



Coaching for Academic Researchers

with Krzysztof Bierski, Ph.D.

During a series of personal, confidential, one-on-one meetings, you will explore a range of strategies and skills helping you achieve professional success.

Whether you're feeling overwhelmed with responsibilities, stuck, caught adrift or looking for a new perspective, coaching supports you in maintaining your course and realising your goals.

Current Challenges

Find ways to address your most immediate concerns.

This could include exploring how to

- Balance responsibilities
- Remain focused
- Deal with challenges and conflict
- Feel confident about making decisions

Your Strengths

A chance to discover and apply personal development tools helping you to

- Identify your sources of inspiration and motivation
- Steer clear of perfectionism
- Recognise and overcome setbacks
- Apply your abilities

Long-term Prospects

So that you can look into the future with confidence, coaching provides a spaces for you to

- Connect with your needs
- Explore opportunities available to you
- Prepare for the unexpected
- Test personal and professional strategies

What to expect

- Friendly, understanding atmosphere
- Inspiration to accomplish your goals
- Space to speak freely and to regroup
- Support for you to find your way of success

What not to expect

- Coaching is not an advice service and offers no ready-made solutions
- Coaching cannot substitute psychological treatment or therapy

For further information please contact Krzysztof at mail@bierski.com or +49 163 160 3220