



Liana DUGARO Born in Nürnberg (D) on 12.01.69, Italian nationality
+39 3474447366, liana.dugaro@ginecoaching.com

www.lianadugaro.coach - www.ginecoaching.com
<https://www.linkedin.com/in/liana-dugaro/>
<https://www.facebook.com/liana.dugaro>

Core competencies:

- Psychology: Degree in Psychological Science. Licensed Psychological Counselor.
- Polyvagal Informed Practice (Deb Dana): A collection of evolutionary, neuroscientific, and psychological constructs pertaining to the role of the vagus nerve in emotion regulation, social connection and fear response.
- BioGestalt®: A counseling approach for developing more functional behaviours and relationships.
- Somatic Experiencing®: A naturalistic and neurobiological approach to healing trauma, increasing resilience and orienting to pleasure, developed by Peter A Levine, PhD.
- Integral Somatic Psychology™: A somatic psychology approach that helps clients fully *embodying* their emotions, developed by Raja Selvam, PhD.
- Gine Coaching®: A self-development method tailor-made for women that combines the goal-oriented nature of ontological coaching together with the emotional and physiological focus of counseling, fusing them together within the framework of the natural cycles (feminine and lunar).

Further skills acquired:

- Managing teams and coaching people for developing the individuals' talents.
- People management, also remotely, either as direct manager, project coordinator or mentor.
- Project and stakeholders' expectations management, multitasking under pressure and uncertainty.
- Design of operational models and procedures that are repeatable, robust, and consistent.

PROFESSIONAL EXPERIENCE

COUNSELING, and COACHING

since 2011

Psychological Counselor, and Practitioner of Somatic Experiencing®, and Integral Somatic Psychology™

Enrolled on the Italian Register of Psychologists (Ordine Psicologi FVG, Sez B n.22: [https://www.ordinepsicologifvg.it/ordine-fvg/albo-iscritti-Liana Dugaro](https://www.ordinepsicologifvg.it/ordine-fvg/albo-iscritti-Liana-Dugaro)) since 2021

Member of AssoCounseling (www.assocounseling.it: REG-A1497-2014) since 2014

- Private practice supporting clients improve their wellbeing and personal development since 2014
- Somatic Experiencing® training assistant in: Bosnia, Croatia, Georgia, Hungary, India, Italy, Romania, Spain, Ukraine-Belarus, USA online since 2021
- Integral Somatic Psychology training assistant: Belgium, EU online, US online. since 2024

Volunteer and coordination for the Somatic Experiencing® Ukraine Task Force (SEUTF) since 2022
<https://somatic-experiencing-europe.org/se-ukraine-task-force/>

Life-Career Coach

Member of AICP Associazione Italiana Coach Professionisti since 2014
(<http://www.associazionecoach.com/>)

- Organisational practice as a Deutsche Bank manager. 2011-2013
- Private practice supporting clients to reach their extra-ordinary objectives since 2013
- Gine Coaching® founder and specialist since 2019

Coach for Alumni Bocconi since 2017
<https://www.bocconialumni.it/career/coaching>

PROFESSIONAL TRAINING ACTIVITIES

- Trainer for SIBiG Scuola Italiana di BioGestalt®, Milan since 2023
"Active listening, empathy, and rhythm in the session" - <http://www.biogestalt.it/liana-dugaro/>
- Trainer for CEGOS Italia, Milan 2018-2019
Personal development topics, including emotions, impulses, and stress management, self regulation, active listening, assertive communication, expectations, limiting thoughts, and time management.
- SDA Bocconi (MBA Department of Bocconi University) - Milan 1995-1997
Junior consultant and researcher, University assistant, MBA Tutor.

TEAM MANAGEMENT

- Deutsche Bank Group – Trade Finance / Cash Management Corporates 1997–2013
- Learning & Development Global Project Coordinator
- Creation of a structured framework harmonising development initiatives in EU, US, APAC.
 - Design of a Global Mentoring program applicable across the three regions.
- Head of Implementation and Service
- Leading teams in Italy, Spain, Portugal, Switzerland, Austria:
- Providing guidance and coaching to the team members on the assigned projects.
 - Coordination of critical initiatives, project management and processes streamlining.

EDUCATION (IN REVERSE CHRONOLOGICAL ORDER)

- Post Advanced Trainings with Peter A. Levine
<https://www.polarity.se/en/dozierende-person?id=11>
- Foundations of Polyvagal-Informed Practice and Masterclass – Deb Dana 2024-2025
<https://teoriapolivagale.it/>
- ISP Integral Somatic Psychology™ Practitioner and Training Assistant - Raja Selvam 2022-2023
<https://integralsomaticpsychology.com/>
- Università degli Studi di Padova**
- Enrolled on the Italian Register of Psychologists (Ordine Psicologi FVG, Sez B n.22) 2021
Undergraduate degree in Psychological Science (Thesis: Gender Gap in Politics) 2020
- Somatic Experiencing® - Peter A. Levine 2016-2019
<https://directory.traumahealing.org/practitioner/liana-dugaro/>
- EEC Escuela Europea de Coaching – Turin, Milan 2013-2014
1 year course in Executive Coaching (ICF International Coach Federation, ACTP level).
- SIBiG Scuola Italiana di Bio-Gestalt® – Milan 2011-2014
3 year professional counseling course.
- Università Commerciale Luigi BOCCONI - Milan**
- Chartered Accountancy equivalent Diploma (Dottore Commercialista e Rev. Uff. dei Conti) 1995
Master's Degree in Business Administration 1994

LANGUAGE SKILLS (MOTHER TONGUE ITALIAN)

- English: Working knowledge (Cambridge Proficiency, level C certification - 2002)
- Spanish: Working knowledge
- German: Intermediate knowledge (University of Klagenfurt, Austria, C level course - 2024)