



ABOUT ME

My name is Azucena Sanchez, experienced and enthusiastic Rehab Trainer, Physiotherapist Neuro-Preparator Allyane Method and specialised in physiotherapy at the American University of Andragogy AAU, Hawaii (USA) in 2021.

I was an Olympic and world elite/professional athlete in cycling, athletics and handball for Spain and Italy, with an excellent career of success and excellent leadership skills.

success and excellent leadership skills.

I am the creator of the Stretching Patterns Azucena Sánchez method. I help people to recover and improve their health through an approach that combines professionalism and empathy to achieve a shared goal.

I later specialised with a Master's degree in Physical Preparation, Physiotherapy and Neuroscience. Physiotherapy and Neuroscience, at the University TECH CEU San Pablo - Valencia, Centro Fisiosalud-Rafael Ortega S.L. - Granada and the Allyane Method - France. For this method we are only two authorised and specialised in Switzerland.

In the last 22 years of experience in the world of health, music and sport, I have worked and still work in PDR GROUP S.A (FisioandSport & Per4Mance) with many clients with neurological, musculoskeletal problems and sports injuries.

My commitment to professional growth, reinforced by recent academic achievements at Tech University and other training centres, puts me in a position to contribute significantly to the success of my work, our organisation and our clients/patients.

AZUCENA SÁNCHEZ BENITO

REAH TRAINER, MINDFUL PERFORMER COACH

📍 Via Cortivallo 30, Lugano, 06900, Switzerland

☎ +41 76 435 63 98

✉ azucena@azucenasanchez.com

WORK EXPERIENCE

PDR GROUP SA (FISIOANDSPORT)

Massagno

Sep 2023 - Present

Rehab Trainer

Allyane Method, Personal Training, Physical Preparation and Coaching Musicians, Stretching Patterns Azucena Sánchez
Método Allyane, Entrenamiento Personal, Preparación Física y Coaching Músicos, Patrones de Estiramiento Azucena Sánchez

CLUB CICLISTA ZAAF CYCLING TEAM BARCELONA

BARCELONA

Mar 2022 - Apr 2022

Physiotherapist, Medical massage therapist & Elite Sports physical trainer

Assessment of the athlete, implementation of specific exercise and therapy programmes. Comprehensive and personalised approach to the treatment of sports injuries and sports performance. Advanced physiotherapy techniques, sports massage, manual therapy and functional rehabilitation. Helping athletes recover from injuries, improve strength and mobility, and minimise the risk of future injury.

Evaluación del deportista, la implementación de programas de ejercicio y terapia específicos. Enfoque integral y personalizado para el tratamiento de lesiones deportivas y rendimiento deportivo. Técnicas avanzadas de fisioterapia, masajes deportivos, terapia manual y rehabilitación funcional. Ayudar a los atletas a recuperarse de lesiones, mejorar la fuerza y la movilidad, y minimizar el riesgo de lesiones futuras.

LARANKHA TRADE S.A.

BARCELONA

Feb 2022 - Mar 2022

Physiotherapist, Medical massage therapist & Elite Sports physical trainer

Assessment of the athlete, implementation of specific exercise and therapy programmes. Comprehensive and personalised approach to the treatment of sports injuries and sports performance. Advanced physiotherapy techniques, sports massage, manual therapy and functional rehabilitation. Helping athletes recover from injuries, improve strength and mobility, and minimise the risk of future injury.

Evaluación del deportista, la implementación de programas de ejercicio y terapia específicos. Enfoque integral y personalizado para el tratamiento de lesiones deportivas y rendimiento deportivo. Técnicas avanzadas de fisioterapia, masajes deportivos, terapia manual y rehabilitación funcional. Ayudar a los atletas a recuperarse de lesiones, mejorar la fuerza y la movilidad, y minimizar el riesgo de lesiones futuras.

AZUCENA SÁNCHEZ SELF-EMPLOYED

Lugano

Apr 2021 - Sep 2023

Neuro Sports Physical Trainer

Allyane Method, Personal Training, Physical Preparation and Coaching Musicians, Stretching Patterns Azucena Sánchez
Método Allyane, Entrenamiento Personal, Preparación Física y Coaching Músicos, Patrones de Estiramiento Azucena Sánchez

RIXALTO GROUP SA

Stabio

Apr 2021 - Oct 2023

Secretary

LINKS

Azucena Sánchez:

<https://azucenasanchez.com/>

Azu Sanchez Coach:

<https://www.facebook.com/share/1HPC65n6vy/?mibextid=wwXlfr>

Azucena Sánchez Mindful Performer Coach:

https://www.instagram.com/azukena_sanchez?igsh=am9ybWYw...

