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Project Acronym ProCESS

Project Full Title Processing Complexity with Emotional, Sensorial and Spiritual capacities

ProCESS Project

WORK PACKAGE 4:

Pilot training at partner HEIs, partner companies, associate partners and other interested parties

Deliverable 4.1 Catalogue of SESS trainers





WP4	D 4.1. Catalogue of SESS trainers
Authors	Iveta Ludviga
Short Description	In an effort to initiate a positive dynamic around the creation of a group/network of pioneer SESS trainers, the catalogue presents a list of SESS trainers. Some of them were involved in SESS training from the beginning of the project. Others have been certified after completing the training sessions organised by academic ProCESS partners. This document is available on ProCESS website and will be disseminated to universities, companies, NGOs, HR networks, schools, and other organisations that will show an interest for ProCESS
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1 Introduction

This section gives an overview of what SES skills are, what the ProCESS method is, and who the SESS trainers are.

What are SES Skills?

SES Skills: Sensorial, Emotional, Spiritual Skills.

SES Skills are a new range of soft skills.

Western education currently concentrates all its efforts on the development of learners' rational capacities. The world, however, is not rational, and the human person has sensorial, emotional, and spiritual capacities that are usually underdeveloped. SES skills concept is another different viewing angle of Gardner's multiple intelligences; they emphasize the power of the body to grasp reality and deny Descartes' « I think therefore I am ».

What is ProCESS project?

ProCESS is an innovative pedagogical project that aims to raise awareness that feeling and sensing are just as crucial as understanding, particularly in complex business situations.

ProCESS trains Sensorial, Emotional, and Spiritual Skills - SES Skills. This strengthens our capacities in terms of awareness, alignment, and connection to others, to the self, and to that which is greater than the self. These competencies are helpful in tackling complex issues with more strings in one's bow, consciously and unconsciously considering more parameters, and being more agile and more resilient. ProCESS believes that SES Skills have a vital role in businesses' success and employees' wellbeing.

What is ProCESS method?

The ProCESS method is a methodology to deal with complex management problems through alternating sequences of mobilisation of Sensory, Emotional, and Spiritual (SES) intelligence, in addition to rational capacities.

The ProCESS method is developed by academics and practitioners from France, Finland, Romania and Latvia. Design Thinking and Theory U are used to structure the method. The ProCESS method offers six steps for solving complex management problems:

- 1. Feeling the problem from the existing body of knowledge.
- 2. Finding the inner peace / opening your mind.
- 3. Sensing the problem's complexity.
- 4. Igniting the inner energy.
- 5. Applying embodied creativity or 'SESSiation';
- 6. Framing the solution in the context of reality.

Who are SESS trainers?

SESS trainers have been certified within the ProCESS project and can deliver training to develop your Sensorial, Emotional, and Spiritual Skills (SESS).

This catalogue presents the list of certified trainers in the fields of soft skills with a focus on Sensorial, Emotional, and Spiritual Skills (SESS).





2 SESS TRAINERS FROM LYON CATHOLIC UNIVERSITY, FRANCE

2.1 PAOLA SCUCCIMARRA

Education Master 2 in cultural management

and communication strategy at

CELSA University

Main occupation Student

Country / City France / Paris

Languages in which SESS trainings can be delivered

French, English, Italian

SESS training areas Literature, artworks

Biography

Paola is studying management and cultural and marketing communication strategies at CELSA, after completing a Master's degree in Literature at Lyon 2. An art enthusiast, she completed an internship with the Mission Culture of the University Catholic of Lyon (UCLy), for which she was also an exhibition guide. In this context, she discovered SESS training, visiting ESQESE students during a course on solving complex business problems through art. Her areas of expertise are communications strategy, cultural mediation, and analysis.

E-mail pao.scucci@gmail.com



The jump, clay sculpture by Emilie Tolot





2.2 ISABELLE JAKOBIAK-VILLALONGA

Education Master's degree in art history

Main occupation Provenance research. Art historian. Artistic

facilitator

Country / City France / Lyon

Languages in which SESS training can be delivered

French

SESS training areas Works of art and music

Biography Isabelle Jakobiak-Villalonga has a degree in Art history and interior

stylism. She delivers SESS training using works of art and mainly

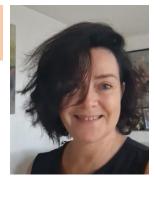
music.

She spent several years managing programs for a real estate development group. Now, she is doing research in art history and art provenance. Her areas of expertise are art, art history, and art

mediation.

E-mail <u>isabellejakobiak@gmail.com</u>









2.3 MATHILDE BENICHON

Education Agriculture engineer

Main occupation Equicoach and shiatsu practitioner

Country / City France / Lyon

Languages in which SESS trainings can be delivered Englis

English, French

SESS training areas Personal development, DIY, movement, co-create with the nature

"Horse rider, passionate about nature and animals; exchange and sharing have always been my driving forces! » During my 12 years of experience as an engineer and manager in a business, and following the birth of my two children, I discovered, I was surprised and I appreciated the complexity of

physical human functioning, mental, conscious, unconscious.

