

ALESSANDRA CAPELLI

PSYCHOLOGIST – LIFE COACH - COUNSELOR



CONTACT

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EDUCATION

110 cum laude

2020

110/110

1987

SKILLS

- Visionary
- Persevering
- Transformational
- Sense of humor
- Narrator/Artistic
- Pragmatic and Effective

EXPERTISE

- Cultural Anthropology
- Psychotherapy
- Life Coaching/Counseling
- Mindfulness and Meditation

INTERESTS

- Music
- Nature
- Knowledge
- Family and Friendship

PROFILE

I am a humanities professional: my early inclination for readings, reflection, intuition and walks has provided me with a vision from afar, with a behavioral style that favors understanding and at the same time the fun of anticipating. My personal style is based on listening, kindness, elegance, knowing how to build safe boundaries and constructiveness. My work moves from a systemic approach and takes place in a collaborative and pleasant climate.

WORK EXPERIENCE

Job title / Position

Freelance profession | 2021 – 2024 | Psychotherapist in training

Following the Psychosynthesis model, I take care of people in any condition, from mental distress to requests for personal growth for healthy individuals. My task is deep listening, acceptance, exploration of internal dynamics, the opening of new perspectives and the final modification of the narrative. I facilitate evolutionary processes from dysfunctional and self-limiting patterns to a more mature structure of personality. Main achievements below.

- Process of self-knowledge
- Self-mastery
- Inner transformation
- Self-determination and orientation in the life plan

Job title / Position

Freelance profession | 2014 – 2024 | Life Coach – Counselor - Trainer

Socrate's maieutics applied to the achievement of sustainable and realistic goals. I take care of the individual in a global way, paying attention to the explicit and non-explicit meanings in their communication, meeting their difficulties, needs, belief systems, dreams and projects. I create a partnership through which every person may find their way and be in touch with their authentic values. Interaction comes through powerful questions aimed at expanding their field of consciousness. Synthonization and mirroring are crucial to get the best achievements, like listed below.

- Expansion of consciousness
- Mental clarity and focus on purpose
- Mindset of understanding and exploration
- Learning from mistakes and growing

Job title / Position

Freelance profession for Auton Ricerca | 2019 – 2020 | Life Coach

In 2019 I was called to Barcelona, to be among the trainers whose task was to motivate, activate and involve 72 young engineers from 5 continents to work as a team. In 2020 I was given the task of conducting an on line soft skills training to the Italian group. Our key experience was cohesion as an empowering factor in times of transition.

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AWARDS & CERTIFICATIONS

Senior Mindfulness Instructor
Associaz. Psicologi Lombardi
2018

ACC Credited Member
International Coach Federation
2014

Relation. Counselor and Trainer
University of Siena
2013

LANGUAGES

Italian
Mother tongue

English
Cambridge Un. Cert. Proficiency

French
D.A.L.F. Grenoble University

MY PHILOSOPHY

1- I look at Nature

Nature grows according to a circular model that follows the principles of wisdom and love. I improve every day following my authentic nature.

2- Dreams are the Masters of Creativity

Mind is relational. It connects me to the Web of Life, whose inner essence is composed of dreams. I can dream a good reality.

WORK EXPERIENCE

Job title / Position

Freelance profession | 2018 – 2024 | Senior Mindfulness MBSR and MBCT Instructor

Mindfulness is first of all an internal disposition: it is a life style, oriented to non-judgement and kindness. My role, in mindfulness-based therapy as well as in any process of personal or team growth, is to encourage the right attitude that supports people in facing daily reality. Mindfulness main goal is responsibility that leads to liberation. I propose different paths, customer tailored, of stress-reduction, disidentification from emotional disorders, physical, mental or relational suffering, with a view to a more integrated structuring of mindset. The most important accomplishments and key experiences related to Mindfulness are listed below.

- Presence, mental alertness, responsiveness
- Stress reduction and affective regulation
- Ability to mentalize and cultivate fulfilling relationmindsetships
- Clinic of anxiety, major depression and trauma
- Development of the prefrontal cortex and association areas responsible for reflective capacity and performance

Job title / Position

Freelance profession | 1993 – 2024 | Anthropologist

Time and space are the containers of experience. Ceremonies are a method worldwide spread of structuring these containers, where human beings live and interact. Thanks to brain plasticity, these rituals facilitate a shift into higher states of consciousness, where the higher meaning of past experiences is manifested. My role is to bridge these meanings that inform, repair, provide a safe orientation. The most important achievements of this ancient work with higher mental states is listed below.

- Healing and integration of the fragmented self
- Increase in association areas and branching activity in CNS
- Vision, prediction and intuition skills
- Abilities of partnership, cooperation, proactivity
- Process critical issues through transmutation

Job title / Position

Freelance profession | 1989– 2024 | Lightworker

Lightwork is about complexity. It is heir to applied philosophy, mystics, the physicist of the early 1900: Planck, Bohr, Bohm, Heisenberg, Einstein and followers. As every part of the creation is energy, I can facilitate personal growth through the creation of a field of resonance. Key experiences are briefly listed below.

- Creation of a field of mental coherence
- State of Flow