



LÉRIO CUNHA

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AREAS OF EXPERTISE

Leadership skills. Charisma into motivating team members (team building). Problem solving and quick decision-making. Workshop facilitation and development of various methods to deliver key ideas. Give constructive feedback. Risk taking. Stress and time management. Events organizer. Crisis-resiliency. Interpersonal skills. Creativity. Society inclusive approaches. Multi-tasking. Adaptable. Sense of humor. Capable of being friendly and trustworthy while maintaining authority and leader figure. Strategic planning. Capacity to plan ahead. Implementer of new ideas. Problem-solving. Results-driven.

EDUCATION

- Mar15 – Jul15** | **Technical University of Berlin (DE)** – Masters exchange program. Thesis on “Performance Appraisal of University Lecturers – Case Study of ISEG”.
- Sep13 – Jun15** | **ISEG – Lisbon School of Economics & Management (PT)** – Master in Human Resources Management.
- May 15** | **Synergy Croatia (CR)** – Coaching Flow Training.
- Aug14** | **Eduk8** – Basic and Advanced Training for Trainers of Non-Formal Education.
- Sep10 – Jun13** | **ESHTE – Estoril Higher Institute for Tourism and Hotel Studies (PT)** – Honors/Bachelor degree in Leisure Management and Tourism Entertainment.

PROFESSIONAL EXPERIENCE

- Nov16** | **EDUK8 Autumn Training Vienna (AU)**
Co-Trainer of a 4 day Training of Intercultural Teamwork; 20 participants from all Europe had the opportunity to do activities tackling topics as Nonviolent Communication (by Rosenberg, 1992), 6 Stages of a team (by Tuckman, 1965), Different languages of appreciation, SWOT analysis of a team and Motivation.
- Nov16** | **World Coaches Program of the Royal Dutch Football Association (CV)**
Trainer Assistant and Translator of a 5 day introductory football and life skills training in Praia City, Cape Verde; As an assistant trainer and translator I contributed the learning of participating coaches in the project of community development through football.
- Sep16** | **ISCTE Kick-Off Teambuilding Day (PT)**
Co-Trainer: Co-design and plan all workshops and sessions for the Kick Off teambuilding day for 450 participants; Train 25 people facilitators to conduct the workshops and sessions.
- May16 – Sep16** | **Jovens Seguros Summer Camp (PT)**
▪ Coordinator: manage and lead a team of 2 coordinators, 30 team leaders and 185 children; Assure all tasks were done according to safety, health and entertainment indicators; Coordinating all bookings, logistics and daily activities; Empower every member of the team (30 pax), manage their physical effort, emotions and mediate personal conflicts in order to have a team work environment and maintain motivation.
- Jun11 – Aug13** |
▪ Monitor & Team Leader: Plan and implement outdoor activities (ages 6 – 17): Rapel, Wall and Rock Climbing, Zipline, Canoeing, Hiking, Archery, Traditional Games, Sports and Orientation games; Reference: Ricardo Marques, President of Jovens Seguros (Portugal), e-mail: ricardomarques@jovensseguros.com; Mobile: +351 961 572 303.

May16	Eduk8 Spring Training Malmo (SW) Co-Trainer of 3 day Training on Communication with focus on Public Speaking and Presentation skills; Participants were trained on topics as Empathy, Active Listening, Assertiveness, Non-verbal Communication and Feelings Management towards Public Speaking; As Co-Trainer I designed, prepared and delivered the activities and sessions. Reference: Eliza Popper, Learning and Development Consultant of Eduk8 (Belgium), e-mail: eliza.popper@gmail.com ; Mobile: +367 0367 7315.
Jan14 – Fev15	Erasmus Students Network Lisboa (PT) Team Leader of Events Department: Leader of a team of 12 members; plan and implement events; Daily follow up and feedback; Active member of the HR department: Recruit and Select members, Conflict Management, Performance Appraisal and Reward System; Reference: Pedro Lopes, President of ESN Lisboa (Portugal), e-mail: president@esnlisboa.org ; Mobile: +351 916 490 504.
Oct14 – Dec14	ERASMUS+ Youth Exchange Project (PT and CR) Coordinator and Trainer of Twinning Up for Start Up Project: Workshops on Leadership, Promotion of Youth Mobility, Entrepreneurship, Social Inclusion, Intercultural Learning, Fundraising, Team Building and Trust Games; Reference: Lea Ban, Project Coordinator (Croatia and Portugal), e-mail: leaban.os@gmail.com ; Mobile: +385 9893 50752.
Dec09 – Jun10	Maputo Port Development Company (MOZ) Intern in the Operations Department: Sustainable plan for acquiring 2 Forklifts; Project for turning a Sulfur Bulk into a Chrome Iron Bulk; Identify and solve problems of the containers' loading process; Design workflow chart that previously didn't exist; Design project for turning a Sulfur Bulk into a Chrome Iron Bulk; Reference: Rui Afonso, Former Development and Planning Manager (Mozambique), e-mail: santanarcs@gmail.com ; Mobile: +258 82 328 9560.

OTHER ACTIVITIES AND INTERESTS

Jan13- Jun13	The Blind Wall Climbing Experience (PT) Event Manager: a) Plan and organize a Wall Climbing Activity for blind people; b) Blind Fold Wall Climbing activity for increased awareness on visual impairment. of the daily difficulties blind people have.
Jan2000- Pres	World Tang Soo Do Assoc. (MOZ) 3 rd Degree Black Belt Martial Art Instructor; Represented Mozambique in 6 World Championships (2010 Vice World Champion) and twice Mozambique National Champion.
Sep06 – Jun09	Portuguese School of Mozambique (MOZ) President of the Students Association.
Sep06 – Sep07	Red Cross (MOZ) Volunteer - supporting the Red Cross team in events and in emergencies. Trained on CPR and First Aid.

LANGUAGE AND COMPUTER SKILLS

Languages	Portuguese (Mother language); English (Fluent, IELTS Academic Certificated); Spanish (Minimum Professional Proficiency) and German (Regular);
Computer	MS Office (Excel, Word, PowerPoint) – Advanced knowledge.
More Info	https://www.linkedin.com/in/lerio-cunha https://www.facebook.com/lerio.coaching