



**Mgr. Zuzana Treglerová**

*„There are only two ways how to live your life. One is to see no miracles in anything. Second one is to see miracles in everything.“*

She graduated from Charles University, Faculty of Philosophy, where she gained her master's degree in Czech and English in 1991.

Right after her studies she has started to work in a corporate field, first as specialized assistant and consultant. From year 1995, when she accepted a job in Logica (IT services company), she has fully focused on human resources area. As such she gained extensive experience in all aspects of Human Resources from M&A (Mergers&Acquisitions), recruitment, compensation & benefits, talent management, succession planning, coaching and mentoring, execution of major downsizing, transformation and change management programmes. She has gained the abovementioned hands-on experiences and capabilities in her role as Human Resources Director in the Czech Republic, Central and Eastern Europe (Slovakia, Austria, Hungary, Ukraine, Russia, Poland), furthermore in South-East Asia (Japan, Hong Kong, Taiwan, China, Philippines, India, Malaysia, Thailand, Singapore, Indonesia, Australia) and in England.

She has been engaged in internal coaching in the course of her entire HR management career. Her independent career as a professional external coach has commenced from 2010.

She has gained external coach certification from International School of Coaching (ICF certified institution providing professional education for coaches in CZ and SK). Nowadays she has commenced 3 years' psychotherapeutical studies at Psychotherapeutic Faculty in Prague.

At present she has completed 270 hours of coaching.

Her clients appreciate on her primarily her optimism and empathy accompanied by capability to help others to achieve positive changes in their lives and careers. Furthermore, they value her in-depth knowledge of Corporate HR Policies and their localizations across various national cultures, "hands-on" operational as well as management experience with all HR areas.

Amongst her hobbies, apart of coaching, belong her son, travel and experiencing other foreign people and cultures, music, literature, reiki.

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