



Kenéz Mórótz

Board Level Executive Coach

Based in: Budapest, Hungary

Languages: Hungarian

Qualifications: PhD

Kenéz has extensive expertise in the field of business and clinical psychology. One of the pioneers of the cognitive behavioural approach in Hungary, he has been busy in the field of human skill development since the early 1980s. As well as designing, developing and implementing training and assessment programmes, he also works in an intensive tutorial capacity to help valued executives fulfil their potential so that their growing self-awareness can result in a more balanced life and lower stress.

To date, Kenéz has worked with many multinational companies, as a trainer and coach, and elaborates and implements various personnel assessment programmes (Assessment and Development Centres).

Qualifications, accreditations and memberships

- Diploma in Clinical Psychology
- Diploma in Psychotherapy
- Qualification in Cognitive-Behavioural Therapy
- Qualification in Social Competence Training
- Qualification in NLP
- Qualification in Hypnosis
- Chair of Hungarian Association of Integrative Psychotherapy.

Selected clients

ABN AMRO Bank
Hungarian National Bank
Lilly Hungaria
Novartis Pharma
Opel Hungary.

Coaching style

Kenéz believes that coaching can provide an opportunity for achievement-oriented leaders to look at things differently without feeling that their competence or self-esteem is being called into question. He begins by exploring how the executive thinks about their situation - both in their organisation and in their private life. The process is used to increase the client's awareness of their needs and reactions, as well as clarifying how these actions are being perceived by others. One of his most important tasks is listening carefully to coachees, which he is convinced is the best way to create a supportive relationship that helps them to learn, grow and change.

Kenéz' coaching philosophy is that people want to learn, and – given any necessary help – want to be more competent. As a therapist trained in cognitive behavioural therapy, he always lays great emphasis on improving his clients' self effectiveness.