

+ Personal data

Partner of the Kutschera Institute

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+ Curriculum Vitae

2001 Kutschera-Resonanz®-Practitioner
2002 Degree in Psychology-Pedagogy
2003 Kutschera-Resonanz®-Master
2005 Master In International Project Management
2006 Psychologic services accreditation, Psychologists' Collegium, Romania
2007 Kutschera-Resonanz®-Coach
2008 Kutschera-Resonanz®-Trainer; Project Manager
Kutschera-Resonanz® Teacher-Trainer since 2008 with more then 10 groups
2009 Ph. D. in Psychology
2010 Coaching– Performance enhancement through cognitive-behavioral methods and Facilitator for support groups

+ Education and Qualification

Kutschera-Resonanz®-Practitioner, Master, Coach
Kutschera -Resonanz® Life Coaching
Kutschera-Resonanz® Bussiness Coaching
Kutschera-Resonanz® for The Young – Identity Coaching
Career consulting
Teambuilding and teamevent
Communications improvement and leadership training

+ Key activities

One-on-one Coaching for personal and professional development, for the (re)discovery of the Joy To Live in harmony with self and the environment.
Team Coaching in Organizations, Administration and Companies for accessing resources, improving group cohesion and Living The Joy of being with each other in activities and projects
Parent Coaching to increase the quality of the time spent with their children
Self-knowledge & personal and professional development programs for the young who see themselves as agents of change. Counseling in accelerated learning and in the modelling of excellency
Coaching for performance in sport
Consulting in stress management and burn-out prevention
Training for the development of competencies that ensure performance and the balance between personal and professional life

- „PRO DOMO“ - facilitating acces of vulnerable groups in the labour market through personal development
- “PROCED” - promoting scientific search regarding the quality of life at local community level and the implications for education
- „Receive, for giving” – Young volunteers training project
- „SPECTRUM” – suport group for college freshmen
- “Hope” – support group for women with breast cancer
- “TEORO” – occupational therapy in Romania
- NYG - counseling in organisational and curricular development issues
- Human resources development – Training, teambuilding, teamevent

+ References and Publications

- HR Analytics Brasov si Sibiu
- MGI – Metro Group Information Technology, Romania SRL
- BIC, Romania
- Paderteg, Romania
- Metro, Romania
- Dunapack Rambox, Packaging
- Rebels Grup, Brasov
- AFAFCI - Asociatia Femeilor de Afaceri, Brasov
- „Pas Alternativ” Association , Brasov
- Red Cross, Brasov
- AIESEC – Student’s association, Brasov
- Inno Protect SRL Brasov
- Koenigfrankstahl, Romania
- BRAMAC, Sibiu
- Khemark Rom, Brasov
- M&M product SRL
- Ursus, Romania
- Star East Pet SRL, Brasov
- SIAROM, Braşov