

# Leonor García Zato

Freelance journalist  
Gestalt Therapist

## ABOUT ME

I am a curious, intrepid, caring and tenacious woman. All of this and a large dose of optimism and enthusiasm in what I undertake contribute to making my work creative and original. I feel a great intangible force that makes me believe in people, in life, a kinder world can and should be made. I do my best to create it!!

I have lived in Ireland, Northern Ireland, England, Germany and Italy. I currently live in Spain and traveling is my greatest hobby.

## EDUCATION

### University of Salamanca (Spain)

- Bachelor Degree of Journalism

### Qualia Center. Granada (Spain)

- Ontological coaching
- Gestalt therapist

## SKILLS

Native Spanish

Fluent English

Good Italian

Good German

Great at communication

Great at problem Solving

## EXPERIENCE

### Softskills training

Since 2003 in England and Spain

- I facilitate short and long workshops about self-esteem, group cohesion, anxiety, leadership, self-care...
- For public and private companies, retired nursing homes, high schools...

### Event organizer

Since 1995 around Europe

- Book tour as a literary agent.
- Logistics in congresses and conferences.
- Workshop and conferences
- Team Building weekends
- Trips for retired

## CONTACT



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