



Self-reflection Spiral

The aim of the *Self-reflection Spiral* workshop is to introduce participants to a coaching tool that Maja designed based on similar coaching concepts she has learned about and used in her coaching practice. The concept gives participants an overview of 12 of the most important life areas. We will use some powerful prompts for self-reflection. This will help us to identify our existing realities, current obstacles, and potential areas for positive change.

About the workshop facilitator:

Maja Skalar is a Program Officer of the OSUN Secretariat at CEU. She graduated from CEU's Legal studies department (Human Rights MA) in 2010 and holds an International Coaching Certification (2019) awarded by the World Coaching Organization as well as the Erickson Solution-Focused Coach Certification (2023). In the last 15 years she performed in various roles in NGOs and educational institutions in Slovenia, Hungary, Ghana, Denmark and Austria; working with students, faculty, researchers and course participants. As an experienced trainer and facilitator, she has held workshops for diverse audiences, on topics ranging from career skills development, human rights education, intercultural communication and coaching through self-reflection.