



# Paulina Bolek

Personal Development Coach | Group Facilitator | Event & Office Coordinator | Web Designer | Hospitality Professional



+31 625 225 418



[www.paulinabolek.com](http://www.paulinabolek.com)



[info@paulinabolek.com](mailto:info@paulinabolek.com)

- Creative, intuitive, open-minded, curious
- Interdisciplinary & diverse professional experience
- Charismatic communicator & empathetic listener
- Strong growth mindset and intellectual dexterity
- Native Polish and English speaker + Basic Dutch speaker

## WORK EXPERIENCE

### PERSONAL DEVELOPMENT COACHING & WEB DESIGN

**PAULINA BOLEK**  
NOVEMBER 2014 – PRESENT

Founder, Inner Growth, Intimacy & Embodiment Coach, Group Facilitator, Event Coordinator, Singer-Songwriter, Web Designer

### COORDINATION & MANAGEMENT

**NEW EDEN RETREAT CENTER FOR  
PERSONAL TRANSFORMATION**

JUNE 2018 – JULY 2021

Event and Retreat Center Coordinator

**HEART IQ NETWORK**

APRIL 2017 – JUNE 2018

Event Coordinator

**CENTRE FOR THE HUMANITIES  
(UTRECHT UNIVERSITY)**

APRIL 2012 – JULY 2013

Conference Coordinator

**ATGENDER (ACADEMIC ASSOCIATION  
FOR GENDER STUDIES)**

APRIL 2011 – SEPTEMBER 2013

Office Manager & Event Coordinator

### TEACHING

**SCOOL LANGUAGE COURSES**

OCTOBER 2005 – JUNE 2007

English Tutor

---

## HOSPITALITY

### HOTEL ASSISTANT MANAGER

JUNE 2008 – OCTOBER 2010

Block Island Reservations (USA)

### HOTEL FRONT DESK EMPLOYEE

JUNE 2005 – OCTOBER 2008

Block Island Reservations (USA)

### F&B EMPLOYEE

AMSTERDAM, The Netherlands:

Oma Ietje (09/2016 – 03/2017); Canvas

(Volkshotel) (12/2015 – 12/2016); Stewart &

Sally (04-09/2015); SkyLounge Doubletree by

Hilton (04/2014 – 04/2015)

BLOCK ISLAND, USA

Harbor Grill (06/2004 – 10/2008)

---

## EDUCATION

2015-  
2016

### ACADEMY FOR COACHING AND COUNSELLING

Certified Professional Training

2008 -  
2010

### UTRECHT UNIVERSITY/UNIVERSITY OF LODZ

Joint Master's Degree in Gender Studies &  
Ethnicity/Public Relations (Cum Laude)

2001 -  
2008

### UNIVERSITY OF LODZ

Master's Degree in Philosophy

---

## SCHOLARSHIPS & TRAININGS

- Student Exchange Scholarship at Rutgers University (USA) in 2009
- Student Exchange Scholarship at Sunderland University (UK) in 2005
- Many various trainings and retreats with Heart iQ Network (2017 until now)
- Embodied Intimacy Training (2020 - 2021)
- Workshop Design at De Universiteit (2015)
- Art of Hosting: Conversations that Matter at Knowmads Business School (2015)
- Customer Service and Complaint Handling at DoubleTree by Hilton (2014)
- Marie Curie Initial Training Networks: EU Funding Scheme (2011)

---

## SKILLS

Coaching, Guidance, Facilitation, Teaching; Embodiment and Trauma Awareness; Communication, Writing and Text Editing; Event & Office Coordination; Information management; Design and planning; Research and investigation; PR & Web Design; Hospitality customer service and management; Music Performance