

Elzbieta Jaskolka



Klein Goldberg 19
40822 Mettmann



info@ela-jaskolka.de



0177-9762552



12.09.1979



German



Married, 2 children

Empathetic, lucid, and appreciative – that's me! I combine psychological knowledge with many years of international management expertise. My strengths include respectful communication, solution focused thinking, and creativity.



Work History

08/2023 - present

● **Mental Health Coach, Mediator & Trainer**

IFE Gesundheit

09/2021 - 06/2025

● **Project Manager**

ICON Clinical Research

04/2020 - 08/2021

● **Senior Clinical Trial Manager**

ICON Clinical Research

04/2014 - 03/2020

● **Clinical Trial Manager**

ICON Clinical Research

01/2009 - 04/2014

● **Principal Clinical Research Associate**

ICON Clinical Research

07/2005 - 01/2009

● **Clinical Research Associate**

Jansen-Cilag

08/2020 - 08/2023

● **Freelance Trainer & Coach**

11/2009 - present

● **Psychologist, Hypnosystemic Coach, Therapist & Trainer**



Education

10/2025

● **Kölner Institut für systemische Beratung und Therapie (KIS)**

Systemic Therapist (DGSF)

10/2024 - 09/2025

● **Certified Mediator**

Forum Demokratie Düsseldorf

04/2024 - 09/2025

● **Akzeptanz- und Commitmenttherapie (ACT)**

INeKO Köln

03/2024 - 03/2025

● **Hypnosystemic Kommunikation**

MEG

09/2023 - 07/2024

● **NLP Practitioner**
Landsiedel Seminare

02/2022 - 08/2022

● **Senior Business Coach (ICF PCC)**
SolutionsAcademy

01/2019 - 12/2021

● **Nonviolent Kommunikation Marshall Rosenberg**
Forum Freie Demokratie

08/2009 - 08/2010

● **Systemic Counselor**
GST/ DGSF

- 11/2009

● **Alternative Practitioner for Psychotherapy**
Gesundheitsamt Berlin & Düsseldorf

07/2006 - 06/2007

● **Clinical Hypnosis**
MEG

2002 - 05/2006

● **Couples- and Family Therapist**
HHU Düsseldorf

 Languages

- German - C2
- English - C2
- Polish - C2
- Spanish - C1
- French - A2

 Skills

- MS Office (Word, Excel PowerPoint)
- Project Management