

# VASILIKI EFRAIMOGLU

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## EDUCATION

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<b>The Institute for Professional Excellence in Coaching:</b> Certified Professional Coach Degree	<b>2023 - Present</b>
<b>University of Sheffield:</b> Legum Baccalaureus (LLB) Law and Criminology, with First-Class Honours	<b>2019 – 2022</b>
<b>General Education:</b> Hellenic American Educational Foundation, International Baccalaureate	<b>2017 – 2019</b>

## WORK EXPERIENCE

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<b>Alexandra General Hospital, Grief Yoga &amp; Meditation Teacher and Coach</b> (Remote)	<b>March 2022 – Present</b>
<ul style="list-style-type: none"><li>Co-founder of a startup focusing on helping women, who are going through in vitro fertilization (IVF) or have had one or more miscarriages, have a successful pregnancy</li><li>Holding 1-to-1 coaching sessions &amp; teaching yoga and meditation to alleviate the women's stress and/or grief</li></ul>	
<b>Radiance Beauty Spa, Yoga &amp; Meditation Teacher</b> (Remote)	<b>Dec 2022 – Present</b>
<ul style="list-style-type: none"><li>Holding 3 online classes a week that differ in type and intensity</li><li>Organising and teaching several workshops for beginners to assist their learning process</li></ul>	
<b>Expand Yoga, Co-Founder &amp; Manager</b> (Sheffield)	<b>Nov 2022 – Present</b>
<ul style="list-style-type: none"><li>Responsible for creating an all-encompassing yoga retreat</li><li>Building a website, handling social media and client inquiries and bookings</li></ul>	
<b>Sisterhood Yoga Retreats, Co-Founder &amp; Manager</b> (Remote)	<b>Oct 2022 – Present</b>
<ul style="list-style-type: none"><li>Managing all aspects of retreat operations</li><li>Responsible for marketing, managing and creating social media content</li><li>Teaching yoga and various philosophy and coaching workshops, organizing ceremonies</li></ul>	
<b>Foundation of Hellenic World, Operations Executive &amp; Team Leader</b> (Remote)	<b>March 2018 – Present</b>
<ul style="list-style-type: none"><li>Planning and managing events</li><li>Leading and supervising team members in the selection of exhibitions and virtual reality films</li></ul>	
<b>JD Gyms Sheffield South, Yoga Teacher</b> (Sheffield)	<b>Jan 2023 – April 2023</b>
<ul style="list-style-type: none"><li>Taught yoga classes of different intensity to gym members</li><li>Managed invoices and payments</li></ul>	
<b>Odeon Cinemas, Cinema Host</b> (Sheffield)	<b>Nov 2022 – April 2023</b>
<ul style="list-style-type: none"><li>Proactively delivered excellent customer service</li><li>Monitored illegal activity, ensured high standards of F&amp;B services</li><li>Achieved compliance with health and safety regulations</li></ul>	
<b>The National Chamber Network of Women Entrepreneurs, External Advisor</b> (Athens)	<b>April 2021 – Nov 2023</b>
<ul style="list-style-type: none"><li>Raised awareness and promoted female entrepreneurship</li><li>Mentored women and identified their needs and goals</li><li>Organised projects to help women in business</li></ul>	
<b>Assistant Wedding Photographer</b> (Scarborough)	<b>July 2022</b>
<ul style="list-style-type: none"><li>Directed and photographed clients, edited photographs</li></ul>	
<b>University of Sheffield, Students' Mentor/Coach</b> (Sheffield)	<b>Sept 2020 – June 2022</b>
<ul style="list-style-type: none"><li>Mentored undergraduate students throughout their first year</li><li>Provided advice, support and accommodated their needs and enquiries</li></ul>	
<b>Euphoria Retreat Hotel and Spa, Administrative Executive &amp; Front of House Staff</b> (Mystras)	<b>July 2021 – Sept 2021</b>
<ul style="list-style-type: none"><li>Handled enquires of clients in person and by phone which further improved my customer-service skills</li><li>Performed administrative tasks, coordinated the operations and personnel of the spa</li></ul>	
<b>Co-op Supermarket, Team Leader</b> (Sheffield)	<b>March 2021 – June 2021</b>
<ul style="list-style-type: none"><li>Demonstrated exceptional customer service</li><li>Supervised team members and ensured that they are working optimally</li><li>Handled deliveries, damages, shortages, excess of stock, and faced up and locked down the store</li></ul>	

