

ANDRZEJ TUCHOLSKI

# 5 KEYNOTES

DESIGNED TO SUPPORT, INSPIRE AND EMPOWER INDIVIDUALS AND TEAMS.



Spring 2024 Edition

Every topic is also available as a webinar

Pricing is determined after initial contact and/or a discovery call

Package deals available

Contact email: [czesc@andrzejtucholski.pl](mailto:czesc@andrzejtucholski.pl)

Training

Public speaking



**BUSINESS.ADRZEJTUCHOLSKI.PL**

for updates and links to various resources,  
visit Andrzej's homepage

THE PHILOSOPHY BEHIND THE WORK

# ONE-AND-A-HALF PERSON

Andrzej Tucholski's entire professional body of work is grounded in a straightforward social philosophy known as the "one-and-a-half person philosophy." This approach is about striving to be in a state where, for the majority of the time, one can carry oneself and one's own issues, as well as have the strength and resources to momentarily support someone else who is facing challenges in their life.



WHEN A GROUP EMBRACES THIS MINDSET, EACH MEMBER KNOWS IT'S ALRIGHT TO SHOW VULNERABILITY WITHOUT FEELING LIKE THEY'RE WEIGHING OTHERS DOWN. THIS LEADS TO A SIMPLER, HEALTHIER ENVIRONMENT WHERE STRONGER SOCIAL CONNECTIONS NATURALLY DEVELOP.

## THESE PHILOSOPHICAL PRINCIPLES

ARE INTEGRATED INTO EACH OF THE FIVE TRAININGS AND FORM THE FOUNDATION FOR SUCCESSFUL COLLABORATION:

- 1 TAKE CARE OF ONESELF AND LIVE IN HARMONY WITH ONE'S VALUES.
- 2 FOSTER INNER PEACE AND RESPONSIBILITY WITHIN ONESELF.
- 3 ALLOW ONESELF AND OTHERS MOMENTS OF VULNERABILITY.
- 4 SUPPORT EACH OTHER IN A HEALTHY MANNER.



HE INTRODUCED THE CONCEPT OF THE “HIGH-AGENCY INDIVIDUAL” AND WROTE A BESTSELLING BOOK ON THE SUBJECT IN 2022.



HE FREQUENTLY ENGAGES WITH THE MEDIA, OFFERING INSIGHTS AS AN EXPERT.



WITH A HISTORY OF WORKING ALONGSIDE HUNDREDS OF CLIENTS AND PRESENTING AT NUMEROUS CONFERENCES, HE HAS ALSO DELIVERED KEYNOTES AT TEDX EVENTS, NOT JUST ONCE BUT THREE TIMES.

# WHO IS ANDRZEJ?

ANDRZEJ TUCHOLSKI IS A BUSINESS PSYCHOLOGIST, AN AUTHOR, AND A PUBLIC SPEAKER.

HE IS RECOGNIZED AS A SEASONED PROFESSIONAL IN HIS FIELD, APPRECIATED FOR HIS IN-DEPTH TRAINING SESSIONS AS WELL AS HIS WIDELY RECOMMENDED BOOKS AND COURSES. ALTHOUGH HE HAS PRIMARILY COLLABORATED WITH COMPANIES IN WARSAW IN RECENT YEARS, THE INTERNATIONAL NATURE OF EUROPE’S INTERCONNECTED MARKETS HAS MEANT THAT MANY OF HIS PROFESSIONAL ENGAGEMENTS HAVE BEEN MULTICULTURAL AND CONDUCTED IN ENGLISH.

## 1 SUPPORTING LEADERS AND TEAMS

He offers corporate training and keynote speeches, aiming to assist professionals and leaders in making mindful, principled choices. Andrzej is dedicated to fostering teamwork and cultivating company cultures that buzz with energy and dedication.

## 2 SPREADING THE KNOWLEDGE

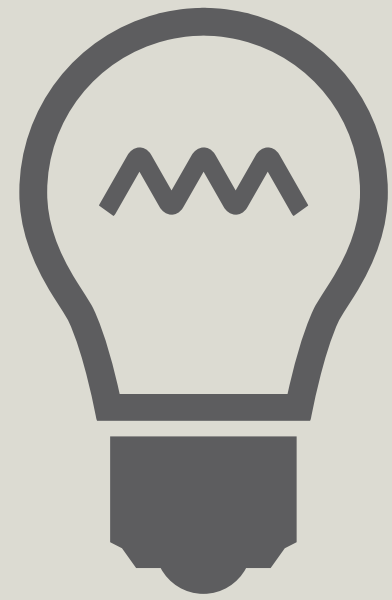
In those rare moments he finds himself at his desk, he’s likely writing a new book or producing an episode for his acclaimed podcast on high-agency and genuine self-acceptance, aptly named “Przekonajmy się” (“Let’s Find Out”).