LANGUAGES

SPANISH

ITALIANO

ENGLISH

FRENCH

PERSONAL DETAILS

Date of birth

15/10/1978

Nationality

Spanish

Visa status

Aprobado

Marital status

Soltera

DRIVING LICENSE

Driving license category

Driving licence type B

AZUCENA SÁNCHEZ (SELF-EMPLOYED SEZIONE 8690 ALTRE ATTIVITÀ DI ASSISTENZA SANITARIA)

La Elinana

Mar 2015 - May 2021

EXCLUSIVAS RP 10 SL

La Eliana

Jun 2014 - Jan 2015

AZUCENA SÁNCHEZ (SELF-EMPLOYED SEZINOE 9319 ALTRE ATTIVITA SPORTIVE)

La Eliana

Sep 2013 - Dec 2014

U.T.E PISCINA CUBIERTA MUNICIPAL L'ELINA LA ELIANA

Apr 2009 - Dec 2013

INITIA CENTRO DE FITNESS S.L

Valencia

May 2007 - May 2008

POWER & FITNESS S.L.

Valencia

Sep 2006 - Sep 2007

Organising, planning and managing the office and manager's agenda. Filing documents, assisting clients, sorting e-mails and paper mail, making appointments and general team support. Organizar, planificar y gestionar la agenda de la oficina y del director. Archivar documentos, atender a los clientes, enviar correos electrónicos y postales, concertar citas y prestar asistencia general al equipo.

Biomedical Analysis Laboratory & Technician Medical massage therapist

Sports medicine and diagnostic laboratory (microbiology, clinical chemistry, pathology and cytopathology). Sports medicine-physiotherapy massage. Physical preparation. Bio-neuroemotion. Medicina deportiva y laboratorio de diagnóstico (microbiología, química clínica, patología y citopatología). Medicina deportiva-masaje fisioterapéutico. Preparación física. Bio-neuroemoción.

Administrative, commercial and financial technician

Organising, planning and managing the office and manager's agenda. Filing documents, assisting customers, sorting emails and paper mail, making appointments and general team support. Retail sales. Organizar, planificar y gestionar la oficina y la agenda del director. Archivar documentos, atender a clientes, clasificar correos electrónicos y en papel, concertar citas y apoyo general al equipo. Ventas al por menor.

Elite sports physical trainer & Medical massage therapist

Elite Sports Physical Trainer and Medical Masseuse for professional teams, various sports federations, football federations, referees, etc.

Preparador físico deportivo de élite y masajista médico para equipos profesionales, federaciones deportivas diversas, federaciones de fútbol, árbitros, etc.

Sports physical trainer, coach and instructor

Elite sports trainer, coach and trainer of professional teams, various sports federations, football federations, referees, sports clubs and municipalities.

Entrenador deportivo de élite, entrenador y formador de equipos profesionales, diversas federaciones deportivas, federaciones de fútbol, árbitros, clubes deportivos y municipios.

Preparer, trainer and sports physics trainer for sports clubs, Picine, etc.

Sports physical trainer, coach and trainer.

Courses in bodybuilding and fitness, spinning, aqua aerobics, swimming, stretching and pilates.

Preparador físico deportivo, entrenador y formador.

Cursos de musculación y fitness, spinning, aquaeróbic, natación, estiramientos y pilates.

Trainer, coach and trainer Various fitness courses

Sports Physics trainer, coach and trainer

Bodybuilding and fitness classes, spinning, aquagym, swimming, stretching and pilates.

Preparador físico deportivo, entrenador y preparador físico

**DECATHLON
ESPAÑA S.A.**
Vitoria
Nov 2004 - Nov 2005

Clases de musculación y fitness, spinning, aquagym, natación, estiramientos y pilates.

Commercial technician and sports mechanic

Sales engineer and sports mechanic
Advising, adjusting and selling to customers
Fit, adjust, repair and sell bicycles, skis, skates, etc.
Técnico de ventas y mecánico deportivo
Asesorar, ajustar y vender a los clientes
Montar, ajustar, reparar y vender bicicletas, esquís, patines, etc.