Humans are "interesting", as much by their reactions, their brakes, their defences, their protections, their interactions, their behaviours, as by their

power, their adaptability, their resilience, their leadership, their

performance, their or rather their intelligence!

Supporting people in their entirety has become my priority!

After observing that fulfilment and well-being condition our personal and professional performance, I chose to create Le Clos d'Aimes, a structure specializing in supporting individuals towards personal and collective well-

being. .

For this I use shiatsu and equicoaching.

mathilde.benichon@gmail.com, leclosdaimes@gmail.com

E-mail

Biography







2.4 AUDREY COLLILIEUX

Education Master in Sales at ESDES

Communication & Multimedia

Points of You certification level 1 and 2. Photolanguage and coaching tools.

Human design training.

Main occupation CEO of LOUTY

Coach and Trainer in self-confidence, conscious leadership, self-love, emotional intelligence, spiritual intelligence, intuition,

team building, etc.

Country / City France / Lyon

Languages in which SESS training can be delivered

French and English

SESS training areas Photolanguage, meditation, mindfulness, intuition connection, creativity

inspired by art therapy, link to our five senses inspired by sylvotherapy,

emotional intelligence, spiritual intelligence, Faith in Life.

Biography I worked as Responsible for Marketing and International Development at

Dermscan for five years.

I created LOUTY in 20218, less than a year after my first boy was born.

I started my "Light Support" (individual coaching) at the end of 2019 and have

done more than 800 hours of coaching.

I led many B2C workshops about mindfulness.

I started to train teams in companies and universities for emotional intelligence, team spirit, professional fulfilment, etc., in 2022. LOUTY was

Qualiopi certified in January 2023.

E-mail <u>audrey@louty.com</u>









2.5 VINCENT GOUBIER

Education PhD. in Ecology

Main occupation Professor at Catholic University of Lyon,

France

Country / City France / Lyon
Languages in which SESS French and English

training can be delivered

SESS training areas Biography Complexity, complexity management, leadership, art mediation Former researcher in ecology, I have been leading training programmes in sciences and management. where I develop trainings in complexity management mobilizing SES skills.

My main interest concerns complexity related to life and leadership to help students to be responsible actors of ecological and social transition.

I organise training with art mainly painting to apply Schopenhauer's phrase "the artist lends us his eyes to look at the world" "

E-mail vgoubier@univ-catholyon.fr







2.6 PHILIPPE FOURNIER

Education Laureate conductor of the

Yehudi Menuhin Foundation, he unanimously won the First Prize for the Higher Diploma in Orchestra Conducting from the École Normale de Musique de

Paris in 1984.

In 1991, he obtained the C.A. as a facilitator teacher. License in musicology (with second acoustic option) in Lyon III. Obtaining BAFA then BAFD.

Main occupation Musical director of the Symphonic Confluences Orchestra / Consultant

Country / City France, Lyon

Languages in which SESS trainings can be delivered

SESS training areas

Biography

French and English

Management, Communication, Leadership, Charisma, Creativity,

Since 1980, he has developed training courses on orchestra conducting. He teaches conducting at the Ecole Normale de Musique in Paris. Passionate about pedagogy, he works in collaboration with many different social environments (early childhood - people with disabilities - music schools - commented concerts - the business world).

In 1985, he founded the Confluences Symphony Orchestra. Professional training with which he has performed more than 2000 concerts both in France and abroad (China, Germany, Canada, Spain, Italy, Malta, Greece,

Morocco, New Caledonia, Switzerland, Hungary, etc.)

He is also regularly a guest conductor: Orchester National de Lille - Orquesta filarmonica Nacional (Caracas-Venezuela) -Donaue symphony orchestra (Budapest-Hungary) - Orquesta juvenile Nacional (Medellin-Colombia) - Orchester National d'lle de France — Orchestra of Shenzen (China) — Traditional national orchestra of Shanghai (China) - Montpellier National Orchestra - Colonne Orchestra and Choirs (Paris) - Lamoureux Orchestra (Paris) - Sinfonia Orchestra of Montreal - Pasdeloup Concerts Orchestra and the Atelier Lyrique de l'Opéra Bastille - Orchestra of the Dijon Opera - Nice Philharmonic Opera Orchestra - Picardy Orchestra - French Chamber Orchestra - Pays de Savoie Orchestra - Wallonia Orchestra (Brussels) - Sinfonia Orchestra of Lausanne.

E-mail pfournier@orchestreconfluences.com





2.7 SOPHIE BOUQUEREL

Education

University degree in philosophy Therapist and Teacher

Country / City

Main occupation

France / Ardèche

Languages in which SESS trainings can be delivered

French

SESS training areas

Dance & movement, meditation, storytelling & poetry, philosophy, theater

Biography

After a university degree in philosophy and several theatrical productions as an actress, she extended her training with a Master's degree in cultural project management. She manages or supports a number of structures (theatres, cinemas, associations, alternative venues), usually in the heart of vigorously rural areas, and forges links between artists, the public, associations, elected representatives, etc.

