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WORK and EDUCATION CURRICULUM

WORK EXPERIENCE

2015 - 2024 : Mountain leader, Nature guide and Mindfulness meditation teacher

2006-2013 : Instructor of the three years retreat at the Karma Ling Institute

1999-2001 : Personal assistant of Lama Denys, Head of the Karma Ling Institute (Savoie, France)

1998 : Electrical Engineer for 6 months

CONTINUING EDUCATION :

2015-2017 : Mountain Leader training (*DE Accompagnateur en montagne*)

2015 : Nature Guide training and youth work training (*BPJEPS EEDD with UCC Direction Accueil de mineurs*)

2015 – 2016 : MBSR Mindfulness teacher training with Association pour le Développement de la Mindfulness en France

INITIAL EDUCATION :

1993-1998: Master's degree in Electrical Engineering at INSA Lyon (Institut National des Sciences Appliquées)

1993: Scientific A-Level (Bac C Math and physic)

LANGUAGES :

French : mother language

English : Fluent (between C1 and C2 level)

Espagnol : basics

INTERESTS :

- Hiking
- Nature knowledge : wildlife, botany, bushcraft skills,
- Agriculture, permaculture
- Travel (nature and culture)