**MANCOMUNITAT DE
L'HORTA NORD**
Pobla De Farnals
Dec 2003 - Mar 2004

**Administrative and commercial technician social services
consumer assistance**

Administrative and commercial technician social services
consumer assistance
Secretariat, assistance and management of citizens' (consumers')
documentation, requests and appeals
Técnico administrativo y comercial servicios sociales asistencia al
consumidor
Secretaría, asistencia y gestión de la documentación, solicitudes y
recursos de los ciudadanos (consumidores)

EDUCATION

**TECH UNIVERSIDAD
TECNOLÓGICA**
Valencia (Spain)
2025

Master's Degree

Podal Reflexology University Course (150h & 6 ECTS)
Curso Universitario Refleología Podal (150h & 6 ECTS)

**FISIOTERAPIA
FORMACIÓN
RAFAEL ORTEGA
(FISIOSALUDSPOR &
HEALTH S.L)**
Peligros (Granada -
Spain)
2024

Higher National Certificate

Certification of Functional Rehabilitation of Musculoskeletal
Injuries (50h)
Certificado Readaptación Funcional de lesiones
musculoesqueleticas (50h)

**FISIOTERAPIA
FORMACIÓN
RAFAEL ORTEGA
(FISIOSALUDSPOR &
HEALTH S.L)**
Peligros (Granada -
Spain)
2024

Higher National Certificate

Certification of Clinical Reasoning Applied to Pain (25h)
Certificado Razonamiento Clínico Apicado al Dolor (25h)

**FISIOTERAPIA
FORMACIÓN
RAFAEL ORTEGA
(FISIOSALUDSPOR &
HEALTH S.L)**
Peligros (Granada-
Spain)
2024

Higher National Certificate

Visceral Ultrasound Certification Red Flags in Physiotherapy
(10h)
Certificado Ecografía visceral Banderas rojas en Fisioterapia (10h)

**FISIOTERAPIA
FORMACIÓN
RAFAEL ORTEGA**

Higher National Certificate

(FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-Spain)
2024

Advanced Neural and Neuro-Musculoskeletal Pathology Certification (25h)
Certificado Ecopatología Neuromusculoesquelética y neural avanzada (25h)

FISIOTERAPIA FORMACIÓN RAFAEL ORTEGA (FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-Spain)
2024

Higher National Certificate

Certification in neuromusculoskeletal echoanatomy (25h)
Certificado Ecografía en ecoanatomía neuromusculoesquelética (25h)

FISIOTERAPIA FORMACIÓN RAFAEL ORTEGA (FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-Spain)
2024

Higher National Certificate

Certification Physiotherapeutic approach in the diagnosis and treatment of TMJ disorders (20h)
Certificado Enfoque Fisioterapéutico en el diagnóstico y tratamiento de las patologías de la ATM (20h)

FISIOTERAPIA FORMACIÓN RAFAEL ORTEGA (FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-Spain)
2024

Master's Degree

Specialisation in Invasive Physiotherapy and Functional Rehabilitation in Neuromusculoskeletal Pathologies (200h)
Postgrado en Fisioterapia Invasiva y Readaptación Funcional en Patologías Neuromusculoesqueléticas (200h)

FISIOTERAPIA FORMACIÓN RAFAEL ORTEGA (FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-Spain)
2024

Higher National Certificate

Certification of invasive ultrasound-guided physiotherapy techniques in the upper and lower limbs and spine (50h)
Certificado Técnicas de fisioterapia invasiva ecoguiada en miembros superior e inferior y raquis (50h)

FISIOTERAPIA FORMACIÓN RAFAEL ORTEGA (FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-Spain)
2024

Higher National Certificate

Metameric functional neuromodulation certification on upper and lower limbs and spine (25h)
Certificado Neuromodulación metamérica funcional en miembros superior e inferior y raquis (25h)

FISIOTERAPIA FORMACIÓN RAFAEL ORTEGA (FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-Spain)
2024

Higher National Certificate

Certification Functional rehabilitation in neuromusculoskeletal dysfunctions (75h)
Certificado Readaptación funcional en disfunciones neuromusculoesqueléticas (75h)

CPAE TRATAMIENTO Y FORMACIÓN PARA ARTISTAS

Master of Science

Barcelona
2024

Physiotherapy of music (Activity accredited by the Catalan Council for the Continuing Education of Health Professionals and the Training Commission of the Spanish National Health System)
Fisioterapia de la música (Actividad acreditada por el Consejo Catalán de Formación Continuada de los Profesionales Sanitarios y la Comisión de Formación del Sistema Nacional de Salud España)

FISIOTERAPIA FORMACIÓN
RAFAEL ORTEGA
(FISIOSALUDSPOR & HEALTH S.L)
Peligros (Granada-Spain)
2024

Higher National Certificate

Certification of invasive physiotherapy and functional rehabilitation in musculoskeletal injuries (50h)
Certificado Fisioterapia invasiva y readaptación funcional en lesiones músculo -esqueléticas (50h)

FISIOTERAPIA FORMACIÓN
RAFAEL ORTEGA
(FISIOSALUDSPOR & HEALTH S.L)
Peligros (Granada-Spain)
2024

