



ANNA PIGLER

Founder of Élettükör Mental Health Support
Cognitive Behavioral Consultant
Mental Health and Organisation Development Specialist

PROFILE

Experienced consultant and mental health specialist with a demonstrated history of working with people in different areas. Skilled in mental health counseling, client counseling, business coaching, leadership development, and organizational development. Different approaches are used in working method, such as client-centered approach, diagnoses based development or business relevant assessment.

CONNECTIONS

PHONE
+36703245246

WEBSITE
www.elettukor.hu

E-MAIL ADDRESS
pigleranna@elettukor.hu

LANGUAGES

Hungarian – native
English – fluent
Spanish – basic

HOBBIES

theatre, travelling, jazz

WORK EXPERIENCE

2023 – present

Semmelweis University, Institute of Mental Health
external teacher

2021 – present

Fertility Center, Buda (Budai Termékenységi Központ)
Cognitive Behavioural Therapy (CBT) Consultant
Mental Health Specialist

2015 - present

Élettükör Mental Health Support, Budapest
Founder and leader

- supporting corporates with: mental health counselling, business coaching, business relevant assessment, leadership development
- holding workshops, trainings and presentations relating the topic of mental health, resilience and mental wellbeing

2014 - 2020

Kilátó Mentalhygiene Service, Budapest
Co-founder, coordinator

- coordinating the organisation
- coordinating the experts and the clients
- internal communication
- mental health counselling
- keeping connection with fellow experts

2003 - 2014

Kiss János Secondary School, Budapest
Teacher of English Language

- teaching and supporting classes

2002 - 2003

Moholy-Nagy University of Art and Design Budapest
Assistant to Deputy Rector

- coordinating and organizing current events
- following the ongoing projects

SKILLS AND APPROACHES

Client-centered approach
Cognitive Behavioural methodology
Coaching techniques
Psychodramatical method
Diagnoses-based development
Leadership development
ProfileXT assessment
Genos Workplace EQ assessment
Working with groups and individuals

EDUCATION

2022-2024

Hungarian Association for Behavioural, Cognitive and Schema Therapies

Cognitive Behavioural Therapy (CBT) Consultant

2012-2014

**Semmelweis University, Budapest
Institute of Mental Health**

mental health and organization developer specialist

1996 – 2001

**Pázmány Péter Catholic University, Budapest
Faculty of Humanities and Social Sciences**

MA English Language and Literature

BA Communication and Media Studies

OTHER STUDIES

2021

Genos Certification

2018

Business Coach

2017

Monodrama Techniques

2016

Psychodrama - Assistant Level

2015

Profiles Consultant