

Trainer's Profile

Aldona Budna - Trainer

Full name

Aldona Budna - Trainer

Known for

Trainer, Facilitator, Coach

Topics

Change Management, Conduction
Feedback Sessions, Dealing With
Change, Facilitation Of Workshops And
Meetings, How To Give And Take
Constructive Feedback, How To Solve
Conflicts, Influencing Without Authority,
Management & Leadership, Managing
Stakeholders, Personal Impact &
Effectiveness, Presentation
Techniques, Self Coaching, Stress
Management, Team Work, Techniques
of Creativity, Time Management,
Working across cultures, Working in
Virtual Teams

Language

English

Fee range

Fee on request



Aldona brings her global experience and knowledge about diverse cultures, mindset, behaviours and personal development.

She specializes in behavioral skills development; management, leadership and effective team performance.

She has designed and delivered a number of programs in some of the most fascinating places on earth: Japan, Australia, China, Thailand, Hong Kong, Dubai and more within both: corporate and public sector. She is the former employee of British Foreign & Commonwealth Office where she helped many diplomats develop and grow in their career.

Aldona is the only facilitator and accredited practitioner in MBTI (Myers- Briggs Type Indicator) and SDI (Strength Deployment inventory) in the world, who delivered Conflict Management training in **Pyongyang, North Korea**.

Her enriched experience and stories make training programs memorable, diverse with successful learning outcomes.

Her desire for learning and self-development is contagious. She helps others unlock their potential, improve competency capacity and team collaboration. Aldona helped many organizations and governments improve their productivity and effectiveness supporting by creative solutions and aligned to business objectives.

The highlight of her successful career is Team Development programs, Working across Cultures and Diversity. By using psychometric tools (accredited practitioner for number of years in MBTI Myers Briggs Type Indicator and SDI Strength Deployment Inventory) she supports individuals and organizations with conflict management, team productivity and effectiveness and biggest challenge: personality types.

Additionally Aldona moderated number of conferences and events on a global scale; China Economic Forum (for the British Embassy in Beijing), Learning & Development Fortnight in Tokyo (for the British Embassy Tokyo and Consulate Osaka) and Excellence Performance Champions- Consular event in Hong Kong.

To live her life to the fullest in her free time Aldona supports individuals in their fitness performance. She is a cycling and POWER (Body Pump) instructor. Now... that's what we call maximizing your potential.