Higher National Certificate

Dry Needling and electro-puncture certification by clinical reasoning (25h)
Certificado Punción Seca y Elotropunción desde el razonamiento clínico (25h)

FISIOTERAPIA FORMACIÓN
RAFAEL ORTEGA
(FISIOSALUDSPOR & HEALTH S.L)
Peligros (Granada-Spain)
2024

Higher National Certificate

Neural and musculoskeletal ultrasound certification of the upper and lower limbs and spine (50h)
Certificación Ecografía neural y musculoesquelética en miembros superior e inferior y raquis (50h)

FISIOTERAPIA FORMACIÓN
RAFAEL ORTEGA
(FISIOSALUDSPOR & HEALTH S.L)
Peligros (Granada-Spain)
2024

Higher National Certificate

Basic musculoskeletal ultrasound certification (25h)
Certificado Ecografía Básica Músculo-Esquelética (25h)

FISIOTERAPIA FORMACIÓN
RAFAEL ORTEGA
(FISIOSALUDSPOR & HEALTH S.L)
Peligros (Granada-Spain)
2024

Higher National Certificate

Advanced musculoskeletal neuroskeletal ultrasound certification (25h)
Certificado Ecografía neuro-músculo-esquelética avanzada (25h)

ALEDUS (ACADEMIA LIBERA
ESPRESSIONE DELL'UOMO SAGGIO)
Monza (Italia)
2023

Associate of Science

Tom Bowen's Touch (Bowen Method) (120h)
Il tocco di Tom Bowen (Metodo Bowen) (120ore)

TECH UNIVERSIDAD

TECNOLÓGICA

Madrid (Spain)
2022

Master's Degree

Master in Neuroscience for doctors (1500h & 60ECTS)
Marter en Neurociencias para médicos (1500h & 60ECTS)

TECH UNIVERSIDAD TECNOLÓGICA

Madrid (Spain)
2022

Higher National Certificate

B2 level certificate in Italian
Certificado Nivel B2 de Italiano

AMERICAN ANDRAGOGY UNIVERSITY

Honolulu (Hawaii-
United States)
2021

Ph.D.

Dottorato in Fisioterapia (2000h & 80ECTS)
Doctorate in Physiotherapy (2000h & 80ECTS)

ENRIC CORBERA INSTITUTE

Barcelona (Spain)
2020

Bachelor of Science

BSc in Bioneuroemotion (750h)
Postgrado en Bioneuroemoción (750h)

UNIVERSIDAD IBEROAMERICANA TORREON

Torreón (Mexico)
2020

Master's Degree

BSc in Bioneuroemotion (750h)
Diplomado en Bioneuroemoción (750h)

FISIOTERAPIA FORMACIÓN RAFAEL ORTEGA (FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-
Spain)
2020

Higher National Certificate

Certificate in Functional Rehabilitation for Physiotherapists 1st
edition (75h)
Certificado de Readaptación funcional para fisioterapeutas
1ª edición (75h)

DEUSTO SALUD & VIU (UNIVERSIDAD INTERNACIONAL DE VALENCIA)

Barcelona (Spain)
2020

Higher National Certificate

Diploma Advanced Personal Coaching Course (200h)
Diploma Curso Superior Coaching Personal (200h)

FISIOTERAPIA FORMACIÓN RAFAEL ORTEGA (FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-
Spain)
2019

Higher National Certificate

Academic Medicine Certificate Course (954 hours of training in
the field of manual therapies) Certificación Curso Medicina
Academica (954 hora lectivas de formación en el campo de las
terapias manuales)

FISIOTERAPIA FORMACIÓN RAFAEL ORTEGA (FISIOSALUDSPOR & HEALTH S.L)

Peligros (Granada-
Spain)
2019

Higher National Certificate

Certificate Basic ultrasound and invasive, structural and neural
techniques 5th edition (50h)
Certificado Ecografía básica y técnicas invasivas, estructurales y
neurales 5ª Edición (50h)

ISAF (INSTITUTO DE CIENCIAS DE LA SALUD Y LA ACTIVIDAD FÍSICA)
Valencia (Spain)
2019

Associate of Science

Seminar 'Becoming the best coach in the world' Personal, professional and management development of athletes (5h)
Seminario Conviertete en el Mejor Entrenador del Mundo"
Desarrollo personal, profesional y gestión del deportista (5h)

ALLYANE EXPERT DU MOUVEMENT
Madrid (Spain)
2019

Associate of Applied Science

Allyane training certificate (5 days /40h)
Attestation de Formation Allyane (5 días /40h)

CEAC & PLANETA FORMACIÓN Y UNIVERSIDADES
Barcelona (Spain)
2018

Higher National Certificate

Higher Diploma in Homeopathy (250h)
Diploma superior de Homeopatía (250h)

