

## **Biography**

She graduated from Marmara University Guidance and Psychological Counseling Department in 1997, has been continuing her career as a Counselor, Professional Coach and Trainer since 2009.

Her career journey, which started at Balıklı Greek Hospital Anatolia Clinics after graduation, continued as a part-time lecturer and psychological counselor at Istanbul Kültür University for 12 years. Ayça Bolten Ülkü, who has adopted continuous learning and development, has received various therapy and consultancy trainings in the professional field at home and abroad. In order to gain a deeper perspective on the problems experienced in working life, Uludağ University, Department of Labor Economics and Industrial Relations, took graduate courses in the Department of Labor Psychology, and turned her focus to the solution of people and problems in working life. She has prepared and implemented projects in companies related to stress, the effects of stress on business and private life, and the balance between work and life. She also provides Corporate Psychological Consultancy services.

Experiencing the effectiveness of solution-oriented approaches in today's business life, Ülkü has turned her interest to the field of coaching since 2009, received the accredited coaching certificate from the International Coach Academy in 2012. Bringing all the professional experience, knowledge and skills she has acquired to the field of coaching, she supports people in their life and career journeys.

Believing that every individual is special and unique since he entered the profession, Bolten Ülkü supports individuals in terms of achieving their goals by evaluating their potential at the highest level in coaching, taking into account that the needs of each individual and institution are different from each other in line with this principle.

Ayça Bolten Ülkü's recent works are on Transactional Analysis, Leadership, Creating Personal Awareness in Leadership and she works intensively with young people and young leaders on these issues. In addition to professional development, she participates in various non-governmental organizations as a speaker and educator in order to serve the development and informing of the society. He is a member of Uludağ Soroptimist Club and works on empowering the status of women and young girls in society.