



CONTACTS

- Florence
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- erisa.taraj@gmail.com
- 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
- EU institutional platforms (Budget, Events, Reimbursement & Payment)

LANGUAGES

Italian, Albanian: Mother tongue

English: C2

French: B1/B2

Spanish: A2

Erisa Taraj



WORK EXPERIENCE

Yoga Instructor - Freelance – Florence
2019- present

Multi-style yoga courses (theory & practice) for institutional and corporate clients such as Lorenzo de Medici, the European University Institute, Hotel Palazzo Castrì 1874, Brussels Yoga Loft

Life & Career Coach - Freelance – Florence & online
2021 - present

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

Project Associate at European University Institute - Florence
09/2021 – 01/2024

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
09/2016 – 08/2021

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
08/2015 – 04/2016

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