CEU UNIVERSIDAD CARDENAL HERRERA
Moncada (Valencia-Spain)
2018

Master's Degree

Diploma University specialisation course in Paediatric Neurology and Psychiatry (150h)
Diploma Curso Universitario de Especialización en Neurología y Psiquiatría Pediátrica (150h)

CEAC & PLANETA FORMACIÓN Y UNIVERSIDADES
Barcelona (Spain)
2018

Higher National Certificate

Higher diploma in child and youth psychology (600h)
Diploma Superior Psicología Infantil y Juvenil (600h)

DEUSTO SALUD & APENB (ASOCIACIÓN PROFESIONAL ESPAÑOLA DE NATUROPATÍA Y BIOTERAPIA)
Barcelona (Spain)
2018

Higher National Certificate

Diploma Course in Balneotherapy and Spa (250h)
Diploma Curso de Balneoterapia y Spa (250h)

GRUPO SOBRE ENTRENAMIENTO LLC (G-SE) & AMERICAN COLLEGE OF SPORTS MEDICINE
Valencia (Spain)
2018

Associate of Applied Science

Training of the Elderly for the Prevention of Frailty (76h & 2CECs Awarded)
Entrenamiento del Adulto Mayor para la Prevención de la Fragilidad (76h & 2 ECTS)

NEURO MECANICA LAB
Madrid (Spain)
2018

Higher National Certificate

Certificate Mapping Training System (Neuroscience and Biomechanics applied to sports rehabilitation) (95h)
Certificado Mapping Training System (Neurociencia y Biomechanica aplicadas a la Readaptación Deportiva) (95h)

DEUSTO SALUD

Valencia (Spain)
2017

Higher National Certificate

Diploma Course in health centre management (300h)
Diploma Curso en Gestión de Centros Sanitarios (300h)

**LA ASOCIACION DE
SERVICIO REIKI**
Betera (Valencia-
Spain)
2017

Associate of Science

Reiki Master Usui Natura Healing Reiki Teacher (10h)
Maestro/a Reiki Sistema Usui De Sanación Natural (10h)

**GRUPO SOBRE
ENTRENAMIENTO LLC
(G-SE) & PHYSICAL
TRAINING ANS
SPORT**
Valencia (Spain)
2016

Associate of Applied Science

Webinar on Amplitude of Movement (ADM). Determining
Factors and Different Improvement Strategies (5h)
Webinar de Amplitud de Movimiento (ADM). Factores de la
Determinan y Diferentes Estrategias para su Mejora (5h)

**GRUPO SOBRE
ENTRENAMIENTO LLC
(G-SE) & CIENCIA DEL
MOVIMIENTO**
Valencia (Spain)
2016

Associate of Applied Science

Webinar on Gait Kinetics and the Pathophysics of Sports Injuries
(5h)
Webinar de la Cinética de la Pisada-Patomecánica de las Lesiones
Deportivas (5h)

**GRUPO SOBRE
ENTRENAMIENTO LLC
(G-SE) & CIENCIA DEL
MOVIMIENTO**
Valencia (Spain)
2016

Associate of Applied Science

Fundamental Concepts of Clinical Biomechanics Webinar (5h)
Webinar de Conceptos Fundamentales de la Biomecánica Clínica
(5h)

**GRUPO SOBRE
ENTRENAMIENTO LLC
(G-SE) &
GARCIAVERDUGO.C
OM**
Valencia (Spain)
2016

Associate of Applied Science

Technique Training Webinar and its Integration in the DIPER
Model (5h)
Webinar de Entrenamiento de la Técnica y su Integración en el
Modelo DIPER (5h)

**GRUPO SOBRE
ENTRENAMIENTO LLC
(G-SE) & CIENCIA DEL
MOVIMIENTO**
Valencia (Spain)
2016

Associate of Applied Science

Biomechanics and Functional Anatomy of the Knee Webinar (5h)
Webinar de Biomecánica y Anatomía Funcional de la Rodilla (5h)

**MUNDO
ENTRENAMIENTO
(EL DEPORTE BAJO
LA EVIDENCIA
CIENTÍFICA)**
Valencia (Spain)
2016

Associate of Science

Anterior Cruciate Ligament (ACL) Retraining (3h)
La Readaptación del Ligamento Cruzado Anterior (LCA) (3h)

**CIM GRUPO DE
FORMACIÓN**
Valencia (Spain)
2016

Higher National Certificate

Diploma in Bioenergetic Chakra Therapy (16 hours)

