



KRISZTINA NÉMETH-PALOTAI

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**I believe that everyone is able to change.
I support you to make this happen.**

I'm inspired to see new findings and emotional re-load of people I accompany.

My engines are:

- ✓ beloved tasks (where improvement is tangible),
- ✓ inspiring atmosphere (based on growth-mindset),
- ✓ empathetic-supportive relationships.

As a **learning-development and mental health specialist** I assess and **increase wellbeing, effectiveness and engagement** of individuals and organizations by working with methods of individual coaching/mentoring/mental health consultations, organizational & leadership development, trainings/workshops involving coaching tools.

SKILLS

- Solution focus and problem-solving
- Empathy
- Proactivity
- Agility and drive
- Project management
- Collaboration

- Professional mental health support
- Organizational/individual skill assessment
- Design training and coaching programs
- Leading group and individual sessions (training-development)

PROFESSIONAL EXPERIENCE

Entrepreneur (January 2022 – currently)

- founder and specialist at own business “ReloadStation with Kriszta” and “DreamElf baby sleep coaching”
- **career coaching and mental health support** “ReloadStation with Kriszta” (clients: mothers on maternity leave)
- **L&D consultant, coach, online leadership assessment** (AIMS International, OTP Group)
- **DreamElf baby sleep coaching** (after certifications by completing American and British online training programs and self-development) (clients: mothers with babies)

BP GLOBAL BUSINESS SERVICES EUROPE Budapest (Aug. 2019 – Febr. 2023), (maternity leave: May 2020 – Nov. 2022)

Capability advisor

Plan, customize, implement, evaluate and follow-up capability strategy and development projects at GBS EU and GBS global level:

- Leadership Academy (LA) Line Manager curriculum at GBS EU level
- GBS global leadership and talent workstream
- Actively contribute to senior (team leads and manager) GBS EU Capability team

Maternity leave: nurture my beloved baby/toddler both emotionally-physically-mentally, improved skills: empathy, endurance, patience and multitasking

AIMS International Budapest (September 2016 to June 2019),

Senior Organization Development Consultant

- organizational development projects, Assessment Centres, Development Centres,
- design and implementation of training and coaching sessions,
- competency analysis interviews for recruitment,
- networking, communicational and sales activities

Semmelweis University Budapest (September 2014 to June 2019),

Guest Lecturer at the Mental Health Institute

Design and lead/facilitate monthly seminar group sessions / post-degree course (Supervision seminar: professional career and development)

Deutsche Telekom Group Bonn, Germany (January 2009 to May 2009)

HR strategic professional

Deutsche Telekom Centre, Bonn, Germany, HR Strategy and Projects:

- coordination, project management and communication of strategic projects,

Magyar Telekom Group Budapest - September 2004 to July 2016

HR competence development / change management specialist

internal change manager and consultant at company and unit level:

- change manager of SAP implementation project
- planning and leading managerial trainings, organizational workshops
- project management of organizational changes, client manager of L&D needs,
- responsible for managerial support in career management (guidelines, assets and trainings)

EXPERIENCE AS VOLUNTEER – DIVERSITY AND INCLUSION, MENTAL HEALTH

- working as volunteer (part-time consultant) for S'impact – increasing your social impact **non-profit organization** (2016)
 - **assessment and improvement of sustainability:** program of Reformed Church in Hungary, scope: supporting **Roma minority children's** education and socio-cultural integration through mini educational hubs in small and poor villages in Hungary
 - **organizational development and training** of Hand in Hand Foundation Hungary (helping individuals with **mental or multiple disabilities**)
- **mentoring** young leaders, **mental health support** of members of international **university student organization** IFES (International Fellowship of Evangelical Students/Hungarian unit: MEKDSZ) (2005-2015)

- as **board member** of MEKDSZ, Hungarian **foundation** (part of international university student organization IFES), actively supporting the design of strategy, mission and effective operation (2014-2017)

EDUCATION

2013 - 2014 **Semmelweis University** Budapest
Master of Arts post-degree **Mental Health and Organizational Development** specialist

1999 - 2004 **Corvinus University** Budapest
Master of Arts **Business studies/economist**, Specialisation: **Leading and Organization, Human Resources, Organizational Development**

2001 - 2003 **University of Passau**, Germany / **University of Potsdam**, Germany /
two part-time studies: MA **Business studies, Organizational Leadership**

LANGUAGES

Hungarian – Native; English – Fluent; German – Fluent; Italian – Passive/Basic

OTHER STUDIES

psychodrama assistant: Hungarian Psychodrama Association: “psychodrama assistant” qualification, 600+ hours self-knowledge development and university study groups (2005-2014)

brief coach: brief coach trainings and follow-up sessions, Hungarian Psychology Association, Enikő Tegyi PCC coach, 2015-2018

system-approach and solution-oriented coach: Lemma Coaching, Edit Wiesner, 2016

counselling trainings and follow-up sessions: Katalin Hélish, counsellor, Hungarian Evangelical Christian Fellowship of Students, 2008 and 2010