

+ Personal data

Partener of Institut Kutschera

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+ Curriculum Vitae

Human Resources Manager Supply Chain & Finance, Heineken Romania,
Jan 2014 – present;

Human Resources Manager, Orkla Foods Romania,
Aug 2006 – Jan 2014;

Human Resources & Office Manager, Cegedim Romania,
Feb 2003 – Aug 2006;

Assistant Manager, Mivan-Kier Romania,
Oct 2000 – Feb 2003;

Receptionist, R.J. Reynolds Tobacco (Romania),
Feb 1997 – Mar 1998.

+ Education and Qualification

Kutschera-Resonanz®, Master, Trainer, Jan 2012 – Oct 2014;

Kutschera-Resonanz® Practitioner Coach, Feb 2011 – Oct 2012;

Train the Trainer, Exec-Edu, May 2011;

Practitioner Coach Diploma, Noble Manhattan Coaching (studying);

Improving Effective Personal Productivity, LMI, Oct 2004 – Feb 2005;

Certificate in Finance for Managers, Asebus, Oct 2004 – Mar 2005;

Certificate in Human Resources Management, Asebus, Oct 2003 – Jan 2004;

BA in Philology, Bucharest University, 1996 – 2000.

+ Key activities

Individual Coaching. I accompany each client on his / her way to become aware of himself / herself, his / her potential and find the most suitable form to express it.

Team Coaching. I accompany the team so that each member feels part of it bringing in his / her own qualities and living his / her own values, thus contributing to the team growth, goals achievement and mission accomplishment.

Human Resources Consultancy in performance management, employee relations, people development

- Developed and facilitated a leadership competencies development program
- Volunteering for CROS Learning Center, coaching with students (2011 – present);
- Speaker at Focus on Employment conference, organized by Business Review;
- Personal development workshops

+ References and Publications

- Over 500 hours of coaching;
- Personal development workshops;
- Leadership competencies development program;
- More than 10 years experience in human resources management.