



# Veronika Robogány

## Details

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## Links

[www.elettukor.hu](http://www.elettukor.hu)

## Languages

Hungarian

English

German

## Profile

Experienced Mental Health Specialist with a demonstrated history of working on mental health projects for multinational companies (MOL Nyrt, K&H) and regularly holding presentation and workshops supporting co-workers' well-being (BT, S&T, BB etc.). Skilled in Mental Health Counseling, Project Management, Business Administration and Non-Violent Crisis Intervention. Working with individuals and groups, using psychodrama, and focusing techniques.

## Employment History

### Co-Founder and Mental Health Specialist, Élettükör Mental Health Support, Budapest

JANUARY 2016 — PRESENT

- Supporting people who are experiencing difficulties in work, life, or relationships. Our company mission is to protect and promote mental flexibility in corporate culture.
- Leading one by one mental health consultations with employees in their workplaces. This personal attention strengthens employees' commitment and loyalty. Supportive consultations have stress-relieving effects.
- holding mental health workshops and presentations
- Team coaching
- handing over PXT feedback

### Volunteer Mental Health Specialist, Oázis Pastoral Care and Mental Health Service, Budapest

MAY 2016 — PRESENT

- leading one by one mental health consultations with people entering directly from the street
- in case of necessity delegating clients to psychotherapists or other professionals

### Office manager, Icon Creative Publishing Solutions, Sydney

JANUARY 2005 — JUNE 2006

- organizing office work
- accounting
- maintaining relationships with clients and suppliers
- testing, proofing the end products of the company

## **Project Manager, Delegation of the European Commission to Hungary, Budapest**

APRIL 2000 — DECEMBER 2004

- controlling the utilization of EU funds in Hungary related to cross-border cooperation programs -HU/AT, HU/SK, HU/RO, HU/SL (proofing and endorsing tender documentations, reviewing the whole tendering procedures)
- controlling the utilization of EU funds in Hungary related to INTER-REG cooperation programs -HU/UK, HU/SRB (proofing and endorsing tender documentations, reviewing the whole tendering procedures)
- contact point of the expert exchange program from EU Member States to Hungary (twinning program)

## **Project Manager, Ministry of Health, Budapest**

OCTOBER 1998 — MARCH 2000

- contact point of the National Technological and Research Committee
- coordinating EU related projects at the Deputy State Secretariat for Strategic Planning

## **Stagiaire, European Commission , Brussels**

SEPTEMBER 1999 — FEBRUARY 2000

- assisting controlling processes at Directorate General Audit

## **Education**

### **Focusing Trainer, Hungarian Association for Body Psychotherapy, Budapest**

APRIL 2019 — FEBRUARY 2021

### **Mental Health and Organisation Development Specialist, Semmelweis University Faculty of Health and Public Services, Budapest**

SEPTEMBER 2012 — JANUARY 2015

### **MBA, University of Lincolnshire and Humberside, Budapest**

SEPTEMBER 1995 — APRIL 1997

### **Economist, College for Foreign Trade, Budapest**

SEPTEMBER 1992 — JUNE 1995

## **Courses**

### **PXT consultant, Profiles International Hungary**

SEPTEMBER 2019 — JANUARY 2020

### **Monodrama Techniques, Moreno Institut Edenknoben/Überlingen**

FEBRUARY 2019 — OCTOBER 2020

### **Psychodrama assistant, Hungarian Association for Psychodrama**

JUNE 2018 — SEPTEMBER 2020

## **References**

References available upon request