



Patrycja Skurzak

Harnesses confidence and self-esteem for growth and fulfilment

Overview

Patrycja is an accredited coach and NLP Practitioner with a portfolio career of individual coaching sessions, monthly group coaching projects and workshop design and delivery. Her business experience ranges from managing client relations and business development to marketing and sales, including an international track record of building and implementing innovative and highly effective lead generation activities and promotional strategies.

Patrycja works with executive clients, groups and organisations to help them produce more satisfying results, develop high performing teams, navigate change, lead more effectively and build healthier relationships. She empowers people in mastering a high level of confidence and self-esteem in order to unlock their true potential and maximize their growth. Her approach draws on an integrated range of psychologically grounded coaching frameworks and techniques, and is always challenging, direct, creative and inspiring.

Location

Canada

Languages

Bi-lingual

Polish-English

Spanish

Specialties

Confidence and self-esteem coaching, mental fitness, career development and transition, personal development and fulfilment.

Clients

Patrycja has worked with clients in a wide range of industries, such as biopharmaceuticals, healthcare, interior design, professional services, telecoms and utilities.

Training & Qualifications

- PCC, Professional Certified Coach (International Coaching Federation)
- Co-Active Coach Training Programme (Co-Active Training Institute)
- NLP Practitioner Programme with Neuroscience (ITS)
- Certified ScrumMaster, CSM (Scrum Alliance)
- BA European Studies, Politics and International Relations / Modern Languages (Royal Holloway, University of London, UK)
- BA International Relations with Spanish, Political Science and Modern Languages (University of Westminster, UK)