



Liana DUGARO

Born in Nürnberg (D) on 12.01.1969, Italian nationality

+39 3474447366, lianadugaro.coach@gmail.com

www.lianadugaro.coach - www.ginecoaching.com

PROFESSIONAL EXPERIENCE

Core competencies:

- Gine Coaching®: life-career approach tailor-made for women, integrating coaching and ciclicity.
- Coach Your Vision: enhancing view points and action taking towards optimized results.
- BioGestalt Counseling: developing more functional behaviours and relationships.
- Somatic Experiencing®: increasing resilience and orienting to pleasure.

Further skills acquired:

- Managing teams and coaching people for developing the individuals' talents.
- People management, also remotely, either as direct manager, project coordinator or mentor.
- Project and stakeholders' expectations management, multitasking under pressure and uncertainty.
- Design of operational models and procedures that are repeatable, robust, and consistent.

RESPONSIBILITIES

COUNSELING, COACHING, MENTORING in Italian, English, Spanish

since Jan 2011

Professional Counselor

Member of AssoCounseling (www.assocounseling.it: REG-A1497-2014):

- Private practice helping clients to improve their personal and professional wellbeing and to reach their extra-ordinary objectives. since Oct 2013
- Professional practice as a Deutsche Bank manager. Jan 2011 - Sep 2013

Career, Life & Executive Coach

Member of AICP Associazione Italiana Coach Professionisti (<http://www.associazionecoach.com/>)

- Private practice supporting clients in their personal and professional development since Oct 2013

Coach for Alumni Bocconi (<https://boconialumni.it/it/career-advice/coaching.html>)

since Jun 2017

Mentor at PWN Professional Women Network, Milan

2012-2019

- Individual mentoring towards challenging objectives and career transitions.
- Group mentoring to develop leadership skills.
- Facilitator of the "Mentor The Mentor" initiative.

PROFESSIONAL TRAINING

Trainer for CEGOS Italia, Milan

since Feb 2018

Providing on-site and online training on personal development topics, including:

- Stress management, self regulation, and resilience;
- Active listening, assertive communication, and negotiation.

SDA Bocconi (MBA Department of Bocconi University) - Milan

1995 - 1997

Information System Business Area: Junior consultant, University assistant, MBA Tutor.

Production and Technology Business Area: Junior researcher, University assistant.

TEAM MANAGEMENT

Deutsche Bank Group – Trade Finance / Cash Management Corporates Sep 1997–Sep 2013

Learning & Development Global Project Coordinator (Director)

- Creation of a structured framework harmonizing development initiatives in EU, US, APAC.
- Design of a Global Mentoring program applicable across the three regions.

Head of Implementation and Service Switzerland, Austria, Italy (Director) 2008–2012

Leading the three teams with the following responsibilities (34 people):

- Providing guidance and coaching to the team members on the assigned projects.
- Coordination of critical initiatives, project management and tracking of main milestones.
- Project Management of clients' deals and internal projects (e.g. an international task transfer).
- Processes streamlining and harmonisation.

Head of Account Management and Service Italy, Spain, Portugal (Director) 2005-2008

Leading 3 local teams: Implementation, Client Service and Relationship Management (17 people).

Leading 4 Implementation teams located in 4 different European branches (19 people).

Project Manager and Head of Implementation Italy (Vice President) 1997-2005

Direct responsibility for building and leading the local team (10 people).

IT/Organisational Analyst: Design of internal procedures.

EDUCATION

Università degli Studi di Padova

Bachelor's degree in Psychological Science (Thesis: Gender Gap in Politics), 108/110

Sep 2020

Somatic Experiencing® Practitioner

3 year course to help individuals improve the ability to cope with stressful situations.

2016-2019

5th level of Claudio Naranjo's SAT Program (Seekers After Truth)

Self development program applying the Enneagram as a personality map.

2012-2018

EEC Escuela Europea de Coaching – Turin, Milan

1 year course in Executive Coaching (International Coach Federation ACTP level).

2013-2014

SIBiG Società Italiana di Bio-Gestalt – Milan

3 year course in Gestalt and Bioenergetics Counseling (accredited by AssoCounseling).

2011-2013

Università Commerciale Luigi BOCCONI - Milan

Chartered Accountancy equivalent Diploma (Dottore Commercialista e Rev. Uff. dei Conti)

1995

Business Administration Master's Degree (Thesis: Virtual Reality in product innovation), 102/110

1994

LANGUAGE SKILLS (OTHER THAN ITALIAN)

English: Working knowledge (Cambridge Proficiency Grade C - 2002)

Spanish: Working knowledge (Nivel Avanzado - 2007)

German: Basic knowledge (Zertifikat Deutsch als Fremdsprache – 1998)