

**Kåre Landfald**

Founder of Zen Coaching,  
International Zen Coaching Network

**Reference for Marta Obrycka**

Marta Obrycka completed the Zen Coaching Training with me as teacher, and received Certification as Coach in the International Zen Coaching Network (2012-2013). She is presently one of the two main organisers of the Zen Coaching Training in Poland, where I am the main teacher. In this role she also co-facilitates elements of the training, and offers individual coaching to the participants. Since completing her Zen Coaching training, Marta has been one of the most actively engaged and enthusiastic Zen Coaches in Poland.

I know Marta as a totally dedicated, professional, creative and open-hearted coach and facilitator. She has a very rich set of skills and capacities and life experiences that support her in her role as coach and facilitator.

She has a strong ability to stay present, meet herself, take responsibility for her own feelings and reactions, and deal constructively with relational challenges – all of which are essential in the coach/teacher/facilitator roles. She is deeply committed to her own personal growth, awareness and transformation practice. She has a genuine passion for supporting others in their personal growth and in spreading consciousness in the world.

She confidently and lovingly holds space for others in the role of coach, teacher and group facilitator. She naturally creates spaces of joyfulness, loving kindness and curious exploration of any issue. As a coach and group facilitator, Marta shows confidence, naturalness and authenticity, and easily gains the trust of her clients and participants. She creates a safe and non-judgmental space where growth and transformation is strongly supported.

I also find Marta very dependable, positive and open-minded, with a strong follow-through and completion on agreements.

Her extensive training in coaching and broad experience in working with people in different roles, helps her be very creative and intuitive in the tools and approaches she makes use of as coach and facilitator.

I can highly recommend Marta for any job involving coaching, teaching and facilitation.

**Kåre Landfald**

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