## 3 ALWAYS STRIVING FOR MORE

His academic journey includes a bachelor’s degree in Management from the University of Warsaw, a semester at Universidade Portucalense, and a master’s in Business Psychology from SWPS University. He’s committed to constantly broadening both his theoretical understanding and practical skills.



FULL BIO AVAILABLE HERE:  
[BUSINESS.ANDRZEJTUCHOLSKI.PL](https://business.andrzejtucholski.pl)



# WHY DO WE NEED BUSINESS PSYCHOLOGY?

Unfortunately, late capitalism is hard.



## SO CALLED “VUCA”

Today’s political, economic and cultural situations are volatile, uncertain, complex, and ambiguous (also known as: “VUCA”). This makes decision-making difficult.



## TECHNOLOGICAL LEAPS

The dawn of artificial intelligence brings about additional fears, necessitates rapid and comprehensive changes, and could significantly widen the gaps in productivity and wages.



## CONFLICTED GENERATIONS

Inter-generational communication is fraught with challenges—Gen Z clashes with Gen X, Gen X views Gen Z with skepticism, and Millennials are often caught in the middle, unsure of their place.

“NEW STUDY SHOWS WE ARE OVERWORKED AND OVERWHELMED” BY KAREN LELAND FOR PSYCHOLOGY TODAY

# 1/3

OF WORKERS IN THE USA ARE CHRONICALLY OVERWORKED.

“NEW STUDY SHOWS WE ARE OVERWORKED AND OVERWHELMED” BY KAREN LELAND FOR PSYCHOLOGY TODAY

# 54%

OF U.S. EMPLOYEES FEEL OVERWHELMED BY THEIR DUTIES.

“THE FUTURE OF JOBS REPORT 2023” FOR THE WORLD ECONOMIC FORUM

# 23%

OF ALL JOBS WILL EXPERIENCE A CYCLE OF SO-CALLED “CHURN.”

# WHAT ARE THE PROBLEMS?



ANDRZEJ OFTEN STEPS IN TO ASSIST TEAMS DIRECTLY, IMPROVISING AS NEEDED AND CREATING SOLUTIONS ON THE SPOT.



## OVERWHELM

Individuals manage numerous roles, often misaligned with their identities, leading swiftly to fatigue.



## BURNOUT

Overwhelmed by too many tasks, the myth of “multitasking,” and pointless work, people find themselves at a breaking point.



## DISONANCE

In the era of late capitalism, many struggle to uphold their values due to a lack of necessary skills.



## FEAR

Concerns about job security grow, with uncertainty about the impact of AI and technological leaps on their careers.



## MISCOMMUNICATION

A communication rift exists among generations. Despite the best intentions of Gen Z, Gen X, and Millennials, outcomes differ.



## OVERLOAD

Cognitive overload triggers anxiety, mental exhaustion, and reduced productivity.

MODULE ONE OUT OF FIVE



## HIGH-AGENCY FOR INDIVIDUALS AND TEAMS



IN ADDITION TO IN-PERSON SESSIONS, EACH MODULE IS ALSO OFFERED AS A WEBINAR OR ONLINE LECTURE.

Andrzej operates from a studio equipped with professional cameras and microphones.

ONLINE TRAINING SESSIONS AND LECTURES ARE OFFERED AT REDUCED RATES.

### Description:

This program is Andrzej's most sought-after, delivering a comprehensive exploration of his high-efficiency concept. It effectively teaches the five critical steps to greater autonomy, self-acceptance, social accountability, leadership, and efficacy, enabling quicker and smoother navigation through life's various hurdles.

Graduates of this training emerge as high-agency individuals, adept at nurturing both their wellbeing and that of others. This isn't just about dodging life's curveballs—it's about knocking them out of the park.

### What's the value:

The program instills vital psycho-emotional skills essential for avoiding overwhelm by responsibilities, which can lead to mood dips or signs of burnout.

### Intended audience:

Ideal for anyone feeling besieged by the demands of modern life, seeking to improve their day-to-day functioning, handle life's challenges with greater serenity, tackle problems more effectively, and experience fewer moments of feeling overwhelmed.

