

KATARZYNA BRZozowska WORKSHOPS OFFER



KATARZYNA BRZozowska -
BE LIKE NEO & TRINITY



ABOUT ME

A couple of years ago, I was burned out picking up hundreds of phones every week as a customer support specialist.

Today, I am someone who understands high-pressure systems from the inside from frontline roles to expert positions and I know how to navigate and grow within challenging environments

My work is shaped by lived experience: burnout, workplace harassment, challenging negotiations, building strategies and implementations for organizations.

I'm all about empowering others to make the change for the better in their professional lives.

That's why I created **Be Like Neo & Trinity** — a space where I help people transform their lives.



[Read my full story.](#)



[Check my website Be Liek Neo & Trinity.](#)



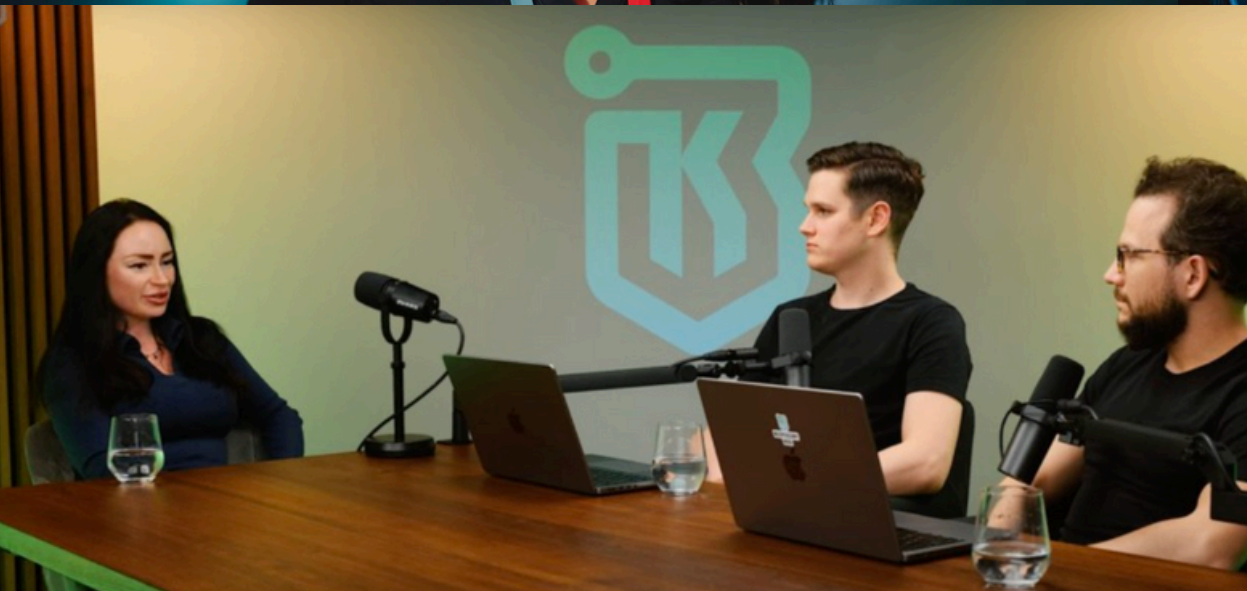
[linkedin.com/in/katarinabrzoowska/](https://www.linkedin.com/in/katarinabrzoowska/)



ABOUT MY WORK

Services I provide

- 1:1 consultations
- mentorship sessions
- onsite workshops
- speaking on conferences
- supporting charities with free workshops eg. at orphanage, fundacja Pajacyk (Świąteczny Kalendarz Programisty initiative)



[See my public appearances](#)

COMPANIES & ORGANIZATIONS WORKS WITH ME



knowit





BEYOND BURNOUT REDESIGNING WORK WITHOUT BREAKING YOURSELF

Core topics

- what burnout really is (and what it isn't)
- why rest alone doesn't solve it
- internalized pressure, responsibility, and over-identification with work
- early warning signs people usually ignore
- redefining success beyond constant productivity

Practical elements

- recognizing early burnout signals in everyday work situations
- practical reflection exercises to identify what needs to change

This workshop is for:

- organizations that want to raise awareness and improve well-being of employees
- teams and organizations where high performance is expected
- people experiencing chronic stress, exhaustion or early signs of burnout

