

MGR. KATERINA KRYLLOVA, PCC

CERTIFIED COACH, TRAINER



PROFILE

I am a professional coach, experienced corporate soft-skills trainer, certified meditation teacher and a passionate believer in human potential.

NUMBERS

8900+ clients in trainings
950+ coaching sessions

LANGUAGES

Czech - native, English - fluent

COACHING

ICF Credentialed Coach, PCC level

CONTACT

Obecnice 266, Obecnice
Czech Republic
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AREAS OF EXPERTISE & SKILLS

- Assertiveness
- Effective Communication
- Presentation skills
- Leadership
- Coaching
- Mindfulness
- Stress management
- Time management
- MBTI
- Train the Trainer

WORK EXPERIENCE

- 14 years** **Owner, Coach and Trainer at Agentura Signum**
Strategic leadership, PR, Full-time Coach & Trainer
Design of original soft skills trainings
Design of original teambuilding activities
- 2 years** **Founder and Coach at Daily Courage**
Creator of on-line platform & webinars
- 4 years** **Senior Program Manager at Junior Achievement CR**
Leader of project team; Development and adaptation of educational programs for elementary and high school students. Organization of conferences for students and teachers; PR activities; Direct cooperation with Mr. Tomas J. Bata

EDUCATION

- 2012** **Masters in Adult Education (Mgr.)**
University of J.A.Komensky, Prague
- 1993** **International Business and Foreign Languages**
Business Academy, České Budějovice

FEATURED ON

- 2017** **The Hay House Radio** (Teacher Feature Interview with Davidji)
- 2016** **Czech National TV** (The Hidden Potential)

PROJECTS AND CLIENTS FOR EXAMPLE

I have a rich experience in corporate trainings, I've been working with a wide variety of target groups in many different companies and institutions, for example:

Hewlett-Packard – tailor-made trainings in English for international teams (2014-now)

- Leadership for international teams in Prague and Brno
- Assertiveness for teams in Prague, Grenoble, Barcelona, Bukurest, Boeblingen
- MBTI training for international team in Budapest
- Mindfulness for international team in CRM – Chateau Mcely
- Coaching for international team in Brno
- Presentation skills for IT specialists - Prague

Hewlett-Packard – tailor-made trainings in Czech

- Leadership, Manager Academy for security specialists in IT

McKinsey & Company (2016-now)

- ongoing project - developing coaching skills for internal mentors (local and international version)

Česká spořitelna (2017-now)

- individual and team coaching for regional top management team and for internal coaches, ongoing development project

VZP (2017-now)

- individual and team coaching

Škoda auto (2015-now)

- business partner for a wide variety of tailor-made training sessions

Koučink Centrum (2014-now)

- ongoing project, training new coaches in ICF Accredited program APEK

Doosan Bobcat – trainings for technical specialists and production plant teamleaders (2011-2017)

- Tailor-made Cross-Culture training for wide audience
- Tailor-made leadership training for teamleaders in production
- Presentation skills for technical specialists, Time management, Teambuilding

Kostal – trainings for technical and logistics specialists and internal trainers in production plant (2011-now)

- Tailor-made leadership program for QRQC facilitators
- Presentation skills and Effective communication

Economia a Signum – open public trainings for people on various levels of management positions

- Open communication, Time management, Self-coaching, MBTI, Presentation skills

Educational projects for not-for-profit Attavena o.p.s.

- Business women and women after maternity leave (450+ women) - Entrepreneurial skills, Communication and Presentation skills, MBTI, Productivity, Effective teamwork



CERTIFICATIONS AND TRAININGS

I am interested in modern trends and effective methods in the field of personal development.

- **Brave Leaders**, Brené Brown, 2019
- **Daring Greatly and Rising Strong**, Brené Brown, August-September 2017
- The Power of Heartfelt Apology, Harriet Lenner, Self Compassion, Kristin Neff - April 2017
- **The Power of Awareness**, Jack Kornfield and Tara Brach, 7 weeks online training, Certificate of Completion from the University of California, Berkeley's Greater Good Science Center and ATI
- **The Copy Cure**, Marketing and Copywrite Training, November 2016
- **Storytelling, Authentic speaking**, Prague, January 2016
- **Certified Teacher of Mindfulness, Meditation and Destressifying**, Davidji, June-October 2015, 8 weeks on-line training + week-long intense certification training in Carlsbad, CA, USA
- **Energy Streaming, Leadership Academy**, January 2016, Prague
- **B-School**, Marie Forleo, Marketing and Business Building, March-May 2015
- **Success Intelligence**, Robert Holden, London – 5DAY certification program, June 2014
- **Coaching from the Inside Out**, Michael Neill, online, December 2012
- **Team coaching in practice**, Koučink centrum Prague, January 2011
- **Transpersonal psychology** – experiential workshops (Passionata, Cesta, Shamanyka, Anzara), PhD. Patricie Anzari CSc., 2005-present
- **Coaching Training – Accredited professional external coach**, Koučink Centrum Prague, 2009
- **The Neuroleadership Workshop**, David Rock, Expertis, 2009
- **Psychoseminář** (experiential 1week workshop focused on psychological safety for trainers who use experience in their trainings) PŠL, 2008
- **Emotional intelligence with Enneagram**, VEVA - PhD. Eva Velechovská, 2004
- traineeship Junior Achievement, Dallas, USA and Toronto, Canada 1995, 1996
- **Fundraising for Not-for-profit organizations**, The US Peace Corps, 1995
- **Effective learning and teamwork**, Jim Baker, 1994, .. and many books and self-study materials on daily bases