

## PERSONAL INFORMATION

**Daria Dall'igna**

Via di Lappoggi 2, 50012 Bagno a Ripoli (FI)

+39 348 0374735

daria.dalligna@gmail.com

Sex Female | Date of Birth 07/05/1970 | Nationality Italian

## JOB APPLIED FOR

**School, Career and Multicultural Counselor**

## WORK EXPERIENCE

Oct. 2016 - Present

**School and Career Counselor - Private Practice**

Spazio Co-stanza - Florence (Italy)

- individual and/or group counseling for students aged 13 - 25 who need to choose their high school, university and career path
- individual and/or group career counseling for adults in transition of life (unemployed, expat, divorced, looking for a different professional challenge, etc)

January. 2019 - Present

**Career Counselor for Immigrant Women**

Spazio Co-stanza, Region of Tuscany and Oxfam

- support immigrant women from various nationalities
- help them empower themselves by enhancing their talents, skills and life experiences
- support them in making education/career choices and their implementation

Oct. 2018 - Present

**School Guidance Counselor**

Istituto Comprensivo "Mattei" - Granacci - State Middle School - Bagno a Ripoli (FI)

- EU financed projects (PON) for middle school students in need to choose their high school
- help them discover themselves, what are their interests, talents and skills
- inform them on school choices and career options

Ott. 2018 - alla data attuale

**School Counselor for Higher Education students**

Polimoda - Fashion Insitute - Florence (Italy)

- walk-in service for higher education students of all nationalities (aged 18+)
- counseling focus; homesickness, cultural shock, cultural adaptation, relational and academic issues, career guidance, general wellbeing issues.
- service provided in Italian, English and French

May. 2018 - Present

**Counseling Teacher Traininer**

Centro Dharma - Experiential and Relational Counseling School - Milan

- teaching expressive art counseling techniques for children and teenagers within the post-diploma master in Expressive Arts Counseling

Feb. 2018 - Present

**Teacher Trainer**

Europass Centro Studi Europeo - Florence

- teaching life skills and soft skills within the Erasmus + programs for European teachers

Sept. 2015–May 2017

**School and Guidance Counselor**

Lycée Victor Hugo - Florence

- co-creator and leader of the project *Avenir* - aimed at helping students aged 15-18 to make academic/professional choices
  - class and individual work
  - service provided in French
- Feb. 2014–May. 2015      **Multicultural School Counselor**
- Fairfield University Florence and CAPA – Global Education Network - Florence
- workshops focused at providing new exchange students with coping tools and skills during their academic semester in Italy
  - service provided in English
- Jan. 2013–May. 2014      **Counselor for Parents and Adult Women**
- Associazione SBA+C, Bagno a Ripoli (FI)
- creator and leader of the expressive counseling women group: “*Women club*” - focused on female wellbeing improvement
  - creator and leader of the workshop for parents: “*Parents and children: an educational conversation*” - aimed at supporting parenting skills
- Sept. 2010–Sept. 2014      **Hospital Volunteer**
- Careggi University Hospital, Florence  
Noi per Voi per il Meyer - Mayer Children’s Hospital - Florence
- counseling point in support of women before a mammal biopsy
  - support to oncological children and their family during hospitalisation and therapy at home
- 2004–2017      **Expressive Arts Counselor**
- Private Practice - Vicenza and Florence
- Creator and leader of several groups, workshops, seminars such as:
- 2014/15 and 2015/16 - Expressive Art Counseling project “*Diversamente insieme/alternatively together*” geared to students from 4th to 8 th grade of various schools in Florence - Ausilioteca Comune di Firenze ( *Tuttiinsieme*)
  - 01/2014–06/2016 – Individual counseling service for international children in primary school at ISF International School of Florence, Bagno a Ripoli (FI)
  - 09/2012 – Residential Expressive Art Counseling workshop with students aged 12 to 18 from various nationalities - main focus: student integration and team work - French School Ecole Internationale “Victor Hugo”, Florence
  - 2004/2017 - expressive art counseling groups held in both public and private schools in Florence and Vicenza dedicated to children, teenagers, parents, teachers, disabled, drug addicts.
- Sept. 2001–May. 2004      **Certified English as a Second Language Teacher**
- creator of the method *Creative English for Children* taught in the following kindergarten: S.Gaetano (Molina di Malo - Vicenza); Scuola Materna comunale di Case di Malo (VI); Public Library - Zanè (VI)
  - English teacher for children aged 3 to 11 at “Levis Plona” - kindergarten and elementary school - Vicenza
  - Business, Standard and Conversational English teacher at Jolly Hotels - Valdagno (VI); CUOA - Altavilla Vicentina; Scuola allievi ufficiali Carabinieri (ROTC training) Caserma Chinotto di Vicenza; Vimar S.p.A. di Marostica; Oxford Institutes (Vicenza).
- Sep. 1998–Feb. 2001      **CEO/ Corporate Assistant**
- Marzotto S.p.A., Valdagno (VI) - Gas Jeans - Chiuppano (VI)

