

Ing. Kristína Poláková ACC (ICF)

Professional focus of the coach

- Coaching in the field of leadership and managerial skills, coaching of performance coaching, personal development, WLB, etc.
- Kristína is engaged in individual and group coaching. In addition to coaching, Kristína is also engaged in lecturing activities.

Education

1982 Slovak University of Technology in Bratislava, Faculty of Chemical Technology, engineering studies.

Since 2013 **ACC Certified Coach and ICF Member**
Certified coach and member of SAKO



Previous work experience

1993 - today Coach, lecturer and project manager at FBE Bratislava

1983 - 1993 Manager, Záhorácke bakery and confectionery, Malacky.

1982 - 1983 Assistant Production Director, Mills and Bakeries, BA

Professional qualification of the coach

- 2019 **Renewal of ACC Coach Certification in ICF** (International Coach Federation) – (Coaching, Supervision and Mentoring).
- 2019 **Integrative Coaching and Key Competencies**, Dalibor Bednařík, PCC, internationally certified development program in ICF (currently in process)
- 2018 Coaching by Transactional Analysis, Dr.Sandra Wilson, MCC, Coachingplus
- 2017 **Supervisia pre coaching training**, The International Centre of Business Coaching, Dr.Sandra Wilson, MCC, accredited by ICF
- 2016 ACC Certification Renewal Process at ICF
- 2015 **Renewal of ACC Coach Certification in ICF** (International Coach Federation) – (Coaching, Supervision and Mentoring).
- 2013 Certification within the Slovak Coach Association (SAKO).**
- 2013 ACC certification within ICF**
- 2011 **Coaching ICF core competencies**, Dalibor Bednařík, PCC, accredited by ICF
- 2009 Systemic management and coaching - Co/Man, 1. systemická, s.r.o., B.Bystrica
- 2009 Brief Coaching, Peter Szabo, Switzerland
- 2008 She is a member of the Slovak Coach Association
- 2007 Coach training / principles of consulting and coaching, individual coaching, group coaching (ARK Consulting, s.r.o. in the range of 56 hours)

Other certificates and certificates, education

- 2004 Process Management-TQM, John Marsh, USA.
- 2000 Management Systems, John Sipple, USA.
- 1998 Stáž v Institute of Communication and Organizational Development, Švajčiarsko.
- 1997 Train the Trainer, Hacland Browne@Associates, Kanada.
- 1994 Personalmanagement training, G.Meurer, OWZ, Bayern, Germany.

She completes a regular internal development and training program for lecturers of FBE Bratislava and FBE Prague.

She has been lecturing since 1993. **Coaching since 2007.**

Key references:

ZF Slovakia, Volkswagen financial services, Marel Slovakia, VÚB, Slovak Telekom, Nexteria, Teach for Slovakia, workers DSS, FBE, BK Group, Silcotec, Orphanage Studienka, Schaeffler Kysuce a Skalica etc.

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