She went on to train in perception-based pedagogy, a method derived from MDB fasciatherapy, and since 2012 has been working as an individual coach. Over the years, she has also developed support for teams and artistic creation projects.

In 2016, she created a cross-disciplinary event: "L'odyssée du Sensible", to question the place of the lived body in the world to come. To mark the occasion, she began a poetic writing project entitled "Chroniques des géographies intimes", based on the geology of perceptions of the body in movement.

From 2017 to 2020, she also took part in a research-action project on outdoor education and sensitive encounters with living things. Since 2019, she has been teaching at universities and engineering schools in Lyon and Paris (UCLy, ICP - IAE Sorbonne, ISARA, etc.) on issues of complexity, interiority, the living and creativity in the face of the unpredictable. As part of this work, she introduces students to meditative practices through workshops and lectures.

Her research into presence is based above all on the observation of movement and its poetics, and on the links that are forged between the depth of the body, the agility of thought and the creativity of action.

sophie.bouquerel@gmail.com

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E-mail





2.8 PIERRE LEDRU

Education National diploma and certificate of proficiency in orchestral conducting

Main occupation Conductor, Music teacher

Country / City France, Paris

Languages in which SESS trainings can be delivered

SESS training areas

Biography

French

Music, sound, rhythm, harmony, sensorial and emotional skills

Founder of "Lire la Musique", "Orchestre Symphonique du Perche Sarthois", "Musikaa" and "Opéra en campagne".

As a recognized conductor, he leads a variety of professional and amateur orchestras. He teaches several disciplines at the Grand Paris Sud National Music School (orchestras, orchestras in schools, musical training and string workshops). He was the head of a city National Music School for 10 years. He gives lectures and conducts professional training courses. Holder of several awards, he is a musician in all fields, playing a wide range of instruments including violin, viola, piano, flute, clarinet, trombone, tuba, drums and accordion.

He also provides immersive orchestral experiences for companies (team building, ...).

His aim: to make music accessible and easy to learn.

E-mail p.l.ledru@gmail.com









2.9 ANNE DECORET-AHIHA

Education PhD in Dance anthropology

Main occupation Trainer and consultant,

experience designer, facilitator

Country / City France / Lyon

Biography

Languages in which SESS trainings can be delivered French and English

SESS training areas Movement, bodily consciousness

Anne Décoret-Ahiha is an anthropologist of dance.

Her book on Exotic dances in France was awarded both in France and USA and she has published many articles on dance. First part of her career was as a teacher and researcher at Saint-Etienne University, in Sport management. A certified coach and team builder, a facilitator in codeveloppement and mentorship program engineer, she works as a freelance lecturer, trainer and consultant within the fields of dance, anthropology, pedagogy and management. She designed and leads different type of trainings, seminars and team buildings using movement and tools of bodily consciousness to help people and teams to develop their potential, their leadership and their efficiency.

E-mail <u>anne@adea-mouvement.fr</u>







2.10 MATHIEU GUILLERMIN

Education PhD in Physics and PhD in

Philosophy

Main occupation Professor in Ethics and

Philosophy of science and

technology

Country / City France / Lyon

Languages in which SESS trainings can be delivered

French and English

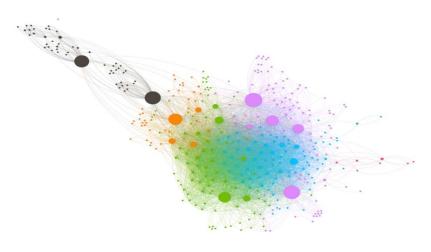


Biography Mathieu Guillermin is associate professor of philosophy and ethics of

science and technology at the CONFLUENCE: Sciences et Humanités research unit (EA 1598) of UCLy (Lyon Catholic University). He holds a PhD in Physics and a PhD in Philosophy. One of his main research interests is the question of the articulations between ethics, scientific

research and technological developments.

E-mail mguillermin@univ-catholyon.fr



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2.11 ISABELLE DUNSON

Education Master's Degree in International

Trade

Main occupation Career Coach and HR Consultant

Country / City France / Nantes

Languages in which SESS trainings can be delivered

French - English

SESS training areas Heart Coherence, Team Coherence, Intuition, Complex Problem

Solving, Stress management, U Theory

Biography Isabelle is a Certified Transformance Pro (Vincent Lenhardt) Coach and

Team Builder since 2001. She discovered Heartmath practices in 2006 with Patrick Drouot, well known physicist and precursor in sciences of consciousness. She has been using these techniques since then. She is a Heartmath certified Coach and Trainer in individual and team

resilience, authorized to deliver Heartmath programs.

