

Who I am ?



- o mgr Mateusz Kur, psychologist
- o My name is Mateusz Kur. I graduated in Psychology and Cultural Anthropology, and I am deeply interested in the holistic approach to human beings

We offer psychological support and help to students in:

- o Handling problems with adaptation into a new environment (Wroclaw, university, dormitory)
- o Finding solutions in conflicts in relationships (with other students and staff)
- o Giving professional advice on how to attain personal goals
- o Coping with mental difficulties caused by exams or tests
- o Overcoming anxiety and fear
- o Handling problems with low self-esteem, lack of motivation and mood swings
- o Breaking language and cultural barriers – support available in English
- o Helping to all people with some disabilities

Below are listed some areas I specialise in:

- o Psychological support for people in crisis
- o Boosting motivation, finding ways for self-improvement and setting personal goals
- o Counselling in the sign language for the deaf and hearing impaired
- o Running workshops and educational practice
- o Handling problems in relationships
- o Resolving conflicts using the NVC (Non-violent Communication) method

HOW TO CONTACT ME ?

Online chat or a phone call

m.kur@tnm.org.pl

Mob. +48 516 005 583

Appointment in advance is necessary!