



Piotr Jusik
international coach & counsellor

Coaching ▪ Counselling ▪ Group development

Executive summary

I am a professional coach and counsellor offering a wide set of recognised instruments for individual and group development.

This brochure contains a clear outline of my skills and services that will benefit you or your business.

Over the last ten years I have gained significant experience in international environments. My speciality is cultural diversity and coaching in education.

I will provide you with my skill set in order to enhance your private and professional life.

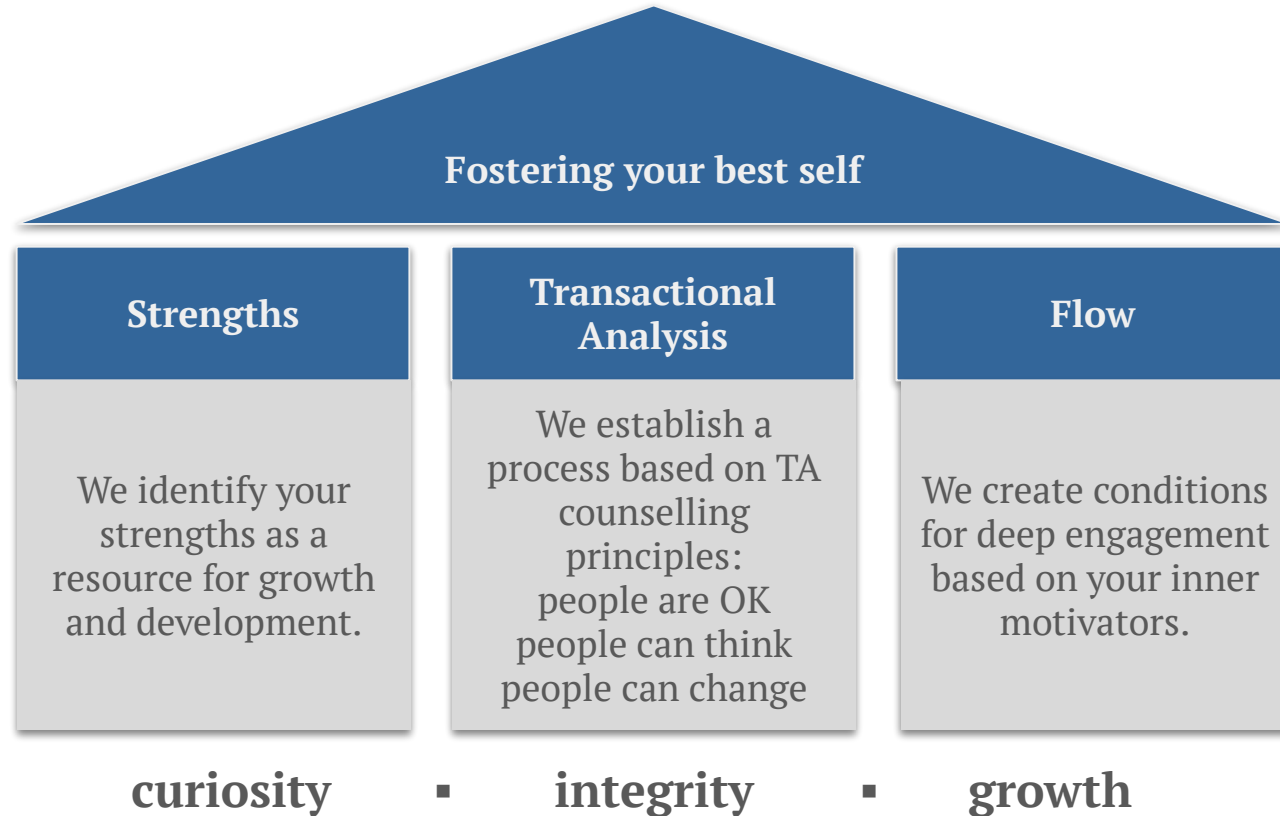
Mission

Seeing the best in people so that they grow into their best selves

Vision

Creating global connections to promote social justice

My strategy



My unique approach

Unique blend of skills

I combine my training and experience as a coach, counsellor and teacher to address a broad range of issues. The scope of interdisciplinary solutions offered to you include coaching methods, therapeutic counselling and learning theory.