Isabelle has 13 years operational and strategic management experience in multinationals and consultancy, and 20 years experience in Career Counseling and HR consulting. Her mission is to

help people work and live in coherence, individually and collectively.

E-mail <u>Isabelle.dunson@orange.fr</u>









2.12 VICTOIRE THOMAS

Education Management Project &

Neuroscience

Main occupation Neuroscience and sensorial

Coach

Country / City France / Lyon

Languages in which SESS trainings can be delivered

French, Spanish, English

SESS training areas Music effects, meditation, intuitive expression

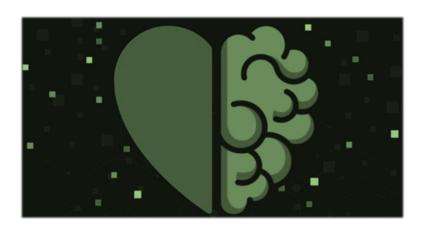
Biography

Victoire is certified as a Neuroscience and Sensory Coach (ICF affiliate - International Coach Federation). She supports individuals and teams on relationships, managing emotions and stress to find balance in their personal and professional lives. She uses a neurosensorial approach and

neuroscience tools to promote collective intelligence.

She has also developed an expertise in creative communication and public relations as a manager and consultant for multiple companies.

E-mail coaching.victoire@gmail.com









3 SESS TRAINERS FROM JAMK UNIVERSITY OF APPLIED SCIENCES, FINLAND

3.1 TOMI HILTUNEN

Education Master of Education

Main occupation Senior lecturer in service

management

Country / City Finland / Jyväskylä

Languages in which SESS training can be delivered

English, Finnish

SESS training areas Al image generation

Biography Tomi has two children, but they don't have social security numbers –

they have VAT numbers. Tomi is an award-winning entrepreneur with 17 years of experience in the hospitality industry. His businesses are industry leaders in sustainability and innovation. He has a three-year history with university-level teaching but a lifelong history of learning

and amazement of the human condition.

E-mail tomi.hiltunen@jamk.fi







3.2 MARCELLA ZOCCOLI

Education MBA, Doctoral Candidate in

Social Sciences

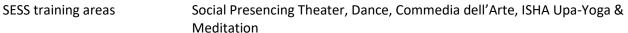
Main occupation Senior Lecturer & Trainer

(Leadership and Global Competence)

Country / City Finland / Jyväskylä

Languages in which SESS trainings can be delivered

English - Italian



Meditatio

Biography Marcella Zoccoli is a certified Teacher & Coach and SESS Trainer. She delivers SESS training using Social Presencing Theater, Commedia dell'Arte,

Dance & Movement and ISHA Upa-Yoga & Meditation.

In addition, she has 30 years of experience in International Business. She is an MBA, Senior Lecturer at School of Business at JAMK University of Applied Sciences and a Ph.D. Candidate at the Faculty of Social Sciences in

University of Helsinki.

Graduated from the Classical Ballet Academy Comini, Italy - English and Russian methods: Royal Academy Ballet and Vaganova Agrippina; founder Jyväskylä u.Lab Hub - Theory U; Yoga Vera Teacher at ISHA Foundation (Sadhguru Academy); Founder and President at www.zellainternational.org

E-mail <u>marcella.zoccoli@jamk.fi</u> - or - <u>info@zellainternational.org</u>









3.3 NIEMI SANNA

Education Master of Science,

Accounting

Main occupation Senior Lecturer

Country / City Finland/ Jyväskylä

Languages in which SESS trainings can be delivered

Finnish and English

SESS training areas Yoga, Meditation, Meridian movements, Acupuncture, music and legos in

accounting

Biography Niemi is a RYT200 yoga instructor. In addition, she studies acupuncture in

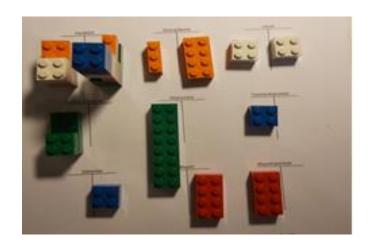
3.5 years of training. She has experience in guiding both management

and personnel.

In addition, she works at JAMK University of Applied Sciences and holds a Master of Science degree in Accounting and twenty years of teaching and

guidance experience.

E-mail <u>sanna.niemi@jamk.fi</u>







3.4 HANNA KARHU

Education Master of Science, Industrial

Engineering and Management

Main occupation Senior Lecturer at Jamk

University of Applied Sciences

Country / City Finland / Jyväskylä

Languages in which SESS training can be delivered

Finnish and English

SESS training areas Movement and dance

Biography Hanna Karhu delivers SESS training using movement and dance. She is a

Senior Lecturer at Jamk University of Applied Sciences. Her area of expertise is management accounting. She has over ten years of experience working in different business environments and challenging

situations.

