

## CRISTINA SEABRA - Resume

### ***Appreciative Life Coach*** **NLP Master and Trainer** **(Neurolinguistic Programming)**



#### **Professional Experience**

Consulting, training and coaching based on communication for excellence and Neurolinguistic programming methods. I further developed my knowledge about NLP Training skills, with Nti-Nlp institute, Lisbon (Portugal). *I studied Life, Executive Coaching and Appreciative Coaching* in São Paulo (Brazil) and also in California (USA) respectively. I had been living in Atlanta (Georgia) in the United States, for three years (2007-2010) where I coached and trained individuals and groups (young, adults and seniors) helping them to develop a positive thinking and a welfare attitude in life, through *Neurolinguistic Programming and Mindfulness techniques*.

#### **Education**

Post-Graduation in **Grief Process Integrative Approach** – Bioethics Center (Medical University) Lisbon, **2017**;

Post-Graduation in **Palliative Care** – Health Sciences Institute (Catholic University) Lisbon, **2015**;

BA in **Public Relations** at ISNP (Instituto Superior de Novas Profissões) Lisbon, **1987**;

#### **Professional Training**

**Victim Support Technician training** – certification by APAV - 2018

**Grief Counselor** – Espaço do Luto – Certification by SPEIL – Society of study and intervention in grief and mourning, 2016.

**Mindfulness Based Stress Reduction (MBSR) - 8 weeks Program** – Centro Upaya Lisbon, **2016**;

Certified in **Appreciative Coaching** by Field Graduate University (USA) **2013**;

**Master and Trainer in Neurolinguistic Programming (NLP)** by nti-nlp. Lisbon **2008**;

Certified **Social Panorama Consultant**, by Lucas Derks Institute. Lisbon **2007**;

**Life and Executive Coaching** at Lambent do Brasil, São Paulo, **2004**;

**Pedagogical Skills training** at IEFP Lisbon, **1998**;

#### **Volunteering Experience** Collaboration as a volunteer:

- ✓ Luz Hospital (Palliative Care Unit) – since 2015
- ✓ APAV – Portuguese Support Association for the victim - 2018