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BIO

Together with training & facilitation practice in different countries since 2004 and HR practice inside the big companies, Adel Shadrina has a professional practice in business coaching since 2010.

ACHIEVEMENTS

- * PCC ICF: 1000+ coach sessions for leaders and their teams. Mentor for coaches ICF.
- * Climbed Mount Elbrus (5642m, the highest peak in Russia&Europe)
- * The coach for Stockholm School of Economics Executive MBA students

EDUCATION

2012 – 2014 Higher School of Economics, MA Applied Social Psychology

Scientific research «Employees' and organizational values congruence as work motivator»

2010 – 2011 The Coaches Institute, Canada (Certified Professional Co-Active Coach, CPCC)

2004 – 2008 Higher School of Economics, BA Organizational Psychology

CERTIFICATES

2018 The Inner Game School, Russia (The Inner Game of life and performance)

2018 Assessments 24x7 LLC, France (DISC&Motivators Communication Consultant)

2017 Performance Consultants International, UK, (The transpersonal coaching)

2015 Erickson Institute, Russia (Quantum Mind: 4-quadrant thinking)

2014 Erickson Institute, Russia (Powerful Team Coaching and Innovation)

CLIENTS

Diverse manufacturing and service organizations in public, private, and non-profit sectors. Sample includes: Microsoft; BDO; The Coca-Cola Hellenic; Development Bank of Kazakhstan; Jaguar Land Rover; Higher School of Economics; Stockholm School of Economics; New Economic School; Rosneft; RZHD; Severstal; TNK-BP; Unicredit Bank; X5 Retail Group; and others.

EXPERTISE

Coaching; Values & Motivation; Communication Skills and DISC methodology; Leadership Skills & Challenges; Team Coaching & Facilitation; Cross-cultural psychology; Constructive Conflict Management; Neuroscience & Mindfulness.

LANGUAGES

Russian – native, English – professional working efficiency

COACHING STYLE AND SKILLS

QUOTE

OTHER