



# Alexandra Sasu

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**Gender:** Female **Date of birth:** 28/02/1997 **Nationality:** Romanian

## ABOUT ME

Since 2019, I have worked as a supervisor in parental education at the HoltIS Association. Most of the projects I've worked on were developed in partnership with UNICEF. One of the most impactful projects I contributed to was the establishment of HoltIS youth clubs in 140 schools across the country, at both middle and high school levels.

I cherish fair play and believe in both giving and receiving respect. For me, respect, honesty, and teamwork are key to building real connections and a positive vibe.

## EDUCATION AND TRAINING

- [ 2018 – 2020 ] **Communitarian security and violence control**  
*Alexandru Ioan Cuza University*  
**City:** Iasi | **Country:** Romania | | **Level in EQF:** EQF level 7
- [ 2015 – 2018 ] **International Relations and European Studies**  
*Alexandru Ioan Cuza University*  
**City:** Iasi | **Country:** Romania | | **Level in EQF:** EQF level 6

## WORK EXPERIENCE

- HoltIS Association**  
**City:** Iasi | **Country:** Romania  
**Links** <https://www.qie.ro/platforma/snsp2024> | <https://www.qie.ro/platforma/statistici/ln2025ge>
- [ 03/2024 – 05/2025 ] **Supervisor**
- Participates in the selection process of the target group within the project "Developing Parenting Skills to Ensure Children's Rights and Mental Health";
  - Monitors the recordings and planning of parental educators on the online platform;
  - Participates in organizing theoretical training sessions for parental educators;
  - Supervises the preparation of materials for parental educators and for parenting courses;
  - Supports and supervises parental educators throughout the entire duration of parenting education courses;
  - Participates in organizing the National Lesson **Managing Emotions**, specifically:
    1. Drafting necessary materials – lesson plans, worksheets, posters, feedback forms,
    2. Supervises and monitors the registration process, supports enrolled teachers, disseminates information regarding this lesson, etc.;
  - Ensures compliance with the schedule and the plan for carrying out specific activities;
  - Prepares monthly activity reports;
  - Provides data on the conducted activities whenever necessary;
  - Collaborates with the team in drafting interim and final technical reports.
- HoltIS Association**  
**City:** Iasi | **Country:** Romania
- [ 02/2022 – 12/2022 ] **Supervisor**
- Establishment, Organization, and Supervision of HoltIS Clubs Nationwide** within the project "Expansion of Good Practice Models QIE: Adolescent Clubs and Appreciative Parenting," conducted in partnership with the UNICEF Representation in Romania.

## Organization and Participation in 4 Sessions of the HoltIS Summer School.

### *HoltIS Association*

**City:** Iasi | **Country:** Romania

**Links** <https://www.qie.ro/platforma/statistici/sn2024ipj> | <https://www.qie.ro/platforma/statistici/sn2024tt> | <https://www.qie.ro/platforma/statistici/ln2024sb> | <https://www.qie.ro/platforma/plph2023>

[ 03/2023 – 03/2024 ]

### **Supervisor**

- Participation in the selection process of the target group.
- Involvement in developing two new modules for the Parental Education Curriculum: **Learning through Play and Trauma Therapy**.
- Participation in organizing national events on topics such as **Bullying and Cyberbullying Prevention, Violence and Child Abuse, Learning through Play, and Trauma Therapy**.
- Monitoring records and schedules of parental educators on the online platform.
- Assisting in organizing 13 series of theoretical training for parental educators.
- Supervising the preparation of materials for parental educators and parent courses.
- Supporting and supervising parental educators throughout the duration of the parental education courses.
- Ensuring adherence to the schedule and plan for specific activities.
- Preparing monthly activity reports.
- Providing data about ongoing activities as needed.
- Collaborating with the team to develop interim and final technical reports for the project "Strengthening of a Nation System of Parental Education Programs for Early Child Development within the Play Learning and Parenting Hub and other educational hubs," implemented by HoltIS and funded by UNICEF.