E-mail hanna.karhu@jamk.fi









3.5 TETIANA SHCHERBYNA

Education PhD in economics

Main occupation Lecturer in International Business

(Associated Professor in

International Economic Relations)

Country / City Finland / Jyvaskyla (Ukraine /

Sumy)

Languages in which SESS training can be delivered

Biography

Ukrainian, Russian and English

storytelling and poetry, digital art and AI image generator, theatre SESS training areas

> Tetiana Shcherbyna is certified in facilitating and designing SESS workshops with ProCESS method. She delivers SESS training using poetry and storytelling, AI based emotional painting, and theatre

performance.

In addition, she works as a Lecturer in Jamk School of Business (Finland) and Senior Lecturer at Sumy State University (Ukraine). She holds a Licentiate in Economics (Candidate of Science in Economics). Her area of expertise is international economic relations, international marketing, and HR. With over fifteen years of teaching expertise, she has actively engaged in international projects and gained practical experience as a project manager.

E-mail Tetiana.Shcherbyna@jamk.fi / t.shcherbyna@biem.sumdu.edu.ua









4 SESS TRAINERS FROM TECHNICAL UNIVERSITY OF CLUJ NAPOCA, ROMANIA

4.1 ADRIANA SAVA

Education PhD in engineering and

management

Main occupation Associate professor

Country / City Romania / Cluj-Napoca

Languages in which SESS training can be delivered Romanian and English

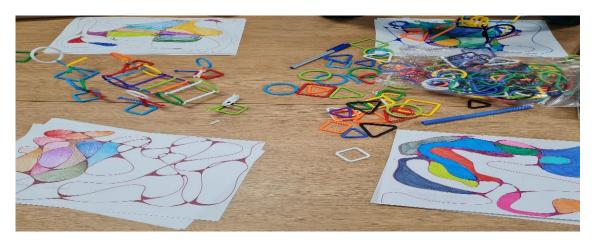
SESS training areas Painting & drawing, collages, nature therapy

Biography Adriana Sava is one of the SESS trainers from the Technical University of Cluj-Napoca. She delivers SESS training using painting, drawing, collages,

and nature therapy exercises like mindful walking.

She is an associate professor at the Technical University of Cluj-Napoca, Romania. She holds a PhD in engineering and management and has fifteen years of experience in teaching and research in higher education. Her area of expertise is marketing research, marketing management and planning.

E-mail adriana.sava@mis.utcluj.ro







4.2 VIOLETA FIRESCU

Education PhD in industrial engineering

Main occupation Associated Professor in

human resources management

Country / City Romania / Cluj-Napoca

Languages in which SESS Romanian and English

training can be delivered

SESS training areas

Biography Violeta Firescu is one of the SESS trainers from TUCN Technical University

association & metaphor cards, collages, storytelling

of Cluj-Napoca, Romania. She delivers SESS training using association &

metaphor cards, collages, and storytelling.

In addition, she is an Associated Professor at TUCN. She holds a Ph.D. in

industrial engineering. Her area of expertise is HR: business

communication, ergonomics, HR and OHS management. She has more than twenty-two years of teaching and research experience. She has published numerous papers in international journals, two books and one

international book chapter.

E-mail violeta.firescu@mis.utcluj.ro







4.3 ELIADE ROTARIU

Education Master in Psychosomatic

Medicine, Business Management

Main occupation Certified Management

Consultant & Trainer, Business

Coach, Entrepreneur

Country / City Romania / Cluj-Napoca

Languages in which SESS training

can be delivered

Romanian and English

SESS training areas Meditation, collages, association & metaphor cards

Biography Eliade Rotariu is a certified management consultant and trainer. He

delivers SESS training using meditation, collages, and emotional

intelligence.

In addition, he is a medical doctor and entrepreneur, CEO & founder of De KLAUSEN and founder of ManagersAcademy.ro. He holds master's degrees in the fields of Business management, Coaching and Psychosomatic Medicine. His area of expertise is business growth, and the instruments come from training, coaching and business consultancy. The main expertise areas are business structure, management, and

sales. He has more than thirty years of experience in entrepreneurship,

business, management, and sales.

E-mail eliade@deklausen.ro













4.4 TUDOR ROTARIU

Education UBB Communication and

Public Relations

Main occupation Trainee Manager and

Certified UI/UX Designer, Mobile UX designer.

Country / City Romania / Cluj-Napoca

Languages in which SESS Romanian and English

training can be delivered

SESS training areas Drawing, Digital art, Al image generator

Biography Tudor Rotariu is one of the SESS trainers from TUCN Technical University

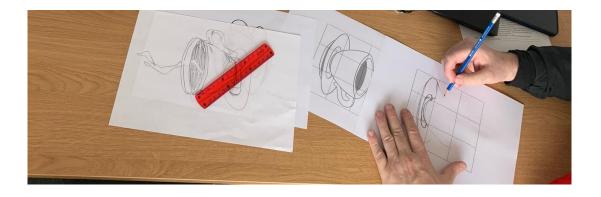
of Cluj-Napoca, Romania. He delivers SESS training using drawing and

digital art.

