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Eszter Lucáz

Board Level Executive Coach

Based in: Budapest, Hungary
Languages: Hungarian, English
Qualifications: MD

Eszter has over ten years experience as a coach, tutor, trainer and personnel selection consultant for corporations that include international banks and industrial and trading companies. She has extensive experience in designing and implementing Assessment and Development Centres and skills training in communication skills, assertiveness, media-communication, stress-management, teambuilding, negotiation and presentation.

She works as a coach with all levels of management, including managers at Board level, Managing Directors, Financial Directors and Sales Directors. The core of her coaching is helping leaders understand themselves and their environment, their own emotions and those of others, cognitive processes, defences, interpersonal relationships and conflicts. She also works as a psychiatrist in a private practice.

Qualifications, accreditations and memberships

- Diploma in Medical Faculty
- Certification in Psychiatry
- Higher education in Cognitive-Behavioural Psychotherapy
- Higher education in communication, assertiveness, coaching, group methods and psychometric test evaluation
- President of Public Association for Healthy People
- Membership of Integrative Psychotherapy Association

Coaching style

Eszter's focus is to provide an objective and honest atmosphere to give high-level executives the opportunity to discuss their business problems, concerns, new ideas and opinions in depth. She uses a cognitive-behavioural approach to develop the management competencies and self-awareness of her clients, and provides ongoing support, reinforcement and inspiration.