



Mgr. Mária Sumbalová

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Profile

Communicative, dynamic and empathetic developer of human potential with a vision, creative flexible and individual approach, conceptual and strategic thinking, able to work independently, enjoying cooperation, results and constant learning of new things, striving towards constructive changes is searching for external or internal position in the field of HR management, education and development.



Experience

- 05/2016 - 11/2017 ● **Management trainer, HR business partner, coach**
RTVS (1/2 kontrakt)
- launching systematic managerial education in the company (120 leading positions on all levels)
 - creating strategy of managerial education, preparation of topics, educational materials and realization of trainings
 - individual coaching session and consultations for management, cooperation in implementation of changes and realization of action plans, support of internal HR specialist with adaptation of new employees
 - screening of developmental needs and creation of trainings for other departments
- 04/2016 - 03/2017 ● **Internal trainer, consultant, coach**
Developium (3/4 kontrakt)
- soft-skills trainings in Slovak and English language for managers, team leaders, production forces, specialists in various fields (automotive, bank industry, medical, energetic, telecommunication, education etc.)
 - team buildings with indoor and outdoor activities
 - leading workshops using Lego serious play and Orange frog
 - individual coachings
 - writing business offers tailored for customer, preparation of training materials, administrative support, communication with client, logistics
 - marketing – innovations of website, translations of publications, promotion on events
 - cooperation of work psychometrics and its interpretation (tools cut-e, 360°)
- 2008 - present ● **English lecturer, trainer, counselor, coach**
English4life, Grow4life - SZCO
- running own business and cooperation with various companies (Espirál, Medpoint, Developium, Bratislava Counseling...)
 - teaching English both individually and in groups, children, both adults, general and business English by direct conversational inductive method with creative approach and native material
 - translations and interpreting
 - leading developmental trainings, workshops and lectures
 - preparation for interviews, carrier counseling, life coaching
 - psychological counseling for English speaking foreigners, couple counseling
 - educational- therapy counseling for teachers in preschool and parents

Education

- 2003 – 2008 ● **Therapeutic pedagogy**
Pedagogical faculty UK, Bratislava
State exams from art therapy, movement therapy, psychotherapy and couple counseling
- 2006 – 2010 ● **Music composition**
Music conservatory, Bratislava
- 2001 – 2003 ● **General medicine**
Medical faculty UK, Bratislava

Skills

Languages		Artistic	
English	★★★★★	music composition and playing instruments	★★★★★
Czech	★★★★★	crafts and design	★★★★★
French	★★★★☆	poetry, drama, dance, painting	★★★★★
Spanish	★★★★☆		
Latin	★★★★★		
PC			
MS Office (Word, Excel, Outlook, Powerpoint)	★★★★☆		
Adobe photoshop, Indesign, Movie maker	★★★★☆		

Certificates

- **ICF external professional coach**
Koučingcentrum Praha
<http://grow4life.co/docs/certifikat01.pdf>
- **State exam from English language**
State language school Palisády
<http://grow4life.co/docs/certifikat03.pdf>

Volunteering

- 2002 - present ● **youth worker, team leader, speaker, organizer**
OZ Martindom, YWAM, Kaspian
- organizing of creative meetings, workshops and lectures
 - leading groups, organizing seminars with foreign speakers, guiding and interpreting
 - work on projects and events in propagation, creative, preparation and managing teams
 - educational, social and therapeutically work with children and youth in danger
 - singing and playing in music groups on performances, festivals and meetings

Strengths

communication

innovativeness

strategic thinking

versatility and expertise

passion for developing people

positive proactive approach

leadership and influence