My passion and curiosity about people, about 'the living', led my personal and professional paths to different places and different countries, where I have experimented with a vast range of encounters and insightful experiences.

For about 30 years, I have been involved in the development and coordination of projects encompassing the organisation and facilitation of large-scale events, competence-based processes and material, training courses on intercultural sensitivity and communication, project management, and training for trainers, among others. I also engaged in coaching, therapy, and group dynamics.

Main professional experiences

- 2023 present: learning and development facilitator, trainer and coach, therapy (online) and systemic work.
- 2017-2023: coordinator of the European Training Strategy at SALTO Training and Cooperation Resource Centre.
- 2014-2017: Founder & director of the Agency for Education and Human Potential Development – purple8, training, mentoring & coaching, moderation & coordination of events.
- 2000-2017: Freelance consultant, trainer and facilitator (regular contractors: Youth Partnership, SALTO Training and Cooperation Resource Centre, National Agencies of the Erasmus+: Youth and European Solidarity Corps Programmes, Council of Europe, youth department.
- Authors of studies, event documentation and reports and coauthor of game development (see an example and information on my LinkedIn profile).
- Non-profit: co-founder of the organisation Taaluma.

Education and Training

- 04/2023 Present: Systemic and Family Constellations, Multivers, Brussels.
- 2018-2022: Gestalt therapy, Belgian Institute of Gestalt therapy.
- 2016: Approach to neurocognitive behaviour, Institute of Neurocognitivism, Brussels.
- 2013: Inspirational Leadership through Emotional Intelligence, Case Western University (online).
- 2009-2011: English philology, Spanish Open University (UNED).

Languages

French (mother tongue) II English (proficient user) II Spanish (proficient user) II German and Galician (basic knowledge)

Hobbies

Photography (preferred topics: industrial buildings and water), systemic and therapy-related readings, history, and hiking.

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