

Dora Preszeller

Trainer & Facilitator

Business Coach

NLP Master



ABOUT Dora

Dora has 10+ years' work experience organizing successful workshops, facilitate training courses worldwide in +11 countries in Europe and Asia for 1000+ people. She has been actively involved in international business coaching practice since 2017. Her extensive experience in facilitation, event organization has enabled her to offer highly interactive and effective training programs using non-formal educational tools.

Work Experience

Trainer / Facilitator

- **Project Coordinator & Co-founder** of non profit organization Sabai Training, Hungary
- **Freelance educational trainer, facilitator** 2 continents, 10+ years, 1000+ participant
 - Developing and delivering high quality workshops, end-to-end training courses based on learning expectations, including development of content, writing, creating and delivering materials
 - Designing educational training manuals for trainers and delivering on Train the Trainers program
 - People focus ability to work effectively in multicultural environment
 - Project writing and facilitation of training courses financed by Erasmus+ programme and Visegrad fund
 - Topics: effective communication skills, leaderships skills, mindfulness & meditation, NLP, stress-reduction, presentation, self-development, conflict-handling – peace education, team building, time-management, employability skills
- **International trainings, workshops, events at corporate, university and NGO:** Wonderfruit; Gotzha, Lexmark, Elevating Purpose EP17 Summit, ASEFUAN (Myanmar), Vulcanicamente (Italy), Youthopolis (Romania), Rangsit University (Thailand), Udayana University psychology department (Indonesia), World Peace Initiative Foundation (Thailand), 1st European Peace Summit with 120 participants at Budapest, I. Youth Conference by the National Youth Council of Hungary
- Meditation and mindfulness retreats (Thailand) Life-Transformational Yoga and Meditation Retreat, "Journey to your true inner self", "4 day Celebrate the Joy of Life"

Business & NLP coaching

- Licensed Master Practitioner of **Neuro-Linguistic Programming® & Coach** 2016
- Corporate leadership "Power presenter" by OTD Ltd. (UK)
- Business Coaching (Carpe Diem, GROW, 8 Step coaching and Benchmark calls for J&J, Leo Pharma, Allergan)

Customer care service center agent

Lexmark International Technology Hungary Ltd. Budapest 2013-2015

- Ensure good customer service, answer inquiries by clarifying desired information, researching, locating, and providing information
- Customer focuses liaison with the Italian Service Partners and the Call Center

External relations responsible

Comune di Trieste - Europe Direct Trieste (EuD) Trieste, Italy 2012

- European project of 12 months at EuD office, representation of EuD on job fairs, conferences
- Event management, workshop facilitation and public speaking

Education

2008-2010 Master's in International Relations at Corvinus University of Budapest
2003-2009 Master as International Studies Expert at University of West Hungary
2007 (full year) Middle East Technical University, Ankara (Turkey) Erasmus Scholarship

Languages

		Hungarian	English	Italian
Understanding	Listening	Mother tongue	C1	C1
	Reading		C1	C1
Speaking	Spoken Interaction		C1	C1
	Spoken production		C1	B2
Writing	Writing		C1	B2

Skills

- Strengths Finder 2.0 test results: Woo, Empathy, Communicator, Activator, Individualization
- Proof of experience and knowledge in training delivery and facilitation, ability in creating high-standard training materials with innovative approach
- Skills: communication (interpersonal and presentational skills), problem solving, accountability, adaptability to multicultural environments, competency to work in team and alone, resilience, flexibility, leadership, creativity
- Computer skills: Windows, Internet, SAP R/3 System Administration, Siebel (Oracle), Microsoft Office™; Typewriting;
- Driving license: B

Events



The pictures show Dora Preszeller participating as a trainer in diverse events.

- 1 Life-transformational retreat, Thailand
- 2 Meditation and Art workshop, Vietnam
- 3 Employability training course financed by Erasmus+ programme, Armenia
- 4 Stress release workshop series, Q House Bangkok

Contact

Email: preszeller.dora@gmail.com
Phone: +36307465210 / +393280129191
Facebook pages: Preszeller Dora, Sabai training
Skype: [preszellerdora](https://www.skype.com/name/preszellerdora)