



Towards the Finishing Line

Online Group Coaching with Krzysztof Bierski, Ph.D.

A support group for researchers who are about to complete their major project. Together, we will explore a range of strategies for refocusing and prioritising. Whether you're feeling stuck, caught adrift or looking for a new perspective, the group will support you in realising your goal.

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 the decisions you make

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