Time: 1h

RECOGNIZING AND RESPONDING TO WORKPLACE BULLYING

Core topics

- what mobbing is and what it is not
- common forms of psychological abuse at work
- how toxic environments affect mental and physical health
- roles in mobbing dynamics (perpetrators, bystanders, co-mobbers)
- why capable, engaged people are often targeted
- early warning signs people tend to ignore

Practical elements

- real-life scenarios and case studies
- recognizing manipulation and gaslighting
- documenting incidents and protecting yourself

This workshop is for:

- organizations that want to raise awareness and prevent harmful workplace behaviors
- individuals who experience or suspect toxic dynamics, mobbing, or psychological abuse at work

Time: 1h





COMMUNICATION UNDER PRESSURE

Core topics

- why communication breaks down under stress
- how to respond without escalating conflict
- setting boundaries without aggression
- communicating facts instead of emotions
- handling overload, unclear priorities, and unrealistic expectations
- asking for help and support without fear

Practical elements

- ready-to-use communication frameworks
- example phrases for difficult conversations
- boundary-setting in real work scenarios
- responding to manipulation and passive aggression

This workshop is for:

- organizations that want to raise awareness and improve communication skills
- teams working in fast-paced environments where conflict and miscommunication are common
- professionals who struggle with communication under stress

Time: 1h - 1,5h

YOU ARE YOUR GREATEST PROJECT

Core topics

- understanding strengths, talents, and natural abilities
- separating external expectations from internal motivation
- how to identify paths aligned with skills and values
- passion vs pressure vs practicality
- how any skill or idea can be monetized
- realistic ways to test new directions
- money as a tool, not the final destination

