

# CURRICULUM VITAE



Twenty years of experience in psychological counseling (individual & group), in Portugal and Mozambique. In 2000 founded PsiCoEstar, a private psychology center serving Maputo's population up until today. In 2009 published in Lisbon a book on self-development. As a consultant created and facilitated many workshops both to private and governmental institutions. Delivered more than 40 talks on self-knowledge and self-transformation. Currently living in Portugal (again) and looking for other Service opportunities.

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## PERSONAL DATA

Full Name:	Lígia Maria Carvalho de Noronha
Nationality:	Portuguese
Identity Card/Expiration Date	8602623, 06/04/2018
Date/Place of Birth:	12/02/1967, Maputo/Mozambique
Marital Status:	Single
Profession:	Clinical and counselling psychologist
Address:	Caixa Postal 694N – Monte Novo 8200-493 ALBUFEIRA
Cell phone:	(+351) 915058405
E-mail:	ligia@ligiadenoronha.com
Web site (in Portuguese):	www.psicoestar.com

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## EDUCATIONAL QUALIFICATION

1993-1998	<i>Psychology</i> at ULHT- <i>Universidade Lusófona de Humanidades e Tecnologias</i> (Lisbon), with specialization in clinical and counseling psychology and graduation thesis on "Children of Alcoholics".
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## LANGUAGES

Mother tongue Portuguese; proficient in English; reasonable in French and Spanish.

## PROFESSIONAL EXPERIENCE

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Febr. 2017 till today	Portugal – <i>Freelancer</i> .
Nov. 2012-Febr. 2017	Mozambique – PsiCoEstar - consultations and consultancy work.
Nov. 2007-Nov. 2012	Portugal - <i>Freelancer</i> - individual and group counselling sessions, talks, workshops, weekend retreat, articles during one year for the magazine 'Saúde Actual' and one book published ("Self-development at Home and at the Workplace").
Oct. 2005-October 2007	<b>Sabbatical</b> period – travelling in India and studying in Brazil.
Jan. 2000-August 2005	Maputo - <i>PsiCoEstar - Centre for Clinical and Transpersonal Psychology</i> - owner & director; individual, couple and family counsellor to nationals and foreigners; consultant.
April-November 1999	Maputo - <i>Colégio Delta</i> (secondary school) - teacher of psychology and responsible for the organization of seminars for teachers.
Aug. 1998-Jan.1999	Maputo - <i>ISPU - University and Polytechnic Institute</i> - lecturer in Sociology and Social Psychology, course co-ordinator (department of psychology) and head of psychological counselling bureau.
Oct. 1997-Jan. 1998	Lisbon - <i>Casa de Moçambique</i> - co-ordinator of the internal and external affairs; associations' representative in seminars and meetings (both national and international).
Mar. 1994-Jul. 1995	Lisbon - <i>Iberográfica - Import and Export</i> - administrative secretary and translator.
Dec. 1992-Fev. 1993	Lisbon - <i>Casa de Moçambique</i> - co-ordinator of the legalization campaign of the immigrants from the former Portuguese colonies.
Jan. 1989-Sept.1991	Lisbon - <i>Traducta - Translation and Interpretation Services</i> (Member of E.T.C. - European Translation Consortium) - translation project co-ordinator for the EU technical standards.

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## CONSULTANCY WORK (resumed): MOZAMBIQUE

- *FNDS – Fundo Nacional de Desenvolvimento Sustentável* (National Fund of Sustainable Development) – co-delivery of the talk: “**Personal and Group Development**” to the CEO and all staff members, Maputo, December 2016 (50 participants).
- *UNICEF Mozambique* - co-facilitation of the 3-day Retreat “**Conscienci@ARTE**”, Chidenguele (Gaza), October 2016 (130 participants).
- *Nosso Banco* - co-facilitation of training actions on Time Management and Customer Service to directors, branch managers and other employees of the Bank, Maputo, April 2016 (45 participants).

- *MAEFP - Ministério da Administração Estatal e Função Pública* (Ministry of State Administration and Public Affairs) - co-delivery of two talks: **“Self-awareness and individual, Group and Organizational Change”** to the Minister and the members of the Consultive Council, Namaacha, March 2016 (80 participants) and **“Free Yourself from Fears”** to all the employees of the Ministry, Maputo, June 2016 (150 participants).
- *ARIEL GLASER contra o Sida Pediátrico* (ARIEL GLASER Pediatric AIDS Health Care) - co-facilitation of the *weekend workshop* **“Personal and Organizational Development”** to all the staff members (including managers), Bilene and Nacala, Sept./Oct. 2015 (130 participants).
- *CISPOC – Centro de Investigação de Saúde da Polana Caniço* (health research centre) - co-facilitation of the *Workshop* **“Personal and Organizational Development”** to all the staff members (including managers), Maputo, May 2015 (35 participants).
- *MDM, Meninos de Moçambique* (NGO of support to street children) – facilitation of the workshop **“Self-development”** to all collaborators of the Association, in the scope of a training program co-financed by the CIES and the Italian Cooperation, Maputo, September 2009 (25 participants).
- *ASEM – Associação a Favor da Criança Moçambicana* (NGO of support to children victims of wars) – facilitation of the workshops **“Self-development”** and **“New Children”** to all workers of the NGO, Beira, November 2007 (28 participants).
- *Mozal Aluminium, SARL (BHPBilliton Group)* – individual counselling rendered to several employees (including managers); reports presented on various cases – October 2002 to July 2005.
- *Aga Khan Foundation* – meditation and consciousness classes given to Ismaeli children, youngsters and adults during “Camp Mozaic” - July 2004 (25 participants).
- *Banco Austral* (member of the Absa group) – creation and facilitation to all branch managers of the 2-day workshop **“Self-Development”**, June 2003 (32 participants).
- *British American Tobacco* – creation and facilitation of a **2-day workshop** to support the company’s **retrenched employees**, Maputo, March, Chimoio, May 2003 (30 participants).
- *Irish Embassy* – talk on **“self-consciousness”** given in the scope of the Embassy’s Gender Strategy held on the Ireland Aid Program in Mozambique, Maputo, March 2003 (18 participants).
- *National Health Institute/UEM Faculty of Medicine* – talk on “The relation between consciousness imbalances and physical symptoms” given during the XI Journeys of Health, Maputo, June 2001.
- *NSJ-Trust/UNESCO Media Project* – talks on **“The androgyny of consciousness”**, **“Sexuality and HIV-AIDS”**, **“Positive, negative and transformational strengths”** given during different workshops, Maputo, April, May and June 2001 (80 participants in total).
- *ISCTEM – Instituto Superior de Ciências e Tecnologias de Moçambique* (Private University) – consultancy work in **Environmental Psychology** (opening of the new Campus), Maputo, Jan. 2001.
- *ATA-Aid to Artisans* – talk on **“The power of creative visualization”** given during the National Workshop for Artisans, Maputo, June 2000 (70 participants).

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## ADDITIONAL INFORMATION

High capacity of organization, innovation, coordination and leadership. Excellent in communication and personal interaction. Strong sense of responsibility and commitment. Extremely creative. Learns quickly. Has strong personality. Open, flexible, adaptable, friendly, sincere, honest and fearless.