

Mariola Kajkowska

Connector | Facilitator | Change-maker

📍 Based in Denmark | Available Europe-wide
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Profile

I am a facilitator and cultural connector with 20 years' experience helping people thrive across borders, teams, and contexts. As founder of First Friend in Denmark and creator of Move to Connect – Personality in Motion, I bring together intercultural expertise, coaching, and dance/movement to create transformative group experiences.

My sessions energize, inspire, and connect people — whether through team development workshops, Latin couple dance (salsa, bachata), Salsation fitness (solo dance), or intercultural training. I specialize in blending creativity, well-being, and personal growth in formats that are engaging, memorable, and adaptable for professionals across Europe.

Signature Offers for Culture Vitale

Move to Connect – Personality in Motion

Interactive workshop combining DISC personality profiling with dance and movement to boost communication, empathy, and team spirit.

Duration: 30–90 minutes | Languages: English, Danish, Polish

Latin Dance Workshops (Salsa & Bachata)

Couple dance classes designed to energize, build trust, and encourage playful collaboration.

Salsation® Fitness Sessions

A dance-fitness concept focused on expression, musicality, and well-being – energizing teams while strengthening body-mind connection, and community building.

Intercultural Trainings

Workshops on cross-cultural communication, onboarding, and retention of international employees, supporting inclusive team culture.

Professional Experience

Founder & Facilitator – First Friend in Denmark (2021–Present)

- Support companies in retaining international employees through onboarding, life coaching, and integration workshops.

- Facilitate cross-cultural communication and team development for leaders and employees.

Workshop Creator & Facilitator – Move to Connect (2025–Present)

- Designed and delivered innovative workshops combining DISC profiling and dance to foster team connection.
- Clients include Siemens Gamesa, Vattenfall and pilot companies in knowledge-based industries.

Dance Instructor – Latin Dance & Salsation (2005–Present)

- Teach salsa and bachata couple dance, focusing on trust, rhythm, and partnership.
- Certified Salsation® instructor, delivering high-energy, expressive dance fitness sessions.
- Lead classes and cultural events fostering inclusion, joy, and community.

Consultant – NGOs & Governmental Organizations (Denmark & EU)

- Extensive facilitation and program management background in multicultural environments.
- Designed and implemented leadership, communication, and inclusion projects.

Education & Certifications

- DISC Certification – People Keys® Maxwell Method of DISC
- Certified Salsation® Fitness Instructor
- Maxwell Leadership Certified Coach, Teacher, and Speaker
- Certified Life Coach - Strategic Intervention Coaching with Robbins - Maddanes
- MA in English, Humanities
- BA from Teacher's Training College
- Ongoing training in facilitation, coaching, and dance pedagogy

Core Skills

- Group facilitation & team development
- Dance & embodied learning
- Cross-cultural training & integration
- Coaching & resilience support
- Communication & empathy building
- Creativity & well-being practices

Languages

English (fluent)

Danish (fluent)

Polish (native)