**THIS METHODOLOGY IS PROVEN TO MITIGATE AND EVEN REVERSE THE SYMPTOMS OF PROFESSIONAL BURNOUT, SIGNIFICANTLY BENEFITING PARTICIPANTS' PERSONAL LIVES.**

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 available in English



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## CREATING AND FOSTERING AN INSPIRING WORKPLACE



## DOZENS OF SATISFIED TEAMS



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### Description:

Traditional management strategies often don't hold up under today's intricate, volatile, and undefined conditions, commonly known as "VUCA."

In such a challenging landscape, it's not enough to merely motivate your team and oversee their tasks; they need something more profound, a guidance. Echoing Simon Sinek's famous theory, it's about uncovering a sense of purpose, answering the pivotal question: "why are we even trying?" This training not only makes finding that purpose possible but also makes it a compelling experience for everyone involved. It incorporates Robert Cialdini's "Principle of Unity" and the "rule of common meaning" derived from Viktor Frankl's work.

### What's the value:

This program rejuvenates crucial motivation and management practices and supplements them with essential strategies for fostering a united, mature, and responsibly led community.

### Intended audience:

Ideal for leaders, teams, or organizations intent on nurturing their employees in a supportive and conscientious way, aiming to elevate their professional prowess.

**IT'S ABOUT FORGING A SQUAD THAT'S TIGHT-KNIT, FORWARD-THINKING,  
AND READY TO TAKE ON THE WORLD.**





MODULE THREE OUT OF FIVE



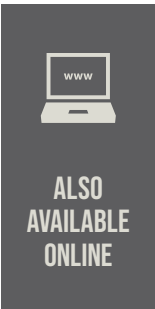
## LEADERSHIP THAT INSPIRES FOLLOWING

# A TOP PICK AMONG EXECUTIVE BOARDS

### Description:

In the realm of business psychology, despite an abundance of theories and extensive research, a particular style of leadership emerges as most effective for both leading teams and the leaders themselves. This approach entails refining specific attitudes and mastering a suite of straightforward, yet powerfully synergistic communication tools.

Some draw on nearly a century of management studies and best practices, while others originate from ancient African philosophy, often cited by successful sports psychology coaches.



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### What's the value:

This training equips individuals with the skills necessary for any leadership role, fostering a sense of social responsibility that ensures every team member feels acknowledged and valued by their leaders.

### Intended audience:

Anyone eager to lead with integrity and effectiveness, regardless of generational differences (the training addresses understanding across generations, often a key to resolving conflicts).

**THIS TRAINING FOCUSES ON THE PSYCHOLOGICAL PRINCIPLES OF BUILDING INFLUENCE, TRUST, AND RESPECT WITHIN A GROUP. NO PSYCHOTECHNIQUES INVOLVED.**

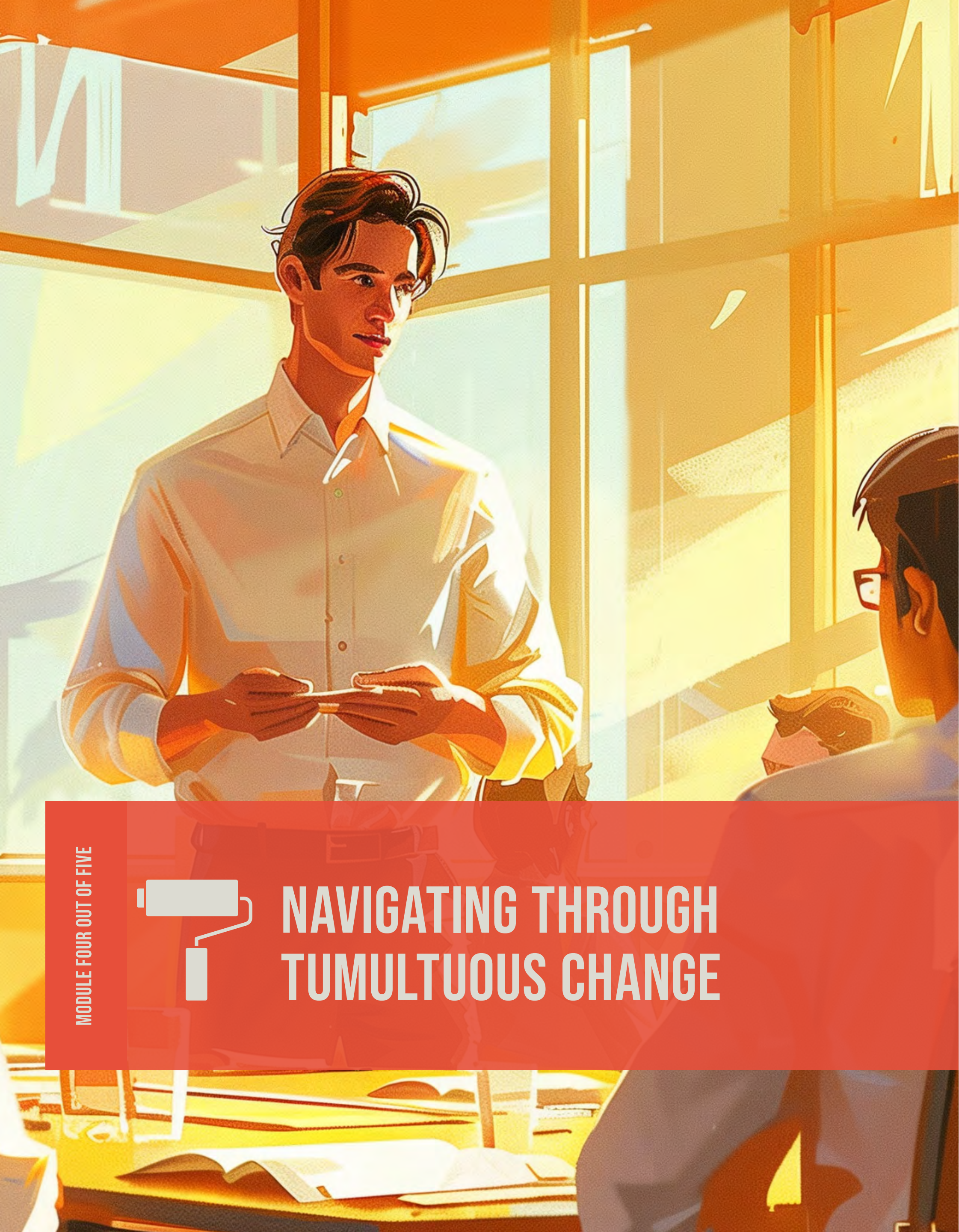
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MODULE FOUR OUT OF FIVE



