

Hutisko-Solanec 729 
756 62 Hutisko-Solanec
Czech Republic
+420 725 294 017 
tichaater@gmail.com 
[Tereza Tichá](#) | [LinkedIn](#) 

Tereza Tichá

Working in social services since 1999.

Skills

- Knowledge of social services legislation in Czechia.
- Ability to identify strong and weak aspects in an organisation.
- Knowledge of theory and practice of management in social services NGOs.
- Good communication and organisational skills.
- English – IELTS overall band 8.0.
- French – bilingual secondary school education.
- Microsoft 365 (Digiskills 365 Heroes certificate), Google workspace, Atlas.ti, Canva.

Work experience

2024 – 2025

Quality inspector of social services / Ministry of Work and Social Affairs, CZ

Quality control according to the Social Services Act.

2019 - 2024

Charita Valašské Meziříčí, CZ

Social workers' coordinator, 2019-2024: Support and methodological guidance for managers of 16 social services in an NGO.

Social worker – street worker, 2019-2021: Support for people experiencing homelessness and/or in housing crisis.

Manager and social worker - Centre for material help, 2018-2019: Direct work with recipients of support, operational and quality management, multidisciplinary work.

2017 - 2018

Teacher's assistant / Forrest kindergarten, Rožnov pod Radhoštěm, CZ

Daycare facility for children 3-7 years – direct care.

2004 - 2014

Iskérka / Zdravý Rožnov, Rožnov pod Radhoštěm, CZ

Director, 2013-2014: Statutory representative and manager of an organization providing social rehabilitation for people with psychiatric illness experience.

Head of Social Services, Social Worker, 2009-2013: Coordination of the operation and quality of social rehabilitation for people with psychiatric illness experience, direct work with recipients of services; coordination of exchange visits to the Netherlands.

Social Care Assistant, 2004-2006: Direct work in social rehabilitation for people with psychiatric illness experience; coordination of exchange visits to the Netherlands.

1999 - 2003

Co-worker – volunteer / UK

Camphill community Glencraig, Holywood, Northern Ireland, 2000-2003: Residential care for adolescents and adults with special needs (various types of disabilities) - team and house coordination and direct care.

Ochil Tower School, Auchterarder, Scotland, 1999-2000: Residential care for children with special needs – direct everyday care, teacher's assistant.

Education

2024 - 2027

The Basic Practice Biographical Coaching (BPBC) / Instituut voor Biografiek, NL

Biographical Coaching – Self-Experiential Training (<https://biografiek.nl/english-training/>)

2020 - 2023

Management and Supervision in Social and Health Organizations (specializing on management) / Faculty of Humanities, Charles University, Prague, CZ

Follow-up Master's degree programme in the field of social work; Topic of diploma thesis: Care for managers in a helping NGO.

2006 - 2009

Bachelor of Social Work / Faculty of Arts, Palacký University Olomouc, CZ

Further education and long-term courses

2024

365 Heroes / Digiskills, online

25-hour online course. Digital competence certificate.

2014

Manager of a non-profit or government agency / Neziskovsky.cz, o.p.s., Prague, CZ

120-hour training course.

2007 – 2008

Parent Effectiveness Training (P.E.T.) / Forrest kindergarten, Rožnov pod Radhoštěm, CZ

Program developed by Dr. Thomas Gordon - skills training supporting respectful, collaborative relationships, communication and conflict-resolution skills.

2004

Introduction to Psychosocial Rehabilitation and Community Mental Health Care / AKS, CMHCD, CZ

40-hour training, accredited by: Academy for Mental Health Care Reforms & STORM Rehabilitation / European Centre for Psychosocial Rehabilitation and Community Mental Health Care.

2000 - 2003

Camphill Course in Curative Education / BA in Curative Education / CAMPHILL COMMUNITY GLENCRAIG, UK / University of Aberdeen, UK

3-year study of therapeutic pedagogy; practical skills for care and education of children, adolescents and adults with special needs.

Participation in projects and other activities

2020 - 2026

Chairwoman of the Statutory Board / Základní škola Sedmikráska, o. p. s., Rožnov pod Radhoštěm, CZ

2006 - 2014

Iskérka o.p.s., Rožnov pod Radhoštěm, CZ

Four EU-funded projects in cooperation with Dutch partners and participation of people with psychiatric illness experience, projects focusing on quality of mental health social services, client participation, peer consultants, employment and mental health system changes.