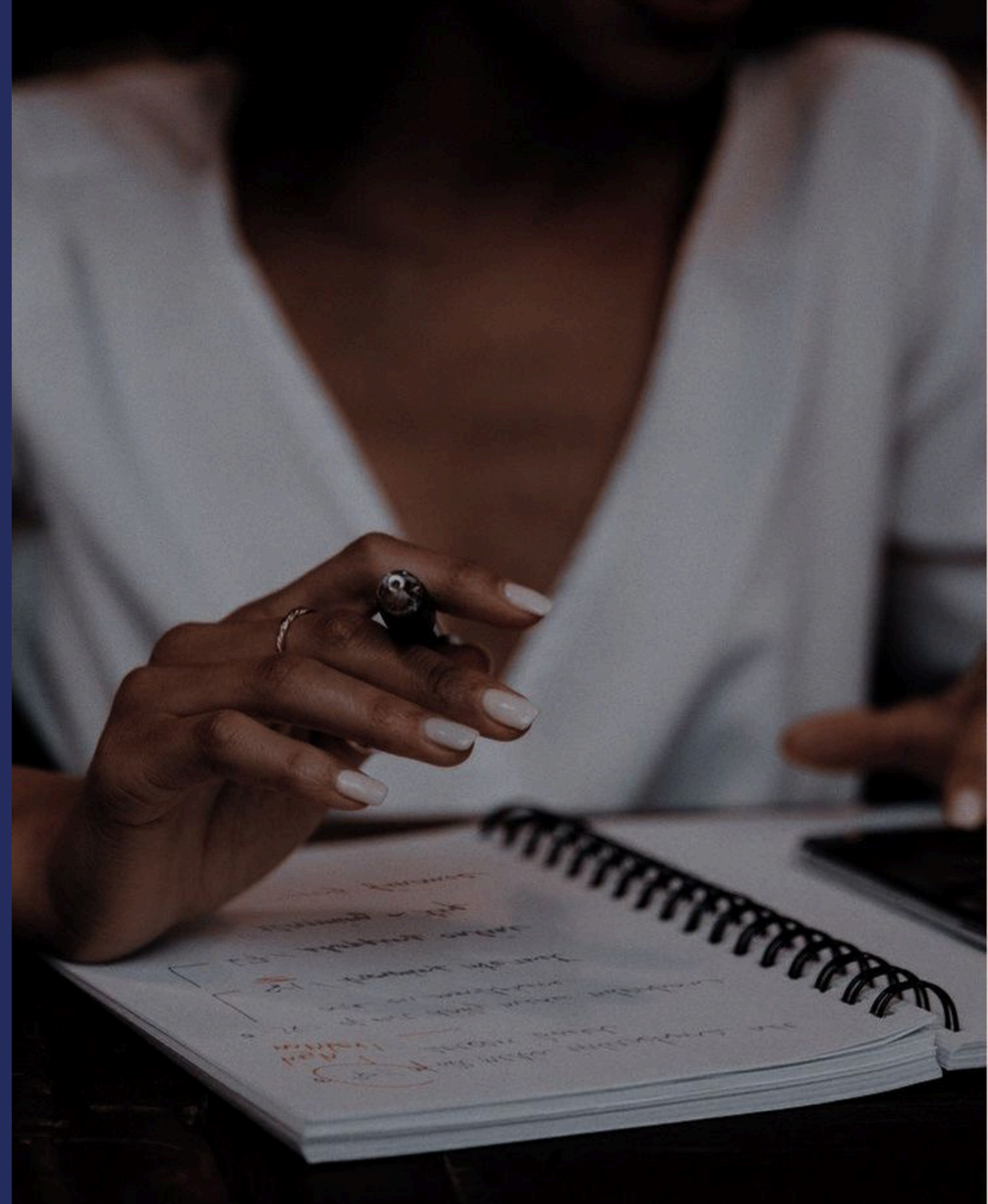
Practical elements

- finding our natural talents
- turning perceived flaws into assets
- identifying aligned paths

This workshop is for:

- people questioning their career direction, motivation, or sense of purpose
- individuals who want to align their skills, values, and work in a more conscious way

Time: 1,5h - 2h





WORKING WITH FEAR, FAILURE & UNCERTAINTY

Core topics

- fear of failure and fear of mistakes
- fear as information, not weakness
- working with uncertainty instead of fighting it
- building trust in yourself during instability
- imposter syndrome and comparison
- why progress is not linear
- rebuilding confidence after rejection

Practical elements

- reframing failure narratives
- practical tools for emotional regulation
- learning the lessons from failures

This workshop is for:

- people facing fear of failure, self-doubt, or imposter syndrome
- organizations that want to strengthen resilience, decision-making, and long-term engagement
- professionals navigating change, rejection, or uncertainty in their careers

Time: 1h

FUTURE OF WORK IN THE AGE OF AI

Core topics

- how the job market is changing which roles are growing and which are becoming less relevant
- how to recognize whether your current role is vulnerable to automation
- what makes certain professions more resistant to technological change
- areas where human skills remain irreplaceable despite AI development
- how to stand out in an increasingly saturated and competitive market
- what “AI literacy” really means and why it is becoming essential
- confusion, uncertainty, and overwhelm during rapid change — where to start when you feel lost

