



Jan Fronek is an “Academic Coach with a Green Heart” in Prague, Czech Republic, where he helps PhD students finish and defend their dissertation thesis faster and without losing their soul and relationships. Thanks to a special coaching program, they gain control over their academic goals and never lose track again. They learn tools for faster results and become successful professionals. They finish doctoral studies and harvest the fruit of their multiple-year-long

effort.

Coaching since 2010, Jan finished his PhD in 2012, after 4 years of working on it in the field of Adult Education at Charles University in Prague. He has been working in the top Czech environmental education charity since 2015 and has 12 years of teaching at universities for students from the whole world (USA, Europe, Asia, South America).

He shares with us:

In supporting people I always balance 3 Cs: Content that is valuable, Coaching so that the content fits your personality and schedule, Community for better learning and sharing in sessions and between them.

I've built a natural family house and run a 3-acres permaculture homestead.

I am excited to join our Working Group; community is very important to me. I'd like to get inspired by people who care about sustainability, and who are academics at the same time. Together we're stronger.

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