



# Zoi Giatras

---

## PROFESSIONAL PROFILE

Professional in the sports field with many years of experience and multidisciplinary skills gained over the years covering roles such as coach, teacher and personal trainer.

Strong skills in managing large teams and in the 1:1 work relationship. Aptitude for working towards goals and perseverance in achieving them. Excellent predisposition to team working and team building skills, thanks to solid technical and emotional leadership. Strong motivational drive for continuous learning dictated by an innate curiosity and desire to get out of the comfort zone.

## CONTACTS

- Via del purgatorio, 1/5, 59100, Prato
- 3402748055
- giatraszoi@hotmail.it
- 11/08/1991
- Car License B
- [www.linkedin.com/in/zoi-giatras-7025b8147](http://www.linkedin.com/in/zoi-giatras-7025b8147)

## SKILLS

- Leadership
- Team Working
- Problem solving
- Empathic listening
- Collaborative and proactive

## ADDITIONAL INFORMATION

- Professional footballer with decades of experience in the Serie B and Serie A championships with the jerseys of Fiorentina, Sassuolo, Empoli, Cuneo and Res Roma.
- In 2018 I participated in the US soccer championship playing with Eugene Timbers, in Oregon, perfecting the English language.
- Available for transfers in Italy and abroad.

## LANGUAGE SKILLS

**Italian, Greek:** MOTHER TONGUE

**English:** B1

Intermediate

## WORK AND PROFESSIONAL EXPERIENCE

**Primary school teacher** 2022 - 2023

**IC Lippi - Prato**

- Cross-collaboration with teachers of other subjects to implement strong support networks and tailored teaching frameworks for students.
- Definition of the training offer based on the needs and abilities of the students.
- Assessment of class learning and recovery of gaps or learning problems encountered.
- Use of communication capable of facilitating relationships and encouraging activity.

**Football coach**

2013 - 2026

**Football school and youth sector**

- Analysis of the assigned work and identification of critical issues.
- Use of communication methodologies capable of facilitating the relationship with the different interlocutors.
- Creation of training sessions for different age groups.
- Promotion of interdisciplinary recreational sports activities.
- Management of large work groups.
- Problem solving skills during training and matches in relation to situations of lack of space or materials.

**Personal trainer**

2018 - 2024

**Personal training studios and fitness gyms**

- Conducting the initial interview with customers in order to analyze the need and define the personalized card.
- Individual and group training sessions.
- Specialized in functional training and specific sports preparation.
- Taking care of the fitness and motivational needs of customers, with personal training dedicated to athletic improvement and the achievement of precise results.
- Creation of specific training programs for children, the elderly and people with limited mobility.
- Commercial capacity to sell subscriptions.

**Secondary school teacher**

2019 - 2020

## HOBBIES AND INTERESTS

I dedicate a lot of time to reading, mostly essays, biographies and autobiographies of any kind.

I listen to all kinds of music and when I can I participate in concerts and live sporting events for the emotional charge they can convey.

Always working in close contact with people, once at home I give a lot of importance to time with myself through meditative and writing practices.

## ITP Marconi - Prato

- Management of educational programs during the emergency situation caused by Covid-19.
- Use of communication capable of facilitating relationships and encouraging activity with students and colleagues.
- Evaluation of student performance, behavior and social development and deviation of improvement strategies for children in difficulty.
- Study and experimentation of new sports and group disciplines to constantly expand the educational offer.
- Definition of educational objectives appropriate to the context, the age of the pupils and the tools provided by the school.

---

## EDUCATION

**Master's degree:** Sports Science and Techniques, 2015 - 2017

**University of Florence - Florence**

- Master's Degree in Sports Sciences and Techniques with a grade of 110/110.  
Thesis title: The influence of the menstrual cycle on sports performance.

**UEFA B Diploma:** Football, 2015 - 2015

**FIGC Technical Sector - Florence**

- Master's Degree in Sports Sciences and Techniques with a grade of 110/110.  
Thesis title: The influence of the menstrual cycle on sports performance.

**Bachelor's degree:** Exercise Science, Sport and Health, 2011 - 2014

**University of Florence - Florence**

- Master's Degree in Sports Sciences and Techniques with a grade of 110/110.  
Thesis title: The influence of the menstrual cycle on sports performance.

**Diploma:** Socio-psychopedagogical high school, 2005 - 2010

**High School of Human Sciences G.Rodari - Prato**

- High School Diploma in Socio-Psycho-Pedagogical High School with a grade of 86/100
- Kindergarten Teacher

Autorizzo il trattamento dei miei dati personali ai sensi dell'art. 13 del D. Lgs. 196/2003 e dell'art. 13 GDPR (Regolamento UE 2016/679) ai fini della ricerca e selezione del personale.