Coaches

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My focus:
I studied Psychology at Comenius University in Bratislava. After completing my studies and gaining work experience in supported housing for people with mental health problems, in a shelter for victime of domestic violence, and in a crisis intervention center, I began working at Centrum Carolina.
I further expanded my education through training in individual coaching. The potential of coaching fascinated me so much that I completed certified non-formal education in eco-coaching, social coaching, and self-coaching in various European countries. I also became a psychologist in healthcare system and integrated my psychological and coaching skills with body-oriented work.
In my practice, I place emphasis on the connection between the body, emotions, and mindfulness. Important values in my work include freedom, humanity, and a respectful relationship.

What does coaching represent for me?
For me, coaching represents a set of tools that help cultivate mindfulness and sensitivity toward our lives while fostering human potential toward vitality and well-being. In my coaching practice, alongside traditional approaches, I also work with emotions and the body in a safe and supportive environment.

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About me:
I am a psychologist and coach. I studied psychology at Palacký University in Olomouc (Bachelor's degree) and Masaryk University in Brno (Master's degree) and I completed coaching training at Practical Psychology s.r.o. As part of my coaching, I cover a wide range of topics – I am particularly interested in those related to performance demands (at work and in studies), FOMO, self-perception, self-confidence, time management, volunteering, life changes etc.

What I appreciate about coaching?
Its content is created by the client – through their words, topics, and stories. I am not here to give universal advice, but to work with the client to uncover possibilities that arise from their unique world – in other words, "tailor-made." And yes, emotions are also part of coaching – they are our guides and, together with reason, form an important part of the whole process.

Assoc. Prof. Jakub Grygar, Ph.D.A safe space to reflect on your professional and personal issues
Heading a department, acting as study programme guarantee or managing a grant-funded project is a job for which an academic career does little to prepare us. Suddenly, you find yourself leading people with whom you have shared an office for years. You are responsible for the project’s outcomes, for the colleagues working on it, and for the funds entrusted to you. You negotiate with the faculty management, keep track of accreditations and deadlines, whilst trying not to neglect your own research.

I know this role from the inside. For the past seven years, I have been head of the Department of Sociology at the Faculty of Social Sciences, Charles University; I was the programme coordinator for both a Czech degree programme and an international joint degree programme, and I chaired the GA UK panel. I am a social anthropologist and sociologist. I completed my coaching training through programmes accredited by the International Coaching Federation, of which I am a member.

I see coaching as a tool for personal growth. I help individuals and teams make better use of the skills and resources they already possess. I do not tell people how to do things. I ask questions that help clarify goals, see a situation from multiple

angles, and find an approach that suits you specifically. We focus on specific tasks as well as how you experience your roles. In doing so, it helps to consider the broader relationships in the workplace and to pay attention to what the body is signalling. I do not judge, give advice or provide therapy.

Three forms of support:

· **Individual coaching** to all Charles University staff and PhD students, regardless of whether they hold a leadership position. This involves a one-to-one conversation in a fully confidential setting. The focus is on your specific issue, such as leading people, a difficult decision, feeling overwhelmed, career direction, completing a dissertation or publication, or preparing for a challenging interview.
· **Group coaching** brings together several people in similar roles, such as heads of departments or programme coordinators from different faculties. Although everyone works on their own goals during the sessions, the group provides new perspectives, shared experience and the realisation that you are not alone in this. The same confidentiality rules apply to all participants.
· **Team coaching** is designed for an entire team with a shared goal, such as a research team or a group working on a time-bound project. The client here is not an individual, but the team as a whole. I do not replace the team leader. Together, we work on issues that the team identifies as its priorities. This might include, for example, the division of roles, communication and decision-making, so that the team achieves its goal whilst functioning effectively.

We can start with a no-obligation introductory meeting, during which we will discuss together which form of collaboration suits you best.

Due to a conflict of interest, I do not work with students or staff at the Faculty of Social Sciences, Charles University.