

Press Pack

MATEUSZ GRZESIAK



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Who is Mateusz Grzesiak?

Psychologist, international teacher, and coach.

Graduate of the Faculty of Law and Administration at the University of Warsaw (2004), the Faculty of Psychology at the University of Social Sciences and Humanities (2008), doctoral studies in Management and Finance at the Warsaw School of Economics, and a scholarship from the University of Bonn (2002-2003).

He has 13 years of comprehensive experience in the training industry; internationally since 2006. He has participated in numerous conferences as a motivational speaker, appearing alongside Robert Cialdini, Brian Tracy, Tony Robbins, and Randy Gage. His 'Create Yourself' training course is a unique, comprehensive model for soft communication in all aspects of personal and business life. In addition to conducting training courses, Mateusz Grzesiak collaborates with international brands in terms of consulting, coaching, and business mentoring. He is the author of nine books relating to the psychology of development.

Business activity history

Mateusz Grzesiak's business activity began in 2005. He currently operates under the name Starway Sp. z o.o. and offers modern training products, designated for individual and business clients, and also dedicated to the international training market. The company conducts international activities, operating within the training markets of, among others: Poland, Ireland, Brazil, Columbia, and Mexico.

To date, Starway's clients have included: Volkswagen Bank, Porsche Inter Auto, EY, Deloitte, Aviva, Danone, Siemens, Roche, Polpharma, Noble Bank, Press Glass, Škoda, Volkswagen, Orlen, Lotos, ING, and Tieto. An important part of Starway's activities are likewise international mentoring sessions including those for business people from Brazil, Mexico, Poland, and the USA.

MATEUSZ GRZESIAK

Involved in the Training industry for 13 years; internationally since 2006.

HAS RUN COURSES IN THE FOLLOWING LANGUAGES:

- Polish
- Spanish
- Portuguese
- Italian
- English
- German



Starway was a strategic partner in the organization of the international conferences 'The National Achievers Congress' in 2013 and Tony Robbins' 'The Way Ahead' in 2015. Over the last two years of operations, Starway has organized 30 five-day training courses in Poland, in which a total of 15,000 people participated, 15 international training courses with over 500 participants, four conferences organized in Warsaw promoting personal development and sales skills attended by 2,400 people, and three international conferences (in Dublin and London) with a combined total of 600 participants. In addition, in June 2013 an online conference was organized, via streaming, which was watched live by 11 thousand internet users, and another in November 2015, this time for 40 thousand internet users.

Training

The newest original training package is a block under the title Create Yourself, which includes a complete model of soft communication and its application in effective techniques and tools, covered in 10 training cycles:

- Success and Change – the psychology of achievement
- Relations Bootcamp – the psychology of relationships
- Fast Languages – an original model for rapid language learning
- Dream Body – sports and nutrition psychology
- Technologies of Mindfulness – the psychology of mindfulness
- Millions and Dragons – the psychology of business and finance
- Mixed Mental Arts – the psychology of change
- Lead Train Inspire – the psychology of leadership
- Behavioriks – the psychology of influence
- Master Sales – the psychology of sales

Mateusz Grzesiak consistently appears in the pages of the largest Polish and international media. He regularly appears in the role of an expert on television and radio programmes and in the printed press. He is often referred to as the most popular Polish coach (TVN: 'Coach to the Stars', Gazeta Wyborcza: 'The most Popular Coach in Poland'). He has also published articles relating to the problems of the psychology of development in the periodical 'Coaching', in 'Forbes', and the business magazine THINKTANK. His social media profiles are currently among the most popular channels addressing the subject of personal development – they attract over 300 thousand viewers.

MATEUSZ GRZESIAK REGULARLY POSTS EDUCATIONAL MATERIALS ON HIS YOUTUBE CHANNEL AND FACEBOOK PROFILE

His article '22 Things You Discover When You Are Over 30' achieved 110 thousand likes in Brazil and was seen by many millions of people.

The Film 'How to Learn Foreign Languages' reached a record audience – over 1 million people.

He reaches over 700 thousand people each month on social media.

Starway: aims and mission

Mateusz Grzesiak and Starway specialize in broadly-understood soft education, shaping psychological skills in the following areas of business and personal development:

- management
- leadership
- sales
- teaching
- relationships
- change
- mindfulness
- marketing

Starway is currently one of the few training companies in Poland with such a wide reach and such a broad international practice. It has experience of work in various areas of business, which enables both a comparison of the best experiences and the means of transferring them from one branch to another, adapting to the needs of the market. The solutions introduced by Starway are always tailored to the client's needs, based on Mateusz Grzesiak's original proprietary models. Starway's experience in various industries enables the assessment of client needs from a broad perspective and the selection of the most appropriate and effective tools for problem solving. In addition, thanks to international experience, Starway frequently applies into the national market solutions implemented and proven in other countries. Due to the organization of many open training courses, the company also has experience of working with a broad range of generations – from baby-boomers to Generation Y, who are currently entering the employment market. It knows their needs and possesses communication tools dedicated to any target group. The mission of Mateusz Grzesiak and Starway is to popularize soft education leading to local and global changes at the level of awareness. From the beginning of its operations, Starway has promoted the idea of developing soft skills, in order that shaping them would become an element of education in public schools. Starway counts on combining the benefits of science and business (BUSCIENESS) and education with entertainment (EDUTAINMENT) in creating proprietary models, the preparation of unique solutions in the form of a licence that will be sold over the world, and constant development, thus allowing Starway to continuously expand as a prestigious international training company.

TO DATE, THE COMPANY HAS CONDUCTED OPERATIONS IN, AMONG OTHERS, THE FOLLOWING MARKETS:

- Brazil
- Ecuador
- Ireland
- Israel
- Colombia
- Mexico
- Germany
- Poland
- Slovenia
- USA
- Great Britain



Selected Testimonials:



Richard Moss

Doctor, journalist, and writer, author of 'Mandala of Being'

"Mateusz Grzesiak is a talented coach and trainer, guided by profound moral principles. I most appreciate his desire to make emotional intelligence and mindfulness available to everyone in the world".



Mariusz Wirga

Doctor and Medical Director of Psychosocial Oncology in Long Beach, California.

"Mateusz has an exceptional talent to impart knowledge with a high degree of creativity and energy".



Rafał Brzoska

President of Integer.pl, founder of InPost

"A great coach and an effective trainer. Demonstrates by example, that a Pole is capable".



Mariusz Bondarczuk

CIO, BPH

"A man driven by genuine deep passion to do good, who loves his job, loves the people for whom he works, and lets everyone around him feel it".



Magdalena Nowicka

CEO, ING Services Polska

"After Grzesiak, nothing is the same. Everything changes; for the better, more colourful, interesting, fun, and exciting. This is the best training course that I have attended".

EXPERIENCE BY NUMBERS:

11 700

Seminar clients around the world

310

Seminars presented

9

Books written

82

Blog articles

187

Television appearances

110

Countries visited

8

Languages spoken

325

Days spent at self-improvement seminars

1730

Hours of video material produced

19 400

Hours spent teaching others

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