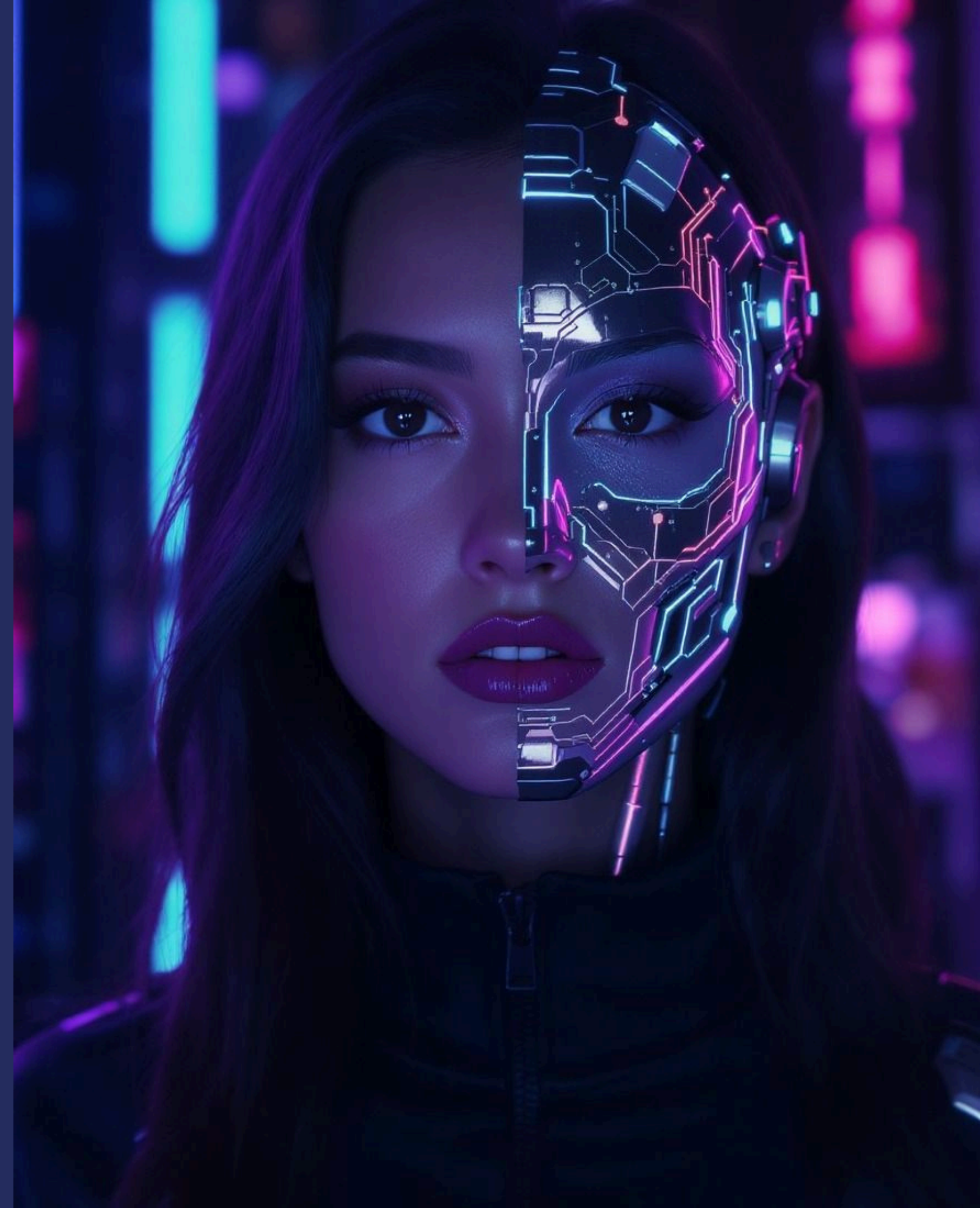
Practical elements

- mapping your existing skills to future-proof areas
- simple frameworks for assessing career resilience
- shifting from fear-based thinking to conscious adaptation

This workshop is for:

- teams and organizations preparing for technological change and evolving skill requirements
- professionals who feel uncertain about the future of their jobs due to AI and automation

Time: 1,5 h



BASE WORKSHOPS PACKAGE

1st example

- You Are Your Greatest Project

2nd example:

- Recognizing and Responding to Workplace Bullying
- Communication Under Pressure

You can choose your favourite combination of workshops on your own.

Time: 1,5h - 2,5h

Price: 1100 PLN net

EXTENDED WORKSHOPS PACKAGE

1st example

- You Are Your Greatest Project
- Future of Work in the Age of AI

2nd example:

- Beyond Burnout: Redesigning Work Without Breaking Yourself
- Recognizing and Responding to Workplace Bullying
- Communication Under Pressure

You can choose your favourite combination of workshops on your own.

Time: 2,5h - 4h

Price: 1700 PLN net

FULL DAY WORKSHOPS PACKAGE

Example:

- You Are Your Greatest Project
- Future of Work in the Age of AI
- Working with Fear, Failure & Uncertainty
- Beyond Burnout: Redesigning Work Without Breaking Yourself
- Recognizing and Responding to Workplace Bullying
- Communication Under Pressure

You can choose your favourite combination of workshops on your own.

Time: 7h - 8h

Price: 3000 PLN net

Prices includes travel to place of workshops in Poland (I am located in Poznan, Poland), running a workshops in English/Polish, materials for attendees.
Message me for workshops abroad to discuss final price. (Contact info on the last page)

WHY PEOPLE CHOOSE MY OFFER?

- available in English or Polish
- grounded in real-world professional experience
- psychologically informed, not therapeutic
- full of practical tools to use from day one
- understanding of people situation, because of my own experiences with all subjects I cover during workshops
- relevant for diverse teams, not limited to one industry



THANK YOU FOR SUPPORTING MY WORK!

If you decided to choose my offer.

I AM OPEN TO HELP YOU NEXT TIME!

If you chose different offer.



Email me: **belikeneoandtrinityofficial@gmail.com**



Contact me via **website Be Liek Neo & Trinity**



Contact me via private message on **LinkedIn**