### *HoltIS Association*

**City:** Iasi

**Links** <https://cluburi.holtis.ro/cluburi> | <https://www.qie.ro/platforma/statistici/sn2022gen> | <https://www.qie.ro/platforma/site/conf2022> | <https://www.qie.ro/platforma/gala2022>

[ 06/2021 – 01/2023 ]

### **Supervisor**

#### **Establishment, Organization, and Supervision of HoltIS Clubs in Bacău**

and the creation of necessary graphic materials, within the project "Quality Inclusive Education: Facilitate Transition from Lower to Upper Secondary Education - Parental Education Component," conducted in partnership with the UNICEF Representation in Romania.

#### **Organization of 2 National Events on Different Themes:**

- **National Session:** How Can We Understand Gender Equality?
- **National Conference and Parental Education Excellence Gala in Romania**, during which the most active parental educators were awarded, along with other personalities who have supported and promoted parental education and institutions that have made remarkable efforts for the development of this field in our country.

### *HoltIS Association*

**City:** Iasi | **Country:** Romania

**Links** <https://www.qie.ro/platforma/statistici/sn2021apcc> | <https://www.qie.ro/platforma/statistici/ln2021ls> | <https://www.qie.ro/platforma/statistici/sn2022imu>

[ 09/2019 – 02/2021 ]

### **Supervisor**

**Establishment and Supervision of HoltIS Clubs in Bacău** and the creation of necessary graphic materials within the project "Improving Parenting and Child Participation: Facilitating Transition from Lower to Upper Secondary Education," conducted in partnership with the UNICEF Representation in Romania.

**Organization of 3 National Events on Different Themes:**

- **National Appreciative Parenting Session:** How to Positively Address Child Behaviors?
- **National Session:** Developing Independent Living Skills.
- **National Session:** Immunity and Vaccination: Useful Information for Parents.

**SC Optima Solutions Srl**

**City:** Iasi | **Country:** Romania

[ 2016 – 2017 ]

**Technical sales representative in electronic and telecommunications equipment**

**Lead Identification and Generation:** Finding potential clients and developing relationships to create new sales opportunities.

**Presentation and Promotion of Products or Services:** Explaining the features and benefits of the company's products or services to persuade clients to make a purchase.

**Negotiation and Contract Finalization:** Discussing sales terms and completing transactions with clients.

**Achieving Individual and Team Monthly Objectives:** Meeting set goals for both personal performance and team targets.

**LANGUAGE SKILLS**

**Mother tongue(s):** Romanian

**Other language(s):**

**English**

**LISTENING C1 READING C1 WRITING B2**

**SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2**

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

**SKILLS**

Microsoft Office | Adobe Suite (Adobe Photoshop, Adobe Illustrator, Adobe InDesign, Adobe Premiere)

**DRIVING LICENCE**

**Cars:** B

**CONFERENCES AND SEMINARS**

[ 16/11/2022 – 20/11/2022 ]

**Project Manager Course** „Alături de Voi” Foundation Romania

Professional training course organized within the project "FACT - Employee Training through Counseling and Training," carried out by the "Together with You" Foundation Romania, in partnership with the Social Development Center T&CO and the "Bucovina Institute for Social Partnership" Association, and co-financed by the European Social Fund through the Operational Program Human Capital 2014-2020.

[ 12/05/2021 – 28/06/2021 ]

**Training PSEA** Iasi

**The Policy on Preventing Abuse and Sexual Exploitation (PASE)** aims to protect beneficiaries and communities where these organizations are active from sexual abuse and exploitation by the organization's employees and volunteers, as well as by the personnel of other partners and subcontractors who support the organization's programs.