In addition, he is a trainee manager at De KLAUSEN. Creative person who can easily adapt to new situations and environments. Good listener who empathizes with those around him. Quick learner who is in a permanent

professional and personal development.

E-mail tudorrotariueliade@gmail.com







4.5 CRINA-MARIA NEMEŞ

Education Master

Main occupation English teacher

psychologist

Country / City Romania / Onești

Languages in which SESS training can be delivered

Biography

Romanian, English, French, Italian

SESS training areas clay modelling, painting, and drawing techniques, intuitive

painting, artworks

Crina-Maria delivers SESS training using clay modelling, painting and

drawing techniques, intuitive painting, and artworks.

She graduated from the Faculty of Foreign Languages and Literatures, University of Bucharest, Czech-English and the Faculty of Psychology and Educational Sciences, UBB, Cluj-Napoca. She is an English teacher at her private company, and at the same time, she is also a psychologist in her

private office.

She holds several master's degrees in 5 fields, such as a Master's in Psychological techniques for controlling behaviour and developing human potential, a Master's in European Integration, a Master's in Environmental Sciences, a Master's in High-Performance Management, and a Master's in Communication and Bublis Bolations.

and a Master's in Communication and Public Relations.

One of her hobbies is painting, and she has participated as a painter in personal and group exhibitions in Romania and other European countries. He has worked in private collections and appeared in 4 art

albums.

E-mail <u>nemescrina@yahoo.com</u>









4.6 ANA-MARIA TIMARIU

Education Master's degree in

management and business

engineering

Main occupation Economist

Country / City Romania/Alba Iulia

Languages in which SESS Romanian, Spanish and

training can be delivered English



SESS training areas Biodanza, Stuck sculpture

Biography Ana-Maria Timariu is a certified facilitator of the stuck exercise

methodology and Biodanza. She offers SESS courses using music,

intuitive dance, and the participants' creativity.

The primary attribution of the training she offered was freedom of expression. At the end of the classes, the participants feel free from everyday problems, feeling well-being and new ways to manage various

situations that block them.

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4.7 SIMONA NOVEANU

Education PhD in Mechanical

Engineering

Main occupation Associate Professor in

Metrology and Mechanical

Engineering

Country / City Romania / Cluj-Napoca

Languages in which SESS trainings can be delivered

Romanian and English

SESS training areas Modelling, drawing, collages, dance & movement and works of art.

Biography Simona Noveanu is a SESS trainer and delivers training using modelling, drawing, collages, dance & movement and works of art.

She is an Assoc. Prof. at Technical University of Cluj-Napoca, Romania. Her work in industrial companies certifies her expertise in management and design in mechanical engineering. Over the last few years she has been working in Metrology and Precision Mechanical Systems but also as a Career advisor. Mrs. Noveanu participated as a manager/a member in the national and international research/teaching/institutional projects and published papers in scientific journals. She has also developed some technical patents.

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4.8 SIMONA-TEODORA ROȘCA-NEACȘU

Education PhD in Fine and Decorative Arts

Main occupation Professor (lecturer) in the field of visual

arts

Country / City Romania/Alba Iulia

Languages in which SESS training can be delivered

Romanian and English

SESS training areas Artworks, the technique of mosaic, the technique of painted T-shirts

Biography Simona-Teodora Roșca-Neacșu is a visual artist and lecturer in the field

of visual arts at the "1 Decembrie 1918" University of Alba Iulia. She has a PhD in Fine and Decorative Arts and Theology. The teaching activity is combined with a 20-year experience in the field of sacred art, ethnography and cultural anthropology. Her visual arts/artistic creativity workshops combine art techniques with the capitalisation of an identity and cultural background. She has published a book in popular art, studied in the field of visual arts, and is co-author of a

volume on the history of sacred art.

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4.9 SORIN ŞUTEU

Education PhD in industrial

management

Main occupation Associate Professor in

management

Country / City Romania / Cluj-Napoca

Languages in which SESS training can be delivered

Romanian

SESS training areas Collages, modelling

Biography Sorin Şuteu is an Associate Professor at the Technical University of Cluj-

Napoca, Romania, Faculty of Industrial Engineering, Robotics and Production Management. He is an engineer and holds a PhD in industrial engineering. He has taught courses on Fundamentals of Management, Industrial Management, Strategic Management, and Organizational Behaviour for more than 30 years. In his area of expertise, he published a number of papers, was a co-author of book chapters and was a member of research teams. In recent years, the acquisition of SESS competencies

has been added to its interests.

E-mail sorin.suteu@mis.utcluj.ro











4.10 **OLIVIA BODEA**

Education Bachelor's degree in Economics

Master's degree in management

and engineering business

Master's degree in Cybernetics

Main occupation **IT Analyst**

Country / City Romania / Cluj-Napoca

Languages in which SESS Romanian

training can be delivered **English**

Intuitive painting, Meditation SESS training areas

Olivia Bodea has been a SESS-certified facilitator since March 2023. She **Biography**

delivered SESS workshops, including intuitive paintings, meditation, and

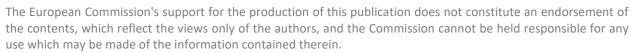
breathing exercises.

