



Chiara De Servi

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Mindfulness Counselor

Skills

Mindfulness Counselor.
Focusing Trainer.
Mindfulness, Well-Being & Diversity@work expert.

Education

The International Focusing Institute / Focusing Trainer

JANUARY 2016 - 2019, NEW YORK

Jati Yoga School/ Yoga Teacher Training

JANUARY 2018 - 2021, MILANO

Institut des Arts de la Voix / Yoga of Sound Training

NOVEMBER 2017 - 2018, PARIS

Led by Patrick Torre; sounds and mantra techniques to deepen the meditation practice.

ILTK Lama Tsong Khapa Institute / Mindfulness Counseling Diploma

OCTOBER 2014 - JUNE 2017, POMAIA (PI)

Mindfulness and Compassion, Buddhist Psychology, Emotional Intelligence, Transpersonal Counseling. Final dissertation on "Mindfulness and Technology. A false refuge".

SIYLI Search Inside Yourself Leadership Institute / Search Inside Yourself Training

OCTOBER 2015 - ZURICH

Emotional Intelligence, Mindfulness at Work, Neuroscience, Leadership.

AIYB Associazione Italiana Yoga Bambini / Yoga and Mindfulness for Children and Teens Teacher Certification

JANUARY 2015 - NOVEMBER 2015, MILANO

Istituto Superiore di Studi Umanistici, Università di Bologna / **MA in Book Publishing, with honours.**

SEPTEMBER 2004 - JUNE 2006, BOLOGNA

IULM University / BA in American and French Literatures, with honours.

SEPTEMBER 1997 - MARCH 2002, MILANO

Experience

Google / Mindfulness and Well-Being programs Coordinator

JANUARY 2016 - PRESENT, MILANO

Facilitating Mindfulness-based trainings for groups and teams:

- Fundamentals of Mindfulness
- Fundamentals of Compassion
- Mindful Leadership
- 8 week program Mindfulness@Work

Coaching teams and individuals on tackling issues and conflict using mindfulness tools.

Leading team building activities to strengthen psychological safety and trust.

Associazione Hikikomori / Mindfulness program

SEPTEMBER 2016 - JUNE 2017, MILANO

Facilitated Mindfulness-based trainings for groups of women with codependency issues.

Royal Bank of Canada / Mindfulness program

APRIL 2016 - JUNE 2016, MILANO

Facilitated Mindfulness-based training for a group of employees to foster more Emotional Intelligence after an internal merger.

Biogen / Mindfulness & Technology program

NOVEMBER 2016, MILANO

Facilitated a Mindfulness-based training for a group of employees to raise awareness about a mindful use of technology - smartphones, social networks, chat apps.

Personal Mindfulness Experience

Daily meditation and yoga practice.

Regularly attending Buddhist meditation retreats in both Theravada and Mahayana traditions in Italy (ILTK, Pian dei Ciliegi), in Thailand (Thai Forest Monk tradition), in Myanmar and in US (Tara Mandala retreat center, CO).

Enrolled in "Feeding your Demons" certification path according to the teachings of Lama Tsultrim Allione.