- Forensic Criminology Department of Hellenic Police, Intern** (Athens) **Aug 2020 – Sept 2020**
- Shadowed the operations of various departments
  - Accustomed myself with a high functioning professional environment
- Epanodos Rehabilitation Center for Prisoners, Intern** (Athens) **July 2020 – Aug 2020**
- Identified clients' needs and signposted them to appropriate services to assist their reintegration into society
  - Strengthened my analytical and logical reasoning skills
- 'Degleris' Law Firm, Intern** (Athens) **June 2020 – July 2020**
- Carried out legal research
  - Drafted legal documents and reviewed case files
  - Honed my work ethic in a challenging, fast-paced environment
- 'AP Legal' Law Firm, Intern** (Athens) **July 2019 – Aug 2019**
- Gained commercial awareness by participating in legal meetings
  - Performed clerical duties
- Doctors of the World, Project Manager** (Athens) **Sept 2018 – Aug 2019**
- Led and planned a cultural visit to 50 refugee children to support and ease their integration in the community
  - Developed my time-management and organizational skills
- 'Melissa' Refugee Center for Migrant Women, Qualitative Researcher** (Athens) **Jan 2018 – April 2019**
- Organised and carried out fieldwork research
  - Maintained ethical and professional relationships with participants
- Care and Cure Oncology Center, Volunteer** (Athens) **Sept 2017 – June 2019**
- Provided psychological support to cancer patients to assist in their treatment and recovery process
  - Strengthened my interpersonal skills and empathy
- 'Diasozo' Animal Rescue Team, Fundraising Project Manager** (Karditsa) **Sept 2017 – April 2018**
- Led and organised a fundraising project to raise awareness about animal cruelty which raised 1,000€

## SEMINARS & CERTIFICATIONS

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<b>Envisage - Level 2 Fitness/Gym Instructor Course Certificate</b>	<b>2023</b>
<b>First Aid – Safety at Work Course Certificate</b>	<b>2023</b>
<b>Aegialis School of Yoga: 200-Hour Hatha and Vinyasa Yoga Teacher Training (Yoga Alliance-Certified Instructor)</b>	<b>2022</b>
<b>European Public Law Organisation: Precarious Labour, Human Trafficking and Social Exclusion Course</b>	<b>2018</b>
<b>'Pierce Leadership Academy': Humanism and Mediation Course</b>	<b>2018</b>
<b>Oxford Royale Academy Summer School: Introduction to Law Course</b>	<b>2016</b>
<b>Informatics Centre Summer School: Fashion Design, FBI Criminology, Career Path Coaching Course</b>	<b>2016</b>

## PUBLICATIONS

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- 'The New Generation Is More Interested in The Common Good'** (Protothema.gr) **May 2019**
- <https://www.protothema.gr/greece/article/890807/oi-neoi-simera-den-endiaferodai-mono-gia-to-ego-alla-gia-to-emeis/AMP>
- 'The Great Challenges of Immigration and Humanitarian Values'** (Protothema.gr) **Nov 2018**
- <https://www.protothema.gr/advertorial/article/840069/i-megali-proklisi-tou-metanasteutikou-kai-oi-anthropistikes-axies>

## WEBSITE - PORTFOLIO

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- <http://vasiliki.efraimoglou.gr>

## LANGUAGES

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Greek: Native Speaker, English: Fluent, German: B1 Certificate, Spanish: Intermediate, Portuguese: Beginner