



Liana DUGARO - <https://www.linkedin.com/in/liana-dugaro/>

Born in Nürnberg (D) on 12.01.1969, Italian nationality

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www.lianadugaro.coach - www.ginecoaching.com

Core competencies:

- Gine Coaching®: a self-development method tailor-made for women that combines the practicality and goal-oriented nature of coaching together with the emotional and physiological focus of counseling, fusing them together within the framework of the natural cycles (feminine and lunar).
- BioGestalt®: a counseling approach for developing more functional behaviours and relationships.
- Somatic Experiencing®: a naturalistic and neurobiological approach to healing trauma, increasing resilience and orienting to pleasure, developed by Peter A Levine, PhD.

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.

PROFESSIONAL EXPERIENCE

COUNSELING, COACHING in Italian, English, Spanish

since Jan 2011

Professional Counselor

Enrolled on the Italian Register of Psychologists (Ordine Psicologi FVG, Sez B n.22) and 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://bocconialumni.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

1995 - 2018

Trainer for CEGOS Italia, Milan

2018 - 2019

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 Areas: Junior researcher, University assistant.

