
Jana Škvarková

Ing. Jana Škvarková
AML/Compliance Specialist and FATCA&CRS Officer at Uniqa pojišťovna, a.s.

Expertise and focus:	I have long-term experience in compliance, internal audit and research management across both the private and public sectors. I have worked with students, graduates and junior colleagues, supporting their professional development. I can provide mentoring in Czech, Slovak and English. I work on projects at both the local and international levels. I am also interested in process mapping, analysis and improvement, including the use of automation and AI to increase efficiency. I am engaged in initiatives supporting a healthy work environment as a leader of the Mental Health First Aid Community and a member of the Women Inspiration Network Group. I focus on connecting practical experience, individual development and knowledge sharing. Through mentoring, I offer a practical perspective on career opportunities and support in navigating professional changes.
Form of mentoring meetings:	Either way, online or offline, but I prefer meetings in person.
Has an experience in:	Career in the private sector Career in the public sector
	Link to CV

Previous mentoring experience:	As a mentor - Since 2014, I have worked with students, graduates and junior colleagues, supporting their understanding of career options and professional development paths, initially in a managerial role and later as a senior colleague.
Motivation:	I would like to become a mentor for postdocs as I am interested in supporting their academic and professional development, while also further enriching my own experience in an academic environment. I aim to help postdocs understand their options in education and career paths and support them in making informed decisions about their future. At the same time, I see mentoring as an opportunity to develop my expertise in mental health, women's development and coaching, which I am actively pursuing and plan to further formalize through certification. I am also motivated to contribute to building a healthier and more supportive work culture, both professionally and personally.
Career guidance topics you can discuss with the mentor:	• Creating a career plan, strategy • Identifying and utilizing one's skill set • Asking essential life questions • Career change, change of field • Navigating the job market, employment opportunities

	• Support in areas I have experience in and sharing mental health knowledge and skills (Mental Health First Aid Certification)
Research related experience the mentor is ready to share with the mentee:	• Consultation on preparation for a job interview • Networking - introducing people in the field • Participating in events together with a mentee (conferences, symposia, fairs, etc.) • Consultation on required competencies for the private sector • Navigating the job market in the sector I operate in • Project management partly
Open to discuss topics related to family and work-life balance:	Yes
Language:	I prefer to conduct mentoring sessions in Czech, Slovak or English. I can also communicate in Swedish (advanced level, with a certificate), as well as basic German and Spanish.