



SZILVIA LÁSZLÓ

HR & OD CONSULTANT, COACH

Profile

With over 15 years of experience in HR management and organizational development, I am a seasoned professional dedicated to fostering individual and corporate growth. As an EMCC-accredited coach and team coach, I specialize in guiding private and corporate clients through their personal and organizational development journeys. My expertise lies in enabling flexible adaptation to change and maximizing opportunities for both personal and professional advancement

Work Experience

HR & OD Consultant, Coach

2023

Adaptedge Consulting

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Providing strategic HR & OD advisory and coaching services to SMEs and multinational companies.

HR Manager

2019

MET EU Sales Division

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2023

Providing overall HR management to MET EU Sales Division and its entities in Switzerland, Romania, Spain, Italy, Bulgaria, Serbia, Ukraine, Turkey, Germany, France.

HR & OD Consultant

2016

HQSS Consulting

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2019

Providing strategic HR & OD advisory to SMEs and multinational companies

Head of Retail Banking HR

2010

Erste Bank Hungary

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2016

Head of Comp & Personnel Development

Erste Bank Hungary

2006


HR Generalist

-


2010

ING Bank N.V. Hungary Branch

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 Budapest

Education

Msc Economist
Corvinus University
2006

Labour Law Consultant
University of Pécs
2011

Integrative Coach & Team Coach
GROW Education
2023

Expertise

Performance Management
Compensation & Benefit
Career & Talent Management
Recruitment & Selection
Learning & Development
Organizational Development
Business Coaching
Team Coaching
Action Learning
Life Coaching

Personal Strengths

Straightforward, Structured, Empathic,
Inspiring

Language

Proficiency level English

Meet me @