**Link:** <https://agora.unicef.org/course/info.php?id=7380>

## VOLUNTEERING

[ 2011 – 2012 ] **Somaschi Volunteer Foundation** Romania

**Weekly activities with children and delivery of food and medicine to the elderly.**

## PUBLICATIONS

[ 2024 ] [\*\*WHAT IS PARENT EDUCATION? - A Guide to Encouraging Appreciative Parenting\*\*](#)

**Authors:** Ștefan COJOCARU, Luminița COSTACHE, Daniela COJOCARU, Simona APOPEI, Anda IONESCU, Diana PRICOPE, Alexandra SASU

[ 2024 ] [\*\*TYPES OF PARENT SUPPORT- A Guide to Encouraging Appreciative Parenting\*\*](#)

**Authors:** Ștefan COJOCARU, Luminița COSTACHE, Daniela COJOCARU, Simona APOPEI, Anda IONESCU, Diana PRICOPE, Alexandra SASU

[\*\*SUPPORT GROUP Guide to Encouraging Appreciative Parenting\*\*](#)

**Authors:** Ștefan COJOCARU, Luminița COSTACHE, Daniela COJOCARU, Simona APOPEI, Anda IONESCU, Diana PRICOPE, Alexandra SASU

[ 2024 ] [\*\*A POSITIVE APPROACH TO CHILDREN'S BEHAVIOUR - A Guide to Encouraging Positive Reactions\*\*](#)

**Authors:** Ștefan COJOCARU Luminița COSTACHE Daniela COJOCARU Simona APOPEI Anda IONESCU Diana PRICOPE Alexandra SASU

[ 2024 ] [\*\*CHILD PARTICIPATION Guide to Encouraging Child Participation\*\*](#)

**Authors:** Ștefan COJOCARU, Luminița COSTACHE, Daniela COJOCARU, Simona APOPEI, Anda IONESCU, Diana PRICOPE, Alexandra SASU

[ 2023 ] [\*\*A guide for parents - How to stimulate learning through play\*\*](#)

**Authors:** Luminița COSTACHE (UNICEF coordinator), Ștefan COJOCARU (HoltIS coordinator), Amalia DIACONU, Elena-Simona APOPEI, Anda IONESCU, Diana Florinela PRICOPE, Alexandra SASU

[ 2023 ] [\*\*A guide for parents - Trauma healing\*\*](#)

**Authors:** Luminița COSTACHE (UNICEF coordinator), Ștefan COJOCARU (HoltIS coordinator), Ecaterina CROITOR, Elena-Simona APOPEI, Anda IONESCU, Diana Florinela PRICOPE, Alexandra SASU

[ 2023 ] [\*\*How to Stimulate Learning Through Play Module 17\*\*](#)

**Authors:** Authors: Luminița COSTACHE (UNICEF coordinator), Ștefan COJOCARU (HoltIS coordinator), Amalia DIACONU, Elena-Simona APOPEI, Anda IONESCU, Diana Florinela PRICOPE, Alexandra SASU

[ 2023 ] [\*\*How to help children cope with trauma Module 18\*\*](#)

**Authors:** Luminița COSTACHE (UNICEF coordinator), Ștefan COJOCARU (HoltIS coordinator), Ecaterina CROITOR, Elena-Simona APOPEI, Anda IONESCU, Diana Florinela PRICOPE, Alexandra SASU

[ 2022 ] [\*\*Understanding gender equality Module 16\*\*](#)

**Authors:** Elena-Simona APOPEI, Ovidiu BUNEA, Ștefan COJOCARU, Anda IONESCU, Mihaela-Cătălina NECULAU, Adrian-Alin PĂTRAȘCU, Diana Florinela PRICOPE, Alexandra SASU

[ 2022 ] [\*\*Immunity and Vaccination: Useful Information for Parents Module 15\*\*](#)

**Authors:** Dana-Ștefana POPESCU, Elena-Simona APOPEI, Cristina BADEA, Ștefan COJOCARU, Luminița COSTACHE, Anda IONESCU, Oana MOTEA, Ramona PAVEL, Diana Florinela PRICOPE, Alexandra SASU, Raluca ZAHARI