



Liana DUGARO Born in Nürnberg (D) on 12.01.69, Italian nationality
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Core competencies:

- **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.
- **Integral Somatic Psychology™**: A somatic psychology approach that helps clients fully *embodying* their emotions, developed by Raja Selvam, PhD.
- **Gine Coaching®**: A self-development method tailor-made for women that combines the goal-oriented nature of ontological coaching together with the emotional and physiological focus of counseling, fusing them together within the framework of the natural cycles (feminine and lunar).

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 2011

Psychological Counselor and Somatic Experiencing® Practitioner

Enrolled on the Italian Register of Psychologists (Ordine Psicologi FVG, Sez B n.22) since 2021

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

- Private practice helping clients improve their wellbeing and personal development since 2013
- Somatic Experiencing® training assistant at the following trainings: since 2021
 - Italy 2021-2024 (Kavi Gemin, online – assistant in training)
 - Romania 2022 Beg I-III, Int II-III (Liane Pinto, online – assistant in training)
 - USA 2022 Beg I, Int II (Glyndie Nikerson – assistant in training)
 - Ukraine-Belarus 2022-2025 (Rachporn Sangkasaad, residential – sessions provider)
 - Croatia 2022-2025 (Kavi Gemin, residential – sessions provider)
 - Italy 2022-2025 (Kavi Gemin, online – session provider)
 - USA 2023-2026 (Glyndie Nikerson, online)
 - Spain 2023-2026 (Liane Pinto, residential)

Life-Career Coach

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

- Organizational practice as a Deutsche Bank manager. 2011-2013
- Private practice supporting clients to reach their extra-ordinary objectives since 2013
- Gine Coaching® founder and specialist since 2020

Coach for Alumni Bocconi

since 2017

<https://bocconialumni.it/it/career-advice/coaching.html>

Volunteers coordination for Somatic Experiencing® Ukraine task Force (SEUTF)

since 2022

<https://somatic-experiencing-europe.org/se-ukraine-task-force/>

PROFESSIONAL TRAINING ACTIVITIES

Trainer for SIBiG Scuola Italiana di BioGestalt®, Milan "Active listening, empathy, and rhythm in the session" - http://www.biogestalt.it/liana-dugaro/	since 2023
Trainer for CEGOS Italia, Milan Personal development topics, including emotions, impulses, and stress management, self regulation, active listening, assertive communication, expectations, limiting thoughts, and time management.	2018-2019
SDA Bocconi (MBA Department of Bocconi University) - Milan Junior consultant and researcher, University assistant, MBA Tutor.	1995-1997

TEAM MANAGEMENT

Deutsche Bank Group – Trade Finance / Cash Management Corporates - Learning & Development Global Project Coordinator (Director) <ul style="list-style-type: none">• Creation of a structured framework harmonizing development initiatives in EU, US, APAC.• Design of a Global Mentoring program applicable across the three regions.	1997–2013
- Head of Implementation and Service (Director) Leading teams in Italy, Spain, Portugal, Switzerland, Austria: <ul style="list-style-type: none">• Providing guidance and coaching to the team members on the assigned projects.• Coordination of critical initiatives, project management and processes streamlining.	2005–2012
- From Project Manager to Head of Implementation Italy (Vice President)	1997-2005

EDUCATION

Integral Somatic Psychology™ - Raja Selvam (in training)	2022-2023
Università degli Studi di Padova Enrolled on the Italian Register of Psychologists (Ordine Psicologi FVG, Sez B n.22) Undergraduate degree in Psychological Science (Thesis: Gender Gap in Politics)	2021 2020
Somatic Experiencing® – Peter A. Levine (certified practitioner)	2016-2019
Authorised Level 2 Moon Mother® Level 1-2 trainings, Miranda Gray (https://wombblessing.com/moon-mothers)	2016
EEC Escuela Europea de Coaching – Turin, Milan 1 year course in Executive Coaching (ICF International Coach Federation, ACTP level).	2013-2014
Claudio Naranjo's SAT Seekers After Truth Program Self development program applying the Enneagram as a personality map.	2012-2018
SIBiG Scuola Italiana di Bio-Gestalt® – Milan 3 year professional counseling course.	2011-2013
Università Commerciale Luigi BOCCONI - Milan Chartered Accountancy equivalent Diploma (Dottore Commercialista e Rev. Uff. dei Conti) Master's Degree in Business Administration	1995 1994

LANGUAGE SKILLS (MOTHER TONGUE ITALIAN)

English:	Working knowledge (Cambridge Proficiency Grade C - 2002)
Spanish:	Working knowledge (nivel avanzado - 2007)
German:	Basic knowledge (Zertifikat Deutsch als Fremdsprache – 1998)