

# TESTIMONIALS



**HELENA WALSH**  
**COMMUNICATIONS & LISTENING EXPERT**



**MAGDALENA**  
**KIERDELEWICZ**

*Human Resources Manager,  
EMEA at eBay.*

" Working with Helena Walsh has transformed my corporate career. Helena has a very unique way of teaching how to be more human, real and honest in a work environment. I learnt how to consistently – on a daily basis – bring presence into my role. I developed a sense of clarity of how to make better decisions, how to manage my time effectively and how to have a stronger impact on my goals and people around me.

The workshops taught me to change the way I listen. I improved my communication skills, my ability to create connection and trust, and to build stronger relationships at all levels. Helena also helped me to grow as a leader. I have become way more authentic, resilient and service oriented.

After working with Helena I can create a better team environment tapping into human connection, passion and innovation. I highly recommend Helena's workshops to other professionals looking to grow their communication, relationships, leadership skills, improving creativity or simply looking to find their own voice in the corporate world "

" I have been working with Helena now for 2 years and the work we have done has transformed my life. I am a healthier, more whole, balanced and responsive person in all spheres of my life.

I know I have developed as a business leader in Banking, - some of the benefits include:

- Being more present with my team and in meetings
- More connected with myself, and thereby more connected with the people in my team and life
- Bringing my "whole self" to work – my full human being – so that people can better connect with me
- Less reactive and responding from a balanced place
- More aware and conscious of my posture and presence at all times
- Better at listening
- More mindful and attentive

I have developed an awareness of the benefits of maintaining a healthy body/mind relationship and to know what is going on in my body and emotions. The work has made me more confident and composed in making presentations to large and small groups of people. I strongly recommend anyone in business working with Helena "



**RONAN**  
**MC GOVERN**

*Head of Strategy,  
AIB, Property & Workplace  
Transformation*