She has worked in multinationals for the past ten years, especially in the IT area. She currently works as an IT Analyst for the automotive industry.

In addition to that, she has a degree as an interior decorator.

E-mail olivia7bodea@yahoo.com











4.11 REMUS LUNGU

Education PhD in management

Main occupation Lecturer in management

Country / City Romania/Bistrita

Languages in which SESS training can be delivered

Romanian, English, German

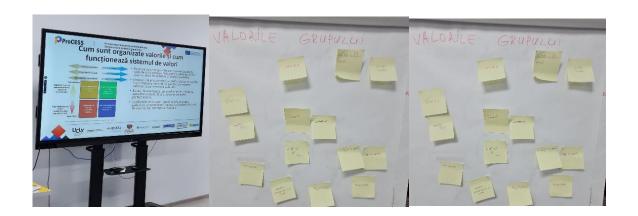


SESS training areas Spirituality, meditation

Biography Remus Lungu is a SESS trainer for developing spiritual skills. He is a

lecturer in Management at Technical University in Cluj-Napoca. He holds a Bachelor's Degree in Mechanical Engineering, in Theology, a Postgraduate Degree in Computer Programming and a Ph.D. in Management. His area of expertise is General Management, Strategic Management, and HR Management. He has more than twenty years of teaching, industry and public administration experience. He has published numerous papers in national and international journals.

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5 SESS TRAINERS FROM RISEBA UNIVERSITY OF APPLIED SCIENCES, LATVIA

5.1 IVETA LUDVIGA

Education PhD in management

Main occupation Professor in business

management

Country / City Latvia / Riga

Languages in which SESS training can be delivered

SESS training areas

Latvian and English

Lego Serious Play, intuitive painting, artworks

Biography Iveta Ludviga is a certified facilitator of the Lego Serious Play (LSP©)

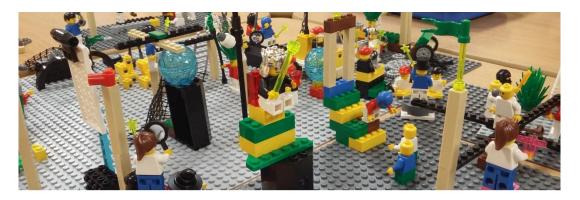
method. She delivers SESS training using works of art, intuitive painting,

and LSP.

In addition, she is a Professor at RISEBA University of Applied Sciences. She holds a Ph.D. in Management. Her area of expertise is strategy, HR, and analytics. She has more than fifteen years of teaching and industry experience. She has published numerous papers in refereed international

journals and has co-authored book chapters.

E-mail <u>Iveta.ludviga@riseba.lv</u>







5.2 INESE SLUKA

Education PhD candidate,

Mg. proj. mgmt.

Main occupation Certified project manager,

Programme director,

Professor assistant, researcher

Country / City Latvia / Riga

Languages in which SESS training can be delivered

Latvian and English



SESS training areas

Sensory skills training, meditation, spiritual drumming, games

Biography

Inese Sluka is a certified practitioner of reincarnation, with more than 20 years of practising different spiritual experiences using the senses. She delivers SESS training using games, drums, and other musical instruments and different practices to develop sensory skills.

Inese has more than twenty years of experience in Project management. She is a director of the master's programme in Project management at RISEBA University of Applied Sciences and a project management trainer and researcher. As project management requires a lot of hard and soft skills, SESS training allows the personality to progress faster.

In addition, she is a Ph.D. candidate with research interests in project manager's competences, and methods to develop them with different approaches.

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5.3 DACE ANDERSONE

Education Master's degree in Law

Main occupation Visual practitioner,

business trainer

Country / City Latvia / Riga

Languages in which SESS training can be delivered Latvian and English



SESS training areas

Creative thinking through metaphors, intuitive painting

Biography

Dace Anderson is a visual practitioner, coach, trainer with experience as a lawyer and manager, who has been practicing personal development through mindfulness, meditation and creative thinking for more than fifteen years.

Combining rational thinking with relaxation and mindfulness leads to amazing results, allowing you to see the practical from a different perspective.

E-mail daceand@gmail.com







5.4 INGA BĒRZIŅA

Education Mg. mus., Mg. sc. sal.

Main occupation Art (music) therapist,

SESS trainer

Country / City Latvia / Riga

Languages in which SESS training can be delivered Latvian



Receptive and active music therapy, social (performance) skills SESS training areas

development

Inga Bērziņa is a certified art (music) therapist, vibroacoustic therapist, **Biography**

vocal pedagogue, lecturer, masterclass leader.

SESS tenor training integrates receptive and active music therapy methods - body awareness (release/activation), emotional balancing (expression/discharge), projective imagery (imagination/visualisation),

conscious use of voice (timbre) in communication.