CIM GRUPO DE FORMACIÓN
Valencia (Spain)
2016

Diploma de Terapia Bioenergética de Chakras (16h)

● **Higher National Certificate**

Diploma de Reiki II Okuden (8h)

CIM GRUPO DE FORMACIÓN
Valencia (Spain)
2015

● **Higher National Certificate**

Master in Manual Therapies (600 hours of training in the field of manual therapies)
Master en Terapias Manuales (600 hora lectivas de formación en el campo de las terapias manuales)

CIM GRUPO DE FORMACIÓN
Valencia (Spain)
2015

● **Higher National Certificate**

Diploma of Thai Massage (10h)
Diploma de Masaje Tailandes (10h)

CIM GRUPO DE FORMACIÓN
Valencia (Spain)
2015

● **Higher National Certificate**

Reiki Usui Diploma (8h)
Diploma de Reiki Usui (8h)

CIM GRUPO DE FORMACIÓN
Valencia (Spain)
2015

● **Higher National Certificate**

Diploma de Masaje Lomi-Lomi Hawaiian (20h)
Diploma de Masaje Lomi-Lomi Hawaiano (20h)

**DEUSTO SALUD & APENB
(ASOCIACIÓN PROFESIONAL ESPAÑOLA DE NATUROPATÍA Y BIOTERAPIA)**
Barcelona (Spain)
2015

● **Higher National Certificate**

Bach Flower Specialisation Programme (250h)
Programa de Especialización en Flores de Bach (250h)

GRUPO SOBRE ENTRENAMIENTO LLC (G-SE) & PHYSICAL TRAINING ANS SPORT
Valencia (Spain)
2015

● **Associate of Science**

Aesthetic Training Webinar. Fat Reduction (5h)
Webinar de Entrenamiento para la Estética. Reducción de Grasa (5h)

GRUPO SOBRE ENTRENAMIENTO LLC (G-SE) & PHYSICAL TRAINING ANS SPORT
Valencia (Spain)
2015

● **Associate of Science**

Training Webinar: Strength in High-Performance Tennis (5h)
Webinar de Entrenamiento: La Fuerza en el Tenis de Alto Rendimiento (5h)

GRUPO SOBRE ENTRENAMIENTO LLC (G-SE) & GARCIAVERDUGO.COM

● **Associate of Applied Science**

Valencia (Spain)
2016

Webinar on Training Planning and Programming Based on the
DIPER Model (5h)
Webinar de la Planificación y la Programación del Entrenamiento
Basada en el Modelo DIPER (5h)

**EREPS (EUROPEAN
REGISTER OF
EXERCISE
PROFESSIONALS) &
ALTO RENDIMIENTO
CIENCIA
DEPORTIVA,
ENTRENAMIENTO Y
FITNESS**
Alicante (Spain)
2015

Higher National Certificate

Triathlon Physical Conditioning Specialist (100h)
Técnico Especialista en Preparación Física de Triatlón (100h)

**EREPS (EUROPEAN
REGISTER OF
EXERCISE
PROFESSIONALS) &
ALTO RENDIMIENTO
CIENCIA
DEPORTIVA,
ENTRENAMIENTO Y
FITNESS**
Alicante (Spain)
2014

Higher National Certificate

Long Race Physical Conditioning Specialist (150h)
Técnico Especialista en Preparación Física de Carrera de Fondo
(150h)

**NSCA SPAIN
(NATIONAL
STRENGTH &
CONDITIONING
ASSOCIATION)**
Valencia (Spain)
2014

Master of Science

Webinar on Using Technologies for Training Control (5h)
Webinar de Uso de la Tecnologías Para el Control de
Entrenamiento (5h)

**SAPS-GENERALITAT
VALENCIANA &
FUNDACIÓN C.V.
FESORD (PARA LA
INTEGRACIÓN Y LA
SUPRESIÓN DE LAS
BARRERAS DE
COMUNICACIÓN)**
Valencia (Spain)
2014

Associate of Applied Science

Certificado Introducción a la Lengua de Signos Ed01 (25h)
Certificado Introducción a la Lengua de Signos Ed01 (25h)

DEUSTO SALUD
Valencia (Spain)
2013

Higher National Certificate

Diploma Specialisation Programme in Naturopathy (250h)
Diploma Programa Especialización en Naturopatía (250h)

DEUSTO SALUD
Valencia (Spain)
2013

Higher National Certificate

Diploma of Specialisation Programme in Nutrition and Herbal
Dietetics (250h)
Diploma Programa Especialización en Nutrición y Herbolodietética
(250h)

