



CURRICULUM VITAE

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Location: Germany (Lucca, Tuscany) & Italy

Languages: Fluent in English, German, Italian, and French

Skills:

- **Communication:** Extensive expertise in communication strategies, both verbal and non-verbal, honed through years of coaching, theater training, and cross-cultural facilitation. Proficient in using masks and body language to understand and enhance effective communication.
- **Cultural Diversity:** Adept at facilitating interactions among diverse cultural groups, fostering understanding and collaboration. Skilled in bridging cultural gaps and leveraging differences for improved team dynamics and business outcomes.
- **Leadership Development:** Proven track record in leadership development through coaching, mentoring, and training. Developed and delivered impactful programs for leadership effectiveness, emphasizing presence, communication, and collaborative skills.
- **Coaching and Mentoring:** Extensive experience in coaching and mentoring individuals and teams, utilizing various methodologies and approaches to empower personal and professional growth.
- **Cross-Cultural Facilitation:** Skillful in bringing together individuals from different cultural backgrounds, promoting empathy and cooperation. Proficient in mediating cultural conflicts and helping teams thrive in multicultural environments.
- **Presence Work:** Specialized in Presence Work using Neutral mask and expressive masks to interpret body language and character dynamics. Expertise in helping individuals enhance their presence and authenticity in various contexts.
- **Holistic Health:** Strong background in holistic health and personal development techniques. Founded and led a cultural center focused on holistic practices, contributing to an in-depth understanding of mind-body connections and well-being.
- **Theatrical Expertise:** Proficient in theater-based approaches for personal and professional development. Used theater techniques to enhance communication, self-expression, and team dynamics.
- **Team Building:** Developed and executed effective team-building processes, fostering a shift from individual to collective awareness. Expertise in building synergy and enhancing group dynamics for better collaboration and performance.
- **Multilingual Fluency:** Fluent in English, German, Italian, and French, enabling seamless communication across international teams and diverse audiences.
- **International Network Building:** Established "WE Synergize Consulting," a network that amalgamates Eastern and Western practices, utilizing story-telling and holistic approaches to empower individuals and organizations.
- **Training and Workshops:** Skilled in designing and delivering impactful training sessions and workshops. Experience includes online training programs, seminars, and coaching sessions on topics ranging from communication to leadership.
- **Yoga and Breath Work:** Profound knowledge of yoga science and breath therapy methodologies. Leveraged this expertise to enhance personal growth and coach individuals in stress management and well-being.
- **Facilitation Skills:** Proven ability to facilitate groups of varying sizes, from workshops to large-scale seminars. Developed techniques for creating engaging and interactive learning environments.
- **Conflict Resolution:** Expertise in mediating conflicts and fostering understanding among individuals and groups with different viewpoints or cultural backgrounds.
- **Storytelling and Mythodrama:** Proficient in using storytelling and mythodrama approaches to create engaging learning experiences and facilitate personal development.
- **Consultation for Organizations:** Experienced in providing consultation to organizations on improving communication, cultural dynamics, and leadership strategies for enhanced performance and harmony.
- **Mentorship and Guidance:** Demonstrated commitment to guiding individuals and teams through coaching and mentoring, enabling them to reach their full potential.
- **Effective Facilitation:** Skilled in facilitating interactive and dynamic sessions that encourage participation, discussion, and skill development.
- **Cross-Cultural Collaboration:** Successful track record of fostering collaboration among individuals from diverse cultural backgrounds, resulting in strengthened teamwork and mutual understanding.

2021 - 2023: Business and Personal Development Coach

- Specialized in Communication, Cultural Diversity, and Leadership Development.
- Co-founder of IvalYou Foundation, addressing human issues within Organizations and individuals to enhance personal and organizational harmony.
- Communication and Business Facilitator for trading Companies in Italy, Germany, and France, promoting cross-cultural understanding for improved business outcomes.

2011 - 2021: Seminars and Collaborations

- Delivered seminars on Service Excellence, communication, and leadership development.
- Collaborated with "Dramatic Resources" and "REACT," UK-based theatre-based consultancies, and Scharlatan Theater in Hamburg.
- Engaged with International Coaching Company CLC in Paris and Wiesbaden, creating online Training programs on effective communication and impactful leadership.
- Worked with clients including ADECCO, IMD, RATP (Paris Metro), Taylor Wessing (German law firm), Web Help (Paris), BNP Paribas, and others.
- Specialized in Presence Work using Neutral mask and expressive masks to understand body language and character formation.
- Established "WE Synergize Consulting," a global network blending Eastern and Western practices, founded the Parsifal Project.

1998 - 2010: Tutor and Facilitator

- Visiting tutor at Cranfield Management School, collaborated with Toyota, L'Oreal, Johnson & Johnson, and MBA students, utilizing Coaching and Mentoring for leadership development.
- Trained sales executives of Nikken, a multinational wellness company, across Europe, facilitating groups of up to 100 individuals.
- Facilitated within organizations like UNESCO IME, SAP, and CEM Pyramid (Singapore), focusing on team-building processes.
- Expertise in multicultural group facilitation, emphasizing the shift from ME awareness to WE awareness.

1988 - 1997: Cultural Center and Holistic Health

- Founded a cultural center centered around Holistic Health and Personal Development Techniques in Florence, Italy.
- Led the center for a decade, fostering holistic growth and development.

1972 - 1987: Theatrical and Yogic Pursuits

- Studied Lecoq's body-oriented theatre method in Bologna (Italy) and Paris (France), specializing in mime and mask work for understanding body language and creative expression.
- Intensive study of Yoga science with Dr. Swami Rama in the USA and India, including time in the Himalayas for exploring body/mind relations and human evolution.
- Explored breath therapy within the Middendorf approach in Berlin, further enhancing expertise.
- Used Lecoq's training methods to teach communication skills to actors, teachers, and managers.
- Applied movement/breath/voice knowledge in holistic health clinics in Pennsylvania, USA.
- Trained as a coach and theatre animator, engaged in social work aiding young people with addiction through theatre animation.
- Earned a diploma in Education at Pestalozzi Fröbel Haus Berlin.