## NAVIGATING THROUGH TUMULTUOUS CHANGE



### Description:

This program offers a compassionate yet actionable approach to supporting individuals and teams through abrupt or extensive changes.

Whether it's navigating market mergers, the advent of artificial intelligence, or sudden organizational restructuring, it's understandable for individuals to greet such changes with skepticism and caution.

However, this training turns those reactions into momentum and preparedness for action.



**IN ADDITION TO IN-PERSON SESSIONS, EACH MODULE IS ALSO OFFERED AS A WEBINAR OR ONLINE LECTURE.**

Andrzej operates from a studio equipped with professional cameras and microphones.

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### What's the value:

This course deflates the anxiety and uncertainty bubble in such a way that participants can articulate, confront, and acclimate to their fears. This facilitates a seamless transition to readiness for addressing new challenges independently.

### Intended audience:

It's designed for individuals or teams experiencing apprehension or uncertainty due to imminent or current organizational changes.

**THIS TRAINING DOESN'T AIM TO CREATE A "NEW SENSE OF SECURITY."  
INSTEAD, IT CULTIVATES "FLEXIBLE RESILIENCE" IN PARTICIPANTS.**

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## SERENE MIND IN STORMY TIMES



### INSPIRED BY A POPULAR E-BOOK



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#### Description:

A thorough training program focused on essential skills for overcoming cognitive overload and efficiently managing information, responsibilities, and stress.

It leverages the most effective strategies for thriving in so-called VUCA conditions (i.e., significant market uncertainty), offering, most importantly, a suite of immediately actionable tools.

Most are grounded in psychology and management best practices, while others result from Andrzej's personal decade-long journey to enhance his own information flow.

#### What's the value:

This training aids overwhelmed individuals or teams by not only enhancing their well-being and mental state but also by positively affecting their company's business outcomes.

#### Intended audience:

It's tailored for professionals or teams feeling overwhelmed despite their expertise. This course also lays the foundation for building a comprehensive information management strategy from scratch.

**THIS TRAINING ADDRESSES ONE OF THE MOST OVERLOOKED, YET BY MANY CONSIDERED ONE OF THE MOST CRUCIAL NEEDS OF PEOPLE.**



# LOOKING FORWARD TO HEARING FROM YOU!

SHOULD YOU HAVE ANY QUESTIONS, FEEL FREE  
TO GET IN TOUCH. WE'RE HERE TO ASSIST,  
CREATE A CUSTOMIZED PROPOSAL FOR YOU,  
OR PROVIDE A QUOTE.



E-MAIL:

[CZESC@ANDRZEJTUCHOLSKI.PL](mailto:CZESC@ANDRZEJTUCHOLSKI.PL)



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