

## + Personal data

Partener of the Kutschera Institute

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## + Curriculum Vitae

2009-2012 Faculty of Psychology at Transilvania University, Braşov  
Integrative Psychotherapy – two modules  
Experiential Psychotherapy – two modules  
2010-2011 Practitioner and Coach – Kutschera Resonanz  
2011-2012 Master - Kutschera Resonanz  
2012-2013 Assistant at Practitioner ,Master, Coach  
2013 Trainer of trainers course  
Entrepreneurial skills  
How to build you own business?

## + Education and Qualification

Practitioner, Master, Coach – Kutschera Resonanz  
Trainer & Teacher Trainer - Kutschera Resonanz  
Silva ULTRAMIND ESP- Jose Silva Institut

## + Key activities

**Individual coaching** for personal and professional development for adults, adolescents and children  
**Training coaching and consulting** in organizations, institutions and companies  
**Team coaching** for stress management, success and communication for companies, institutions and organizations  
**Workshops for children**, adolescent, adults using Rezonanz method and based on communication and self-awareness  
**Training for organizing** events management  
**Business coaching** for leadership, communication, stress, member s cohesion, team conflicts  
**Evaluation**, training and consultance in private companies

- Business Coaching – evaluation, training and consultance in private companies.
- Individual Coaching – One-on-One coaching for children, adolescents and adults.
- Enables as a Business Trainer & Coach in the public sector, and delivers Effective Communication, Stress Management, Conflict Management, Human Resources Performance Management, Leadership, Nonverbal Communication, for Public Administration in Romania.

## + References and Publications

- She currently leads training groups Resonanzmethod Coaching & Practitioner and offers individual "life coaching and coaching sessions".
- More than 300 hours of evaluation
- More than 4000 hours of teaching
- More than 300 hours of life coaching
- More than 200 hours of executive coach