

Lena Nasiakou Portfolio

Training Courses				
Year	Title	Role	Description	Duration
2019	ReACT Coaching Training	L & D Specialist Coaching Trainer Trainer for junior Embodied Coaching Trainers	An embodied coaching training with strong foundations in NLP and Systemic Coaching for University professors, Career Counsellors, Adult educators and Social Enterprises staff members.	80 hours/training
2019	Coaching Training	Embodied Coaching Trainer	A European funded coaching training course for teams of 8 different organisations. Main methodologies used: Systemic coaching, embodiment and experiential learning.	80 hours/training
2018- 2019	School of Coaches (1st & 2nd version)	Embodied Coaching Trainer	An EMCC accredited training for those who want to embrace coaching skills with an authentic embodied approach.	80 hours/training

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2018 - ongoing	Practising Coaching (23rd - 26th version)	Coaching Trainer Trainer for junior Embodied Coaching Trainers	An embodied coaching training with strong foundations in Ontological coaching, NLP, Systemic Coaching and Constellations. Adult education learning techniques: embodied learning, experiential learning, gamification and peer learning	80 hours/training
2017 - 2018	Practising Coaching and Mentoring Training (20th - 22nd version)	Embodied Coaching Trainer	A hands-on coaching training which combines the following approaches: Ontological coaching, Embodied coaching NLP, Provocative coaching, Experiential learning and Gamification.	80 hours/training
2017 - 2018	Coaching Paths	L&D Specialist Trainer	A coaching course for teachers about blending coaching with teaching. Included study visits in the University of Groningen	60 hours/ training
2017 - ongoing	Training for Trainers (1st - 3rd version)	L&D Specialist Embodied Trainer	A 'trainership' in which experienced trainers refine their skill sets. Training design, personal embodiment, working through resistance and provocation are four key aspects propelling the course.	80 hours/training

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2017 - 2018	Maths & Moves (1st -2nd version)	L&D Specialist Embodied Trainer	An innovative training course for teachers about movement as a way to approach mathematics.	60 hours/training
2016- 2017	Beyond (2nd- 3rd version)	L&D Specialist	An advanced coaching training practice about Systemic work, Business and Family Constellation	70 hours/training
2016	Event Wise (25th - 26th version)	Team coach	A personal development training on topics of: leadership, cooperation and communication skills, handling fear, goal setting, time and stress management.	70 hours/ training
2015 - 2016	Practicing Coaching and Mentoring (16th - 19th version)	L&D Specialist Junior trainer	A coaching and mentoring training. Methods that introduced: Gestalt, NLP approach, Systemic work, Transactional Analysis Methods, Body & Vocal Awareness.	80 hours/training

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Funded Projects					
Date	Title	Role	Description	Duration	Budget
2018 - ongoing	ReACT	Project Creator L&D Specialist Embodied Coaching Trainer	A strategic project about coaching and training within organizational levels. The project consists of 19 Learning Events and it involves 7 partners.	3 years	288.406,00 €
2017 - 2019	Maths in Motion	Project Creator L&D Specialist Embodied Trainer	An innovative project about movement as a way to approach mathematics. The project consists of 15 Events and it involves 7 partners.	3 years	179.245,00 €
2017 - 2018	RestART	Project Creator L&D Specialist	A project about embodiment for personal development and coaching. Embodied elements that used: contemporary dance, swing,	2 years	81.833,00 €

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		Embodied Coaching Trainer	meditation, yoga, mandala drawing, tango and choreography. The project consisted of 3 Events and it involved 10 partners.		
2017	Spice it Up	L&D Specialist Team Coach	A project about cooking as a tool for employability. The project consisted on 2 events and involve 6 partners.	1 year	29.560,00 €
2016 - 2017	ReMOVEit	Project Creator L&D Specialist Team Coach	A project about embodiment for personal and professional development. Embodied elements that used: theatre of oppressed, singing, ballet, butoh, bioenergetics, acro yoga, WATSU, five rhythms, image theatre, art installations, experiential sensorial exhibition, dance and theatrical performances. The project consisted of 2 Events and involved 9 partners.	2 years	46.544,00 €
2016 - 2017	Correlations (1st - 2nd version)	Project Creator L&D Specialist Trainer	A project about coaching strategies in an organizational level. The project consisted of 2 Training Events and it involved 16 partners.	2 years	57.960,00 €

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2015	Build upon each other	L&D Specialist Junior Trainer	Intercompany trainings for soft skills development. Metaphorical usage of educational games for increasing interpersonal skills and metacognitive competencies. The project consisted of 2 Training Events.	1 year	
2015	Immigrant Integration Support Program for the design & implementation of integration initiatives at local level	L&D Specialist Lecturer	6 seminars about integration initiatives for immigrants. Topics explored included: financial tools for immigrants and access mechanisms; methods and techniques for detecting social integration needs.	3 months	

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Workshops					
Date	Title	Role	Description	Duration	Organizer
2019	MBA Embodied Leadership	Trainer	The Embodied Leadership workshop is a constant practice that involves real-life situations in order to grasp and embody the core aspects of leadership. More specifically, this workshop is about improving your capacity for creating connection with others and gain their willing cooperation.	2,5 hours	Erasmus University of Rotterdam
2019	Embodied Leadership	Creator Trainer	An innovative workshop which follows the principles of embodied leadership methodology by integrating the body, mind, mood and relationships in an approach that reaches beyond the boundaries of verbal leadership.	2,5 hours	Lena's Moves
2019	Coach Cafe	Trainer	The Embodied workshop is a journey in metalevel coaching observations through motion. In a dynamic learning environment, coaches have the chance to fully experience embodied coaching techniques, enjoy peer supervision reflect and refresh on their own coaching style.	1 hour	Erasmus University of Rotterdam

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Conferences					
Date	Title	Role	Description	Duration	Organizer
2019	Exploring Rotational Symmetries and Triangles through Dance and Body Movement: Maths in Motion	Author Speaker	Bridges is an annual conference which aims to foster research, practice, and new interest in mathematical connections to art, music, architecture, education and culture.	1 day	European Commission
2019	Full STEAM ahead: how to make science more attractive in the EU	Speaker	The main theme of the summit is the teaching profession for Member States representatives, including ministers, teachers, private sector representatives, social partners and other stakeholders	1 day	BRIDGES Johannes Kepler University Ars Electronica Center