She has a master's degree in music and healthcare and VIBRAC Levels I&II training certificate. Her areas of expertise are social (public speaking) anxiety reduction, personal growth (self-efficacy), identity promotion, emotional resource awareness/ balancing.

She works as an art (music) therapist and vibroacoustic therapy specialist in a private medical company, the Therapy Centre "Sound and Music"

and in her own private practice.

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5.5 INGA VALTERE

Education Master in business

administration

Main occupation Owner of the Bonsai

park

Country / City Latvia / Riga / Sigulda

Languages in which SESS training

can be delivered

Latvian and English

SESS training areas Finding solutions to different business related challenges through bonsai

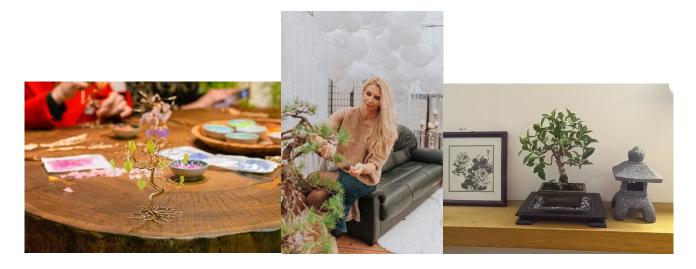
art in different exercises/trainings

Biography Mother of four amazing children, continuing family business. Owner of

Baltic Bonsai park and passionate about bonsai movement development in

Latvia.

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5.6 SANITA LEIMANE

Education PhD candidate,

Mg. sc. administr.,

Management psychology

and Supervision

Main occupation Sales manager, Certified supervisor

Country / City Latvia / Riga

Languages in which SESS Latvian and English

training can be delivered

SESS training areas Gamification, games, association cards, artworks.

Biography Sanita Leimane delivers SESS training using works of art, gamification, games, and association cards.

Sanita has almost twenty years of experience in Sales management and adult education (sales training, sales management training, gamification activities, learning through games).

She is an external lecturer at RISEBA University of Applied Sciences (in Sales Management). In addition, she is a certified Supervisor (since 2020) and a member of the Latvian Association of Supervisors.

She is a Ph.D. candidate (since 2021) with an interest in Gamification, Gamification in Organizations. She has presented gamification topics at several scientific and practical conferences (local/international) and published some papers in international journals.

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5.7 JELENA MICULE

Education PhD candidate

Master project management

Main occupation IT projects manager, Systems analyst,

Lecturer

Country / City Latvia / Riga

Languages in which SESS training can be delivered

Latvian

SESS training areas Modeling & association

Biography

Jelena Micule is a certified facilitator of the Modeling & association method. She delivers SESS training using sea stones and kinetic sand.

She has 15 years of rich experience in the field of information technology. Works in an IT company as a leading project manager in major IT projects and also works as a systems analyst. In addition, she is a lecturer at RISEBA University of Applied Sciences.

She is currently a PhD student. Her doctoral research focuses on the sustainability of leadership under challenging circumstances, exploring a balanced intelligence model entitled "Sustainable Leadership under Stress: A Balanced Intelligence Model".

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5.8 AGNESE SKUDRA

Education Master in Natural Sciences

Main occupation Marketing manager, sale of

medical devices

Country / City Latvia / Riga

Languages in which SESS Latvian, Russian, English,

training can be delivered German



SESS training areas Movement and dance, storytelling

Biography Medical device sales professional. While studying for a master's degree in

health management, I got involved in the ProCESS project. I accepted the invitation to learn more deeply about the connection of sensory and emotional skills through the interaction of movements and physical

cooperation.

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5.9 Līga BARONE

Education Mg.sc.sal., Mg.sc.adminstr.,

> doctoral student, Faculty of **Business and Economics RISEBA University of Applied Sciences**

Riga, Latvia

Main occupation Physiotherapist, supervisor

Country / City Latvia / Riga

Languages in which SESS

Latvian training can be delivered



SESS training areas Sensory exercises, associative and artistic methods

Biography Līga Barone is a certified physiotherapist who has also completed

Sensory Awareness training. In addition, she holds a degree in Business Management. As a supervisor-counsellor, she utilizes her knowledge to enhance emotional and mental abilities. Currently pursuing doctoral studies in business and economics, she is expanding her knowledge in management. She is actively involved in research, participating in research projects, conferences, and publishing scientific articles.

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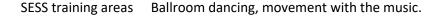
5.10 ANNA VORONČUKA

Education Master degree in social science

Main occupation Master study program director

Country / City Latvia / Riga

Languages in which SESS training can be delivered Latvian and English



Biography Anna Voronchuka is 5-time Latvian champion in ballroom dancing. She delivers

SESS training using ballroom music and movements.

In addition, she is a master study program "Sport Management" and "Health

Management" director at RISEBA University of Applied Sciences.

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