



JUSTYNA JENDRZEJEK

SPEAKER • PSYCHOLOGY RESEARCHER • AUTHOR

I help young people move from pressure and an overload of possibilities to intentional action. I combine a psychological perspective, project experience and first-hand practice in building initiatives from the ground up.

2x

TEDx speaker

4

countries: talks and workshops

2

research labs at JU

1

original e-book for young people

2

original children's books

CONTACT / COLLABORATION

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Poland / Europe

More experience: LinkedIn

POTENTIAL IS NOT PERFORMANCE.

WHAT HAPPENS BETWEEN POSSIBILITY AND ACTION

Her talks explore how expectations, environment and micro-decisions shape agency. Rather than offering empty motivation, she gives young people a language for understanding pressure and a roadmap for taking the first steps.

AREAS OF INTEREST

High-performance psychology

Potential, performance, mental resilience and action under pressure.

Leadership

Leadership, agency and the development of young leaders.

Pressure on young people

Expectations, pace, social comparison and choice overload.

Micro-decisions and action

How small choices create a path towards meaningful results.

SELECTED SPEAKING ENGAGEMENTS

- TEDxWarsaw Youth - 'How to Feed Your Monster' (2025)
- TEDxYouth Lublin - 'The Micro-Decisions That Change Everything' (2025)
- Japan Youth Summit, Tokio (2026)
- European Youth Summit, Genewa (2026)
- Tarnology II / Nexia Foundation (2025)
- Gdynia Library panel discussion (2026)

SELECTED ORGANISATIONS AND VENUES



EXPERIENCE ACROSS DISCIPLINES

Research and psychology • communication and media • entrepreneurship • social projects • education

Justyna builds credibility both on and beyond the stage. She works in research teams, runs her own publishing house, creates media content and develops social initiatives. This enables her to speak about action from the perspective of someone who tests ideas in practice.

PROFESSIONAL AND RESEARCH EXPERIENCE

● PSYCHOLOGY RESEARCH

Researcher at the Pain Research Laboratory, Jagiellonian University; researcher and volunteer at CloseLab JU; co-organiser of the SIPS 2025 conference.

● PUBLISHING AND AUTHORSHIP

Founder of the 'Piszę dla dzieci' publishing house; author of two books; exhibitor at the Kraków International Book Fair in 2024 and 2025.

● MEDIA AND COMMUNICATION

Reporter and host of 'Bez pytań retorycznych' at Synaj.tv; journalist for Czytajże / Młody Kraków; featured in radio, television and podcasts.

● PROJECTS AND PARTNERSHIPS

Managed a PLN 6,300 project budget and secured partners; delivered projects with Lidl Polska, ING Polska and Veolia; Partnerships Manager at Econverse.org.

● EDUCATION AND WORKSHOPS

Workshops in Belgium, the Grądy Library Branch, Kraków Library and Pracownia Młodych on Daszyńskiego Street. Online: a webinar for Wiedza43 and YoWo Talks / YoWo Poland.

EDUCATION AND DEVELOPMENT

Psychology / Individual Interdisciplinary Studies - University of Silesia

Introduction to Jungian Psychology - C.G. Jung Institute Zurich

Project Management Fundamentals - PMI

Project Management Principles - PMI

VOLUNTEERING AND EVENTS - 10 YEARS

CULTURE AND EDUCATION

Vitae Valor Film Festival, 'Window to the World' Festival of Cultures, Lesser Poland Cultural Heritage Days, the Great Dragon Parade and the Ludwik Solski Theatre.

SPORT AND YOUTH WORK

2023 European Games, CAVALIADA Kraków and Sopot, and the SIEMACHA Horse Riding Centre.

SOCIAL AND INTERNATIONAL ENGAGEMENT

SEED Iceland in Reykjavík, Malta Medical Service, the Ottimica Musica Foundation and youth initiatives.

ACHIEVEMENTS AND DISTINCTIONS

- Maturalni Dreams Scholarship
- ENEA Talent Academy Scholarship
- Future as a Gift Scholarship
- Kraków Club Scholarship
- CORDARE Foundation Scholarship
- Jerzy Juzoń Educational Foundation Scholarship
- Start2Star Index - Jolanta and Leszek Czarnecki Foundation
- Personality of the Year 2024 - Social Activity
- Golden Index - UMCS Faculty of Education and Psychology
- Finalist, Young Polish Woman 2025 - Media
- Winner, national mental health knowledge competition
- Winner of the University of Silesia 'Wild Index'
- Gold, Silver and Bronze Wolf Awards - Zwolnieni z Teorii
- Recipient of Beata Mosór's mentoring programme
- Speaker at TEDxWarsaw Youth
- Speaker at TEDxYouth Lublin
- Speaker at Tarnology II - Nexia Foundation
- Speaker at Hear the Youth
- Speaker at the Japan Youth Summit in Tokyo
- Speaker at the European Youth Summit in Geneva

CLIFTONSTRENGTHS TALENTS

Achiever • Focus • Woo • Futuristic • Discipline

DISC

Arbiter (IC) - a combination of the Dominance (D) and Conscientiousness (C) styles

COLLABORATION FORMATS

TALKS

Conferences and youth, educational and social events.

WORKSHOPS

Practical sessions for young people, schools, libraries and organisations.

MEDIA AND PANELS

Podcasts, interviews, debates and panel discussions.