazil | 1991 - 1997

EDUCATION

SPECIALIZATION IN HUMAN RIGHTS MANAGEMENT

University of Maranhão / Brazil / 2018

SPECIALIZATION IN PSYCHOANALYTIC THEORY

Universidade de Brasília / Brazil / 1999-2000

PROFESSIONAL DEVELOPMENT & CERTIFICATIONS

- Registered Psychologist, Brazilian Federal Council of Psychology (CFP)
- EMDR Training – Levels I & II (Spain, 2024-2025)
- Mindfulness Meditation Facilitator, School of Positive Transformation (2021)
- Certified Executive & Leadership Coach, Brazilian Coaching Society (2018)
- Continuous education in psychotherapy, psychoanalysis, positive psychology, mindful practices, group facilitation, leadership, and workplace well-being
- ASIST & CAMS Suicide Prevention Training (2023 / 2025)

LANGUAGES

- Portuguese (native)
 - English (fluent)
 - Spanish (fluent)
 - French (intermediate)
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