




I GUIDE YOU THROUGH STRESSFUL WORK REALITY TO ACHIEVE HIGHER PRODUCTIVITY, SATISFACTION, AND TRANQUILITY

WERONIKA KONTYKIEWICZ-BIEL

MINDFUL WORK-LIFE COACH

 [linkedin.com/in/weronikakb](https://www.linkedin.com/in/weronikakb)

 weronika.k.biel@gmail.com

 +32 472 87 20 01

 www.lifecycleevolution.com

 Chemin des Deux Maisons 6
1200 Woluwe Saint Lambert
Region de Bruxelles, Belgium

RELEVANT SKILLS

- Experience in (HR) consultancy and coaching in multinational and multicultural environments
- Dedication to smooth change transition
- Mapping problems with concrete solutions
- Inspired by psychosocial well-being at work and health correlations
- Interested in multiculturalism, psychology, decision-making, and counseling techniques
- In-depth problem-solving
- Excellent communication, interpersonal, strategic and planning skills
- Time, resources, and operational management
- Individually assessed cases, and solutions, with the design of the healthiest and the most effective individual paths forward
- Multidisciplinary healing abilities and practice including counseling, energy and pet therapy
- Critical thinking and courage to ask the right questions and receive constructive feedback
- Fluency in EN, ITA, POL
- Currently learning NL, FR, DE
- Tools: Headspace, Milanote, Google Suite, Microsoft Suite, Meta, LinkedIn, HubSpot, Squarespace, Canva, Miro

I hereby authorize the use of my personal data in compliance with the Regulation (EU) 2016/679 (GDPR)

WORK EXPERIENCE

Coaching, Developing Experience and Communication Projects Management

From May 2016 onwards I have helped teams and individuals improve their work experience tangibly and facilitated the journey to becoming happier, more motivated, and serene, by:

- Coaching, guiding, and mentoring entrepreneurs, Marketing, and HR team leaders on how a well-established work culture helps to achieve satisfaction and tranquility while highly improving productivity
- Leading holistic well-being plans and implementing and overseeing new routines in the workplace Assisting and guiding through stress management, burnout prevention, operational and relationship issues
- Developing a resilient mindset, change adaptation strategies, and assisting in change management
- Creating healthy and efficient work habits
- Guiding companies and advocating for creating a mindful, functional, and productive work environment
- Adjusting the management styles for better results
- Facilitating operations, workflows, and communication
- Recognizing problems while being solution-focused, details-oriented, and culturally mindful
- Consulting on vertical and horizontal career paths
- Navigating smoothly through uncertainty
- Bringing clarity, comfort, and relief through safe and personalized solutions for occurring issues
- Mentoring peers and post-graduates on mindful career development and holistic project management
- Cheering, encouraging open-mindedness and inclusion, mindful relationships and engagement



Mindful Project Management & Career Map



Well-being at work

EDUCATION & COURSES



Bachelor & Master European Studies (2008-2013)

Institution: Jagiellonian University in Cracow, PL
Reiki Level 1-3 (2023-2024), Digital Marketing and Communication (2021) Project, Time and Resources Management (2015-2016), Negotiations (2012)
Professional Lifecycle Customer Experience (since 2011 onwards)

WORK WITH ME IF:



- **You want to feel understood, relaxed and see fit and clear solutions that will work for your unique situation**
- you realize that without a quality well-being program to follow your productivity goes down and you feel overwhelmed
- you want to educate and deliver personal well-being support to individuals within the structures of your organization
- you want to feel efficient, happy and tranquil again
- you care for a friendly atmosphere and mindful collaboration



HOW MY INPUT MADE THE DIFFERENCE FOR OTHERS:

"Weronika has a very special way of communicating, that is precious, mindful and emphatic. It just makes things better. I am so grateful that I've met Weronika. She is a wonderful and very wise person."
- Joanna, CEO of Marketing Agency

"I feel much more at peace! Towards the near future, and the far one. Although I know that fears will probably resurface. Now I go on with more ease and joy. Overall, I feel looked after and confident."
- Karolina, Postgraduate