**EHT ESCUELA
HIPNOSIS
TERAPÉUTICA**
Valencia (Spain)
2012

Higher National Certificate

Graduate Expert in Therapeutic-Clinical Hypnosis (500h)
Graduado Experto en Hipnosis Terapeutica-Clinica (500h)

**CHPT CENTRO DE
HIPNOSIS Y
PSICOLOGÍA
TERAPÉUTICA**
Valencia (Spain)
2012

● **Higher National Certificate**

Expert Certification in Fulminant Hypnosis (250h)
Certificación Experto en Hipnosis Fulminante (250h)

**USOCV &
GENERALITAT
VALENCIA & SERVEF**
Valencia (Spain)
2011

● **Associate of Applied Science**

Mountain First Aid Certification (30h)
Certificacion de Primeros Auxilios en el Monte (30h)

**GENERALITAT
VALENCIANA &
CONSELL VALENCIA
DE L'ESPORT**
Valencia (Spain)
2011

● **Associate of Applied Science**

Certification "Course of Cineanthropometry and Nutrition in Sport" (10h)
Certificación "Curso de Cineantropometria y Nutidicon en el Deporte" (10h)

**CRUZ ROJA
ESPAÑOLA**
Valencia (Spain)
2010

● **Associate of Science**

Certification "Instrumental CPR (Cardio Pulmonary Resuscitation) Workshop" (5h)
Certificación "Tallere de RCP Instrumental" (5h)

FCC & HEDIMA
Madrid (Spain)
2010

● **Associate of Applied Science**

Diploma of participation and achievement in the course "The Relationship with the Customer, Quality Service" (80h)
Diploma de participación y aprovechamiento curso "La Relación con el Cliente, Servicio de Calidad" (80h)

**CIM GRUPO DE
FORMACIÓN**
Valencia (Spain)
2009

● **Higher National Certificate**

Diploma in Functional and Neuromuscular Taping (15h)
Diploma de Vendaje Funcional y Neuromuscular (15h)

**POLAR LISTEN TO
YOUR BODY**
Almussafes (Valencia-
Spain)
2007

● **Some College (no degree)**

Polar Instructor Certificate (2 days)
Certificado Polar Instructor (2 días)

**CIM GRUPO DE
FORMACIÓN**
Valencia (Spain)
2007

● **Higher National Certificate**

Technical Certificate in Sports Massage and Manual Therapies (200h)
Certificado Técnico en Masaje Deportivo y Terapias Manuales (200h)

**SCHWINN FITNESS
ACADEMY**
Valencia (Spain)
2006

● **Associate of Applied Science**

Certification Class Design (CECD) (16ore)
Diseño de clases de certificación (CECD) (16h)

CIM GRUPO DE FORMACIÓN
Valencia (Spain)
2006

● **Higher National Certificate**

Chiropractic Certification (305h)
Certificación Quiromasaje (305h)

CIM GRUPO DE FORMACION
Valencia (Spain)
2006

● **Higher National Certificate**

Stretching Instructor Diploma (8h)
Diploma de Monitor de Stretching (8h)

SCHWINN FITNESS ACADEMY
Valencia (Spain)
2006

● **Associate of Applied Science**

Certification Target Heart Rate Zones (CETHR) (8h)
Certificacion en Trabajo - Control Zonas de Frecuencia Cardíaca Objetivo (CETHR) (8h)

SCHWINN FITNESS ACADEMY
Valencia (Spain)
2006

● **Associate of Applied Science**

Certification Bronze Level Instructor (Schwinn Cycling) (16h)
Certificación Instructor Nivel Bronce (Schwinn Cycling) (16h)

DECARHLON SIEMPRE EN FORMA & BDN TRAINING
Aldaia (Valencia-Spain)
2005

● **Some College (no degree)**

Prevention of Occupational Risks for shop staff
Prevención de Riesgos Laborales para el personal de tienda

CIM GRUPO E FORMACIÓN
Valencia (Spain)
2005

● **Higher National Certificate**

Indoor Cycling Monitod Diploma (40h)
Diploma de Monitod de Ciclo Indoor (40h)

CIM CENTRO DE ESTUDIOS
Valencia (Spain)
2005

● **Higher National Certificate**

Diploma in Bodybuilding and Fitness Instructor (300h)
Diploma Monitor de Musculación y Fitness (300h)

INSTITUTO EDUCACIÓN SECUNDARIA NÚMERO 2 DE CHESTE (VALENCIA)
Cheste (Valencia-Spain)
2002

● **Higher National Diploma**

Higher Technician in Clinical and Biomedical Laboratory (2000h & 120ECTS)
Técnico Superior en Laboratorio Clínico y Biomédico (2000H & 120ECTS)

