



## CONTACTS

- Florence
- +39 3516253835
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- driving license
- [Personal website](#)

## PROFESSIONAL BACKGROUND

- Certified Coach for professional & personal development
- Certified Yoga Teacher (Vinyasa, Ashtanga & Yin)
- 8 years of expertise in roles involving communications, organisational & policy tasks

## CORE COMPETENCES

- Very good communication skills
- Excellent organizational skills
- Emotional intelligence
- Positive Mindset
- Creativity & proactivity
- Adaptability
- Analytical skills

## DIGITAL COMPETENCES

- Microsoft Office Package
- Content management systems
- Brightspace | Mailchimp | Osiris
- EUI institutional platforms (Budget, Events, Reimbursement & Payment)

## LANGUAGES

**Italian, Albanian:** Mother tongue

<b>English:</b>	C2
<b>French:</b>	B1/B2
<b>Spanish:</b>	A2

# Erisa Taraj



## WORK EXPERIENCE

### Professor at Lorenzo de' Medici Institute – Florence (2024- present)

Teaching courses on Yoga: breathing, meditation and spirituality to undergraduate students.

### Coach – Florence & online (2021 – present)

Coach for personal and professional development, and soft skills. Tailor-made approach to accommodate clients' needs.

### Yoga Instructor – (2019 – present)

Multi-style yoga courses for institutional and corporate clients such as the European University Institute, Hotel Palazzo Castri 1874, Fabric House, Brussels Yoga Loft

### Project Associate at European University Institute – (2021 – 2024)

Organisation, budget and planning of summer courses, workshops, and other activities. Contacts with speakers & selection of participants.

### Policy Adviser at associations such as: SMEUnited, Assonime, EuropeanIssuers, European Small Business Alliance – Brussels (2016 – 2021)

5 years of professional experience in lobbying and communications activities related to EU public policies in different associations. Coordination of working groups and policy committees. Contacts with EU institutions & other stakeholders.

### Marketing & Sales Assistant at Transinex – Ho Chi Minh City (2015 – 2016)

In charge of customer relations with international schools in South-East Asia.



## EDUCATION

### Master Life & Career Coach

**Karakter Coaching School** – Rome, 2021

170 hours training – Approved by International Coaching Federation.

### Diploma Yoga Instructor:

**European University Institute** – Mindfulness Based Stress Reduction Course (MBSR) – Florence, 2022 (8 weeks)

**Samadhi** – Florence, 2022 (Yin Yoga 100h RYT)

**Brussels Yoga Loft** – Brussels, 2019 (Ashtanga and Vinyasa 200h RYT)

### Master's degree in International relations & European Studies University of Florence – Florence, 02/2015

### Bachelor's degree in Political Sciences University of Florence – Florence, 12/2012



## HOBBIES & INTERESTS

- Somatic Movement & Contemporary Dance
- Self-development, Psychology & Spirituality
- Trips and Outdoor activities