



Profile of Coach Jan Benda, M.A.



If we want to be successful in our careers and at the same time to be happy in our lives, we need to know what we really want. My approach to coaching emphasizes self-awareness, intuition and insight and helps you discover your capacity to make choices that are right for you. In the process of coaching we can use the wisdom of the body to better understand obstacles and to discover how to transform them into valuable opportunities for personal growth, heightened wisdom, and enhanced effectiveness.

For the past ten years I have been studying Buddhist psychology and practicing meditation and I use the knowledge I gained of our mind-body functioning in coaching as well as in psychotherapy. Recently I have established a team of like-minded colleagues with one purpose: to develop our own approach to coaching and soft-skills training based on mindfulness and ancient Buddhist wisdom. We call our new approach "Mindful Business™".

EDUCATION

- Charles University, Prague, (2006 – to date) – PhD. in Clinical Psychology
- Charles University, Prague, (1994 – 2000) – M. A. in Clinical Psychology
- Jan Evangelista Purkyně University (1993 – 1994) – Introduction to Social Sciences, 1 year of study

FURTHER PROFESSIONAL EDUCATION

- Pesso Boyden System Psychomotor Therapy – four years of self-experience training in psychotherapy, finished in 2007
- Stargate – study group on Non-Ordinary States of Consciousness, finished in 2005
- Satithery – four years of community training in mindfulness based person centered psychotherapy, finished in 2001
- Other shorter courses such as Focusing, Crisis Intervention, Critical Incident Stress Management, etc.

PROFESSIONAL EXPERIENCE

- 2007 – to date Freelancer in the area of training & coaching
- 2005 – to date Private psychotherapist
- 2000 – 2008 Psychologist (Central Military Hospital Prague, Fire Department of the Usti Region, Masaryk's Hospital Usti)

MAIN REFERENCES - TRAINING & COACHING

- T-Mobile, Vodafone, O2, HSBC, GE Money Bank, ING Bank, ING Insurance company, ING Real Estate, Partners, Sun Microsystems, Aadastra, Nestle, RWE, DHL, Česká Rafinérská, CzechTrade, CzechInvest, Holmes Place.