Culturally sensitive service

I lived in several countries and worked extensively in intercultural environments, be it international schools or universities. I provide coaching and counselling in English, Polish, French and Spanish.

Value of human connection

I believe that good relationships come first and change is brought about by creating a responsive environment, whether in group or in a one-to-one setting. Relational approaches are the most transformational as they are founded on basic human needs for attachment.

Qualifications & experience

Level 7 Diploma in **Leadership and Executive Coaching** from the Institute of Leadership and Management in London

Fully accredited as a **counsellor / psychotherapist** by the British Association of Counselling and Psychotherapy (BACP)

Member of the International Transactional Analysis Association (ITAA)

I adhere to the BACP and ITAA codes of conduct.

I have worked with a broad range international clients who experienced challenges during cultural transition. My services are sought by startups, social enterprises, the nonprofit sector and educational institutions.

Some organisations I worked with:

- Days for Girls NGO (Panajachel, Guatemala)
- London Metropolitan University (London, UK)
- Nibbana Institute (Chennai, India)
- Centre of Competencies (Poznan, Poland)

Find out more about BACP

bacp

British Association for
Counselling & Psychotherapy



Registered Member **87063**
MBACP (Accred)



Services for Individuals

Coaching

I draw on my education and counselling background to strengthen my clients' **self-awareness and boost their goal achievement.**


I offer services in the following areas:

- Career coaching
- Work transition
- Confidence building
- Youth coaching
- Communication and interpersonal skills
- Presentation skills
- Teacher coaching
- Client relations

Counselling

I worked in adolescent mental health settings, university counselling services and in private practice.

I can support you with issues such as:

- Stress
 - Anxiety
 - Loneliness
 - Depression
 - Lost sense of self
 - Suicidal thoughts
 - Anger and conflict
 - Distorted self-image
 - Family and relationship issues
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Services for Organisations

Motivational talks

There are many ways to develop teams. I offer 15 interactive talks that can be delivered as stand-alone sessions or a complementary to group coaching.

Topics include

Cultivating strengths ▪ Mindfulness ▪ Creativity ▪ Responding versus reacting ▪ Slowing down ▪ Curiosity ▪ Motivation ▪ Flow ▪ Boundaries ▪ Dreaming ▪ Power & privilege ▪ Time management ▪ Gratitude ▪ Unconscious communication ▪ Life goals

Workshops

with teams are transformative when done skilfully. I facilitated groups for more than eight years. All my sessions are bespoke in response to unique organisational circumstances.

Coaching individuals

in an organisational context is different because the whole system is the client. Through a collaborative process, we will examine the relevant aspects of leadership, role boundaries and organisational structures that give rise to team dynamics.

