

CURRICULUM VITAE

PERSONAL DETAILS

Name: Natalie Zannettou

Date of Birth: 7th May, 1978

PROFILE

Mindfulness Trainer/ Teacher
Educator, Landmark Seminar Leader and Trainer
Artist, Architect, Sculptor

Natalie Zannettou is the founder of Mindfulness for Life. She founded this organization inside her commitment for people, and particularly kids to find true freedom. It is her belief that true freedom comes from deep self-awareness and understanding of what influences our beingness, our actions and thus the way we live our life.

Since Natalie was 5 years old she was looking for ways to 'save the world', make a difference. Her initial loves growing up were the arts, the environment, sciences and philosophy, including ontology, existentialism, cosmology, metaphysics and the healing arts.

Arriving at the age of college years she was torn as to which path to follow. Architecture covered the arts and sciences as well as her love for the environment and an access to connecting to it via thresholds and build environments that both interact with, invite it in and respect it.

Later on, while a practicing architect, she discovered [Landmark](#), an international personal and professional growth, training and development company, responsible for empowering individuals, companies and also responsible for many non-profit projects around the world. She fell in love with this ontological education and the difference it makes, completed the curriculum and became a trained Landmark Seminar Leader leading Self-Empowerment, Communication and Leadership Seminars both in Cyprus and the UK and Webinars offered in more than 20 locations around Europe, Russia and Turkey. She was also the source person and accountable for Landmark's programs being available in Cyprus for 6 years.

Being a mother and sensitive to the problems parents face nowadays raising their kids in the current socio-economic as well as psychological and emotional demands of our era, she chose to train herself and then be trained with [Mindful Schools](#) in the Mindful Schools K-5 Curriculum for ages 5 to 12 and the Middle and High School Curriculum for ages 12-18 as an access to making a difference with kids and teens. She went on to complete several other courses, training in Positive Psychology, CBT, NLP as well as on Neuroscience, and after request from her students, she combined her ontological education and her Mindfulness and other Training and created her own programs for kids and adults, as well as seminars for individuals and business.

Her programs and seminars are created for people to discover their true state of light, genius, and creative being-ness and empower people to live a life of freedom. Her moto is that every single human being – no one left out - deserves to live life powerfully, be free and live lives they love!

Natalie is currently working with several schools in Cyprus (Junior, Senior School, Falcon and English School) training children, adolescents and teachers in Mindfulness. She is also leading Mindfulness Seminars for organizations like the Bank of Cyprus and MPM Group.

Natalie is also involved in charity work, and is the creator of 'We' a cycle of seminars devoted to presencing Love where all profits are donated to non-profit organizations.

TRAINING AND DEVELOPMENT

<u>From...to.....</u>	<u>Educational Center</u>	<u>Qualification</u>
2019	Kopan Meditation Center	Course on Meditation
2019	Noah Merriby Neuroscientist	Neuroplasticity/ Neuroscience Course Certificate
2018	Palouse Mindfulness Organization	MBSR Course Certificate
2018	Tushita Meditation Center	Course on Meditation
2017- today	Mindful Schools Organization	Mindful Communication Course Certificate
2017- today	Braco Pobric Positive Psychology Instructor	Course: Mindful Parenting Helping Teenagers Succeed in Life, Part A
2017- today	Kain Ramsey NLP, CBT & Modern Applied Psychology Instructor	NLP Master Practitioner Certification Course (Expert Level)
2017- today	Kain Ramsey NLP, CBT & Modern Applied Psychology Instructor	NLP Practitioner Certification (Beginner to Advanced)
2017- today	Kain Ramsey NLP, CBT & Modern Applied Psychology Instructor	Mindfulness Practitioner Certification Course (Level 1, 2, 3 & Master)
2017- today	Elmira Strange Motivational Psychologist Instructor	Children Psychology Certificate (Advanced Level)

2017	Elmira Strange Motivational Psychologist Instructor	Counseling Children and Adolescence Certificate
2017	Braco Pobric Positive Psychology Instructor	Course: Mindful Parenting Positive Psychology and Happy Children
2017	Pema Chodrom Tibetan Buddhist monk Sounds True instructor	Freedom to choose something different Course 1 and Course 2
2011-2016	Landmark Education Seminar Leader London, UK	Leadership Training & Communication Programs
2016	Mindful Schools Organization	Mindfulness of Emotions Course Certificate
2013	Mindful Schools Organization	Trained in the Mindful Schools K-12 Curriculum
2013	Mindful Schools Organization	Trained in Mindfulness Fundamentals
2011	Ministry of Commerce Industry and Tourism	Energy Performance Certification of Buildings
2009-2011	Landmark Education Seminar Leader Training Boston, US – London, UK	Leadership Training & Communication Programs Leader
2007-2009	Landmark Education Boston	Training, Development & Leadership Programs

EDUCATION

<u>From...to.....</u>	<u>University</u>	<u>Qualification</u>
2003-2004	Cambridge University Cambridge, UK	MPhil Master of Philosophy
1997-2002	Rhode Island School of Design, Providence R.I., USA	B.Arch Bachelor Architecture
1997-2001	Rhode Island School of Design, Providence R.I., USA	B.F.A Bachelor Fine Arts
1996-1997	Artstudio Laboratories Nicosia, Cyprus	Contemporary Art (Foundation Year)

SUMMARY OF PROFESSIONAL EXPERIENCE

<u>From...to....</u>	<u>Office</u>	<u>Post/Duties/Responsibilities</u>
2013-today	Leading a private Mindfulness and Self-Awareness Organization	Leading Mindfulness courses to kids and Adults and practicing Self-Awareness and Life coaching
2018-today	Leading Seminars for Businesses	Bank of Cyprus, MPM Group and others
2015-today	Junior & Senior School Mindfulness Courses	Teaching Mindfulness to Children and Teens
2019-today	The English School Mindfulness Courses	Teaching Mindfulness to Teens and MBSR to teachers
2019-today	The Falcon School Mindfulness Courses	Training teachers in introducing Basic mindfulness practices to kids
2010-2016	Landmark Education London	Coaching/ Leading Leadership & Communication Programs
2008-2009	Landmark Education Boston	Coaching/ Leading Leadership & Communication Programs

SKILLS

- Excellent facilitator and presentation skills.
- Conflict resolution skills
- Motivational speaker
- Excellent knowledge of the Greek and English languages.
- One-on-one executive/business and life coach
- Mindfulness coach and practitioner
- Excellent communication, negotiation and presentation skills. Speaks and writes clearly and effectively
- Strong interpersonal communication and leadership skills
- Ability to analyze the issues at hand and make decisions
- Remains focused on results, while maintaining excellent working relations
- Has experience in organizing and leading events

AWARDS

2013	Honorary Distinction, Memorial for the Mari Explosion's Victims, Cyprus
2003	Third Prize, Cyprus Ministry of Defense
2002	AIA Design Award
2002	Rhode Island School of Design – Silver Design Award
1994	Poster Competition, Cyprus – First Prize
1994	Distinction in a Mathematics Competition