

...that the changes you're going through are for the better...

Changes are inevitable. Everything changes, we all go through series of changes. **It's part of life.** I think you'll agree with me that if we have to go through the hardship of change, **it should be for the better.** Unfortunately, that's not always the case.

As we can't avoid changes from happening, it's worth trying to **turn them positive for us,** whatever they are. To have something better and meaningful at the end. To **use change to our advantage.**

All starts with us, with our **perception of change and our readiness** to go through it. I will be pleased to work with you and your organisations to achieve a **"BETTER SHAPE"** - in other words, that you **gain useful and valuable results,** even if it didn't look that way at the beginning.



What I can provide

STRATEGIC HR CONSULTING

Working with **company management** and their **HR teams** on developing **people strategy and corporate culture** in line with company vision and contributing to the **goals achievement.**

Support HR managers in the **implementation** of HR strategy and their further **professional growth.**

LEADERSHIP DEVELOPMENT

Working with company **leadership** and other senior **teams** to **improve** relationships and **collaboration** as well as **performance and effectiveness.**

Developing the skills needed to manage organizations in today's **complex times, lead people,** retain and developing key talent.

COACH SUPERVISION

supporting coaches to **develop their coaching skills, reflective practice and professionalism.**

I work with both junior and senior colleagues-coaches. Supervision session is a space to **reflect** on some of the challenging coaching situations, **get support, keep ethical practice and grow.**

How I work

1 I listen in order to understand your situation and the challenges you have

2 I ask questions and help unravel the situation and look at the pitfalls and possibilities

3 I offer variants of solutions and together we look for what is most advantageous for you

4 I go step by step with you through the implementation and consult you on the next steps

I partner with other colleagues to deliver the best possible service

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