INSTITUT D'EDUCACIÓ SECUNDARIA MASSAMAGRELL
Massamagrell (Valencia-Spain)
2002

● **Higher National Diploma**

Higher Administrative and Commercial Technician - Higher Technician in Administration and Finance (2000h)
Técnico Superior Administrativo y Comercial - Técnico Superior en Administración y Finanzas (2000h)

UNIVERSIDAD POLITECNICA DE VALENCIA
Valencia (Spain)
2002

● **Master of Science**

**UNIVERSIDAD
POLITECNICA DE
VALENCIA**

Valencia (Spain)
2001

**COLEGIO NACIONAL
OBISPO AMIGO
MASSAMAGRELL**

Massamagrell
(Valencia-Spain)
1993

Course V Day of Science and Technology Applied to Cycling:
Physiology and Biomechanics (20h)
Curso V Jornada de Ciencia y Tecnología Aplicadas al Ciclismo:
Fisiología y Biomecánica (20h)

Master of Science

Course IV Conference on Science and Technology Applied to
Cycling (20h)
Curso IV Jornada de Ciencia y Tecnología Aplicadas al Ciclismo
(20h)

Undergraduate

School Graduate Title
Título de Graduado Escolar

SKILLS

CLINICAL AND ASSESSMENT COMPETENCES - I
PERFORM ACCURATE CLINICAL ASSESSMENTS
AND DIAGNOSIS OF PHYSICAL AND MENTAL
DYSFUNCTIONS, APPLYING TREATMENTS
TAILORED TO THE PATIENT'S NEEDS. - I
IMPLEMENT PREVENTION AND HEALTH
EDUCATION PROGRAMMES TO PROMOTE A
HEALTHY LIFESTYLE.

EXPERTISE AND REGULATIONS - I HAVE A
SOLID KNOWLEDGE OF SWISS HEALTH
LEGISLATION AND REGULATIONS, AS WELL AS
BEST PRACTICES IN PUBLIC HEALTH AND
EPIDEMIOLOGY.

COMMUNICATION AND EMPATHY - I
COMMUNICATE EFFECTIVELY WITH PATIENTS
AND MULTIDISCIPLINARY TEAMS,
DEMONSTRATING EMPATHY AND ACTIVE
LISTENING TO BUILD TRUSTING
RELATIONSHIPS. - I SPEAK SEVERAL
LANGUAGES, INCLUDING GERMAN, FRENCH,
ITALIAN AND ENGLISH, WHICH FACILITATES
INTERACTION WITH DIVERSE CULTURAL
GROUPS.

TEAMWORK AND LEADERSHIP - I WORK
COLLABORATIVELY WITH MULTIDISCIPLINARY
TEAMS, CONTRIBUTING TO A HOLISTIC
APPROACH TO PATIENT CARE AND CONFLICT
RESOLUTION. - I POSSESS LEADERSHIP AND
MANAGEMENT SKILLS, OVERSEEING
HEALTHCARE PROJECTS AND OPTIMISING
TEAM DYNAMICS.

ADAPTATION AND STRESS MANAGEMENT - I
ADAPT QUICKLY TO DIFFERENT WORKING
ENVIRONMENTS AND HANDLE EMERGENCY
SITUATIONS EFFECTIVELY, REMAINING CALM
UNDER PRESSURE.

CONTINUING EDUCATION AND MENTORING -
I AM COMMITTED TO CONTINUING
EDUCATION AND UPDATING HEALTHCARE
PRACTICES AND TECHNOLOGIES, AS WELL AS
TRAINING AND MENTORING STUDENTS AND
JUNIOR STAFF.

USE OF TECHNOLOGY AND DATA ANALYSIS - I
USE HEALTH INFORMATION TECHNOLOGIES,
INCLUDING ELECTRONIC MEDICAL RECORDS
AND TELEMEDICINE, AND CONDUCT CLINICAL
DATA ANALYSIS TO IMPROVE PRACTICE.

PHYSICAL PREPARATION AND PSYCHOLOGY - I
DESIGN AND IMPLEMENT PERSONALISED
PHYSICAL TRAINING PROGRAMMES TO
OPTIMISE SPORTING AND ARTISTIC
PERFORMANCE, AND APPLY PSYCHOLOGICAL
APPROACHES TO IMPROVE THE EMOTIONAL
AND MENTAL WELL-BEING OF PATIENTS.

HOBBIES

ART (PAINTING, CLASSICAL MUSIC, OPERA AND DANCE) SPORTS (CYCLING, FITNESS,
HIKING AND STRETCHING) MEDITATION TRAVEL LEARNING CULTURES AND HAVING
MORE KNOWLEDGE. OBSERVE THE WORLD AND SEE WHAT IT NEEDS