

MONIKA STAWSKA



I am passionate about positive & constructive work with people. I know how to find other person's potential & energy, help to find their dreams & follow them, motivate to act & proactively lead their life.

I strongly believe in lifelong learning & hope to help others develop their skills.

EDUCATION

- Coaching
- Positive Psychology
- Psychosocial Skills Trainer
- Educational Therapy
- Psychological First Aid in Crisis
- English Language & Literature
- Points of You Trainer

COMPLETED COURSES

- MBSR (Mindfulness Based Stress Reduction), 2022
- Instructional Design Principles for Course Creation, 2022
- The Science of Well-Being, 2021
- 21st Century Skills, 2021
- Nonviolent Communication in Education, 2020
- eduSCRUM, 2020
- Design Thinking in Education, 2020
- Train the Trainers Points of You, 2019
- Neuroeducation & Coaching, 2019
- Visual Thinking, 2018
- Art Therapy in the Work with Children & Teenagers, 2018

EXPERIENCE

Trainer

- well-being & resilience
 - creativity
 - communication
 - cooperation
 - talents
 - methodology for language teachers
 - tailored trainings
- workshops / trainings / coaching sessions / courses

Director of Studies & In-House Trainer

- methodology trainings & workshops
- cooperation in creating business strategies
- recruiting teachers
- supervising language courses
- supporting teachers in solving methodology & training problems

English Language Trainer

- for adults, university students, teenagers
- General English, Business English, HR English, FCE, CAE, BEC, TELC exams

Erasmus+ Project Author & Coordinator

- KA1 projects developing teachers' skills

CONTACT

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