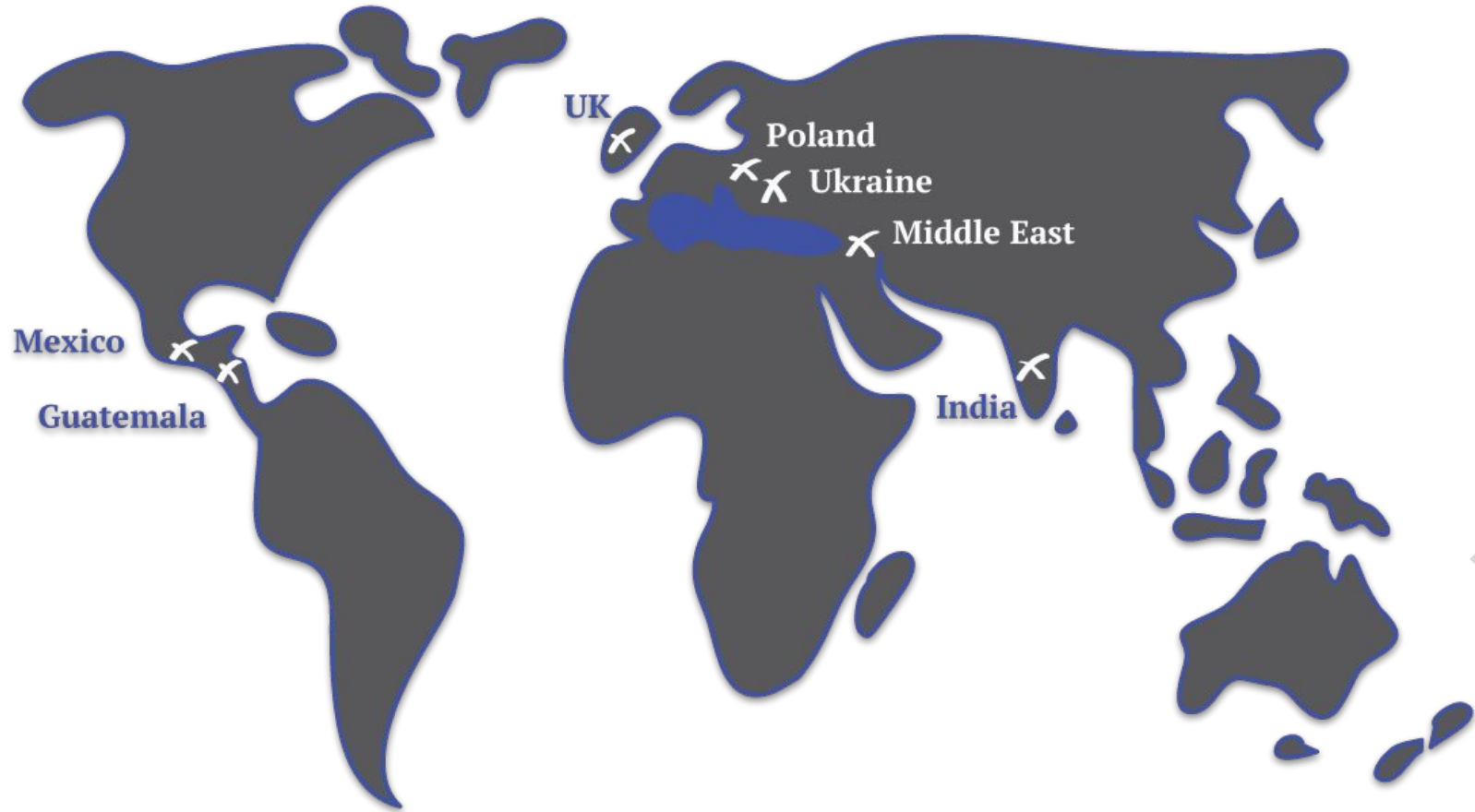


Workshop portfolio

6 h	Wellness at work training	Evaluating current patterns of self-support and identifying behaviours that enhance wellbeing
9 h	Enhancing group performance	Increased group cohesion, cooperation and awareness of the interpersonal dynamics
9 h	Diversity awareness coaching	Enhanced awareness and interpersonal skills with regards to difference, equality and power
3 h	Intercultural skills training	Acute perception of factors that form cultural patterns in relation to individual and group identity
2 h	Stress management	Recognition of internal resources and acquiring tools necessary for self-regulation
12 h	Relationship skills for caring professionals	Increased awareness of relationship patterns that support people and build up distress tolerance



International client base



Contact me



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Feel free to contact me if you would like to talk further about my services.

“It is by being fully involved
with every detail of our lives,
whether good or bad,
that we find happiness,
not by trying to look for it directly.”

Mihaly Csikszentmihalyi