- managing and organizing CEO/President daily agenda, travels, meetings;
- managing daily communication between CEO and various corporate levels of management and external contacts;
- preparation of powerpoint presentations for conferences and meetings;
- managing archives

**EDUCATION AND TRAINING**

- 2018-2019 **Certificate in Narrative Therapy (Pratiques Narratives)**  
La Fabrique Narrative - Paris/Bordeaux (France)  
One year course on narrative coaching methods
- 2015 **Coaching Certificate in School and Career Orientation**  
Elevation - Paris (France)
- 2005–2009 **Diploma in Art Counseling**  
Scuola Superiore di Art-Counseling C.E.P. - Centro Educazione Permanente, Bassano del Grappa (VI)  
Three-year course in counseling with a relational-psychoanalytical approach with a special focus on a wide range of creative art therapies (such as dance/movement, music, theatre, art, pottery)
- 2001 **CELTA – Certificate in English Language Teaching for Adults (grade A)**  
International House, London (Inghilterra)  
  - Internal training with foreign students and political refugees
- 1994–1998 **B.A. in European Studies (First Class Honours)**  
Royal Holloway University of London, Egham (UK)  
  - Final dissertation on the role of the dream in the French Surrealist art and literature.
- 1990 **High School Diploma**  
Liceo Linguistico Europeo “Oxford”, Vicenza (56/60)  
  - With a focus on foreign languages

**PERSONAL SKILLS**

Mother tongue Italian

Other languages

|   | UMDERSTANDING |         | SPEAKING           |                   | WRITING |
|---|---------------|---------|--------------------|-------------------|---------|
|   | Listening     | Reading | Spoken Interaction | Spoken Production |         |
| English   | C2            | C2      | C2                 | C2                | C2      |
| 1993 – Proficiency of English (Cambridge University) at Queens University of Belfast (Northern Ireland)<br>1991 – Cambridge First Certificate at Adult Learning Centre, Dorking (England) |               |         |                    |                   |         |
| French  | C2            | C2      | C2                 | C2                | C2      |
| 1996/1997 – Certification d’Etudes en Langue et Literature Francaise - Université de Lausanne (Switzerland)   |               |         |                    |                   |         |

#### Communication skills

- Interpersonal communication, active listening and empathy: developed thanks to an extended counseling and teaching experience;
- Ability to observe the context and to operate accordingly: both skills developed while working in very different contexts from fashion companies, to army training centre, from kindergarten to international teacher training centre and so on.
- Excellent public speaking skill: earned through experience in teaching, workshops and groups leadership and conference presentations.
- Team work: practiced in projects creation and group work in schools
- Intercultural skills: developed while living and studying abroad and working with different international schools and clients in Italy

#### Organisational/managerial skills

Excellent planning and organising skills developed in creating counseling projects for groups; constant attention to satisfy diverse clients' needs; ability to observe the context; precision and attention to details; reliability, professionalism and respect of deadlines; excellent problem solving skills and stress management developed thanks to all the experience in delicate cases such as in oncological, end of life, trauma, separations etc circumstances..

#### Professional skills and training

- Nov. 2016 - Professional Training in "School and career orientation" at Scuola di Psicoterapia Comparata, Florence
- Giu. 2014 / Jan. 2015 - Professional training in Couple Counseling at Centro Scuole Counseling e Psicoterapia - Florence
- Oct. 2011 / Jun. 2012 - Training in Expressive Art and Body Techniques at Lyceum Vitt3, Milan
- Nov. 2011 - Sound Healing Conference and Workshops at College of Sound Healing a St. Albans (UK)
- Mar. 2011 - Professional training in "Death as a life process" at Centro Scuole Counseling Psicoterapia, Florence
- Sept. 2008 - Training in Art-therapy – Non-verbal communication workshop -Tenno (TN)
- 2006/2010 - Workshops on Dance and Movement Therapy
- 2004 - Course for Intercultural and Mediation Operators - Schio (VI)
- 2004 - Training in Biodanza for children and teenager, Bologna
- 1998/2003 - Teacher Training in Biodanza, Vicenza

#### Computer skills

Competence in most Mac OS programmes and Office programmes; good use of the Internet and HTML

#### Other skills

Practiced contemporary and modern dance; acting; loves visiting Modern Art Galleries. Enjoy walking in nature. Love to travel and experience different cultures.

#### Driving licence

B

#### ADDITIONAL INFORMATION

##### Conferences

nov. 2018 - IAC International Association for Counseling - Pomezia (Roma)  
Speaker with the intervention "Orientadonna - an experience in career counseling for women experiencing life transition."

May. / Nov. 2012 - Speaker in the intervention "End of life: food for thought for a mindful choice" as part of a Conference on the subject of end of life freedom of choice. Valdagno e Zanè (VI)

#### Consent of the processing of data

I bestow the processing of my data accordind to the Legislative Decree 30th June 2003, n. 196 "Code regarding the protection of personal data"