

MINDFULNESS TRAINER

Katalin Kálmán

kalmankata@gmail.com

+1 (604) 506 2382

OBJECTIVES

Sustainability is the master-meme of today's business attitude. By now we all know that our environment, society and economy create an inseparable whole and that this unity is to be reflected not only in the vision- and mission-statements, but also in the smallest everyday tasks. Mindful management enables you to evoke a value shift on all levels in your company resulting in cultural, social and economic transformation that leads to real prosperity. This essential teaching creates the core of my mindfulness training activities.

MAIN ACHIEVEMENTS

- ✓ As the **Senior Trainer** of Audi Hungary (www.audi.hu) I trained approximately 200 managers per year, and I actively participated in the talent development program for fresh graduates
- ✓ As the **Field Training Manager** of Wendy's Hungary (www.wendys.com), I was responsible for organizational development and for training the management team. I successfully developed Wendy's Hungary franchise chain from a two- into a seven-restaurant organization, while the number of its employees increased from 30 to 150

WORK EXPERIENCE

Senior trainer, Audi Hungary, 2010-2014

- **conducting training courses and developing training materials** for the management: communication, project management, time management, work-life-balance, stress handling, problem solving
- participating in the **train-the-trainer program**
- participating in the **talent development program**

Meme-researcher & consultant, Darwin's Marketing Evolution (www.darwins.hu), 2003-2014

- as the first CEO of Darwin's Marketing Evolution (2003-2008) I created the organizational structure of the start-up company
- as a meme-researcher and consultant I participated in qualitative communications researches for multinationals and leading, regional companies

Field Training Manager, HACCP Manager, Wendy's Hungary, 1998-2002

- recruiting store managers for the restaurants and training them for communication, customer service, performance management, conflict resolution and food safety
- ensuring that the business strategy is properly executed in the daily operation of the restaurants

Teacher of English as a foreign language, freelancer during University-years, 1994-1999

- teaching English for company-management at various multinationals in Budapest

VOLUNTARY ACTIVITIES

Program Manager, fundraiser, Soteria-Asylum Program, Budapest (www.soteria.hu), 2010-2014

- launching the Asylum Program and participating in its daily operation: the Asylum is a community living house for people diagnosed with schizophrenia, who prefer alternative healing methods to traditional psychiatric treatment

- organizing charity- and fundraising-events for the Asylum

STUDIES

Adler University, Vancouver (from January 2015)

- MA in Counselling Psychology

Budapest University of Technology and Economics (2004-2006)

- MBA in Human Management, Finance and Economics

Eötvös Loránd University, Faculty of Humanities, Budapest (1994-2003)

- MA in English Language and Literature
- TESOL (Teaching English to Speakers of Other Languages) Qualification

OTHER SKILLS AND INTERESTS

- languages:
 - **Hungarian**, native
 - **English**, fluent
 - **Italian, German**, intermediate
- computer skills: **Microsoft Office**
- **driving license**, Category B
- special interest: eight years of Buddhist practice of **Thich Nhat Hanh's Plumvillage tradition**, active Sangha-life, regular participation at international Buddhist retreats

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