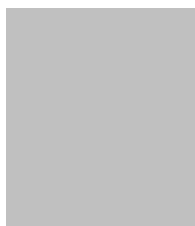


## PERSONAL INFORMATION



Sex Female | Date of birth 19/05/1979 | Nationality Portuguese

## JOB APPLIED FOR POSITION

## WORK EXPERIENCE

## EDUCATION AND TRAINING

## PERSONAL SKILLS

Mother tongue(s) Portuguese

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	Enter level	Enter level	Enter level	Enter level	Enter level
	Replace with name of language certificate. Enter level if known.				
French	Enter level	Enter level	Enter level	Enter level	Enter level
	Replace with name of language certificate. Enter level if known.				

## Communication skills

Resilient person with focus on solving problems and overcoming challenges. I am an empathetic person and I practice active listening so I can meet other's expectations. I gained these skills through my experience in sales and working on self-knowledge.

## Organisational / managerial skills

Strong organisational skills.  
Able to set priorities, plan and coordinate work activities; able to obtain resources so the work goals are accomplished on time and within budget.

## Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Independent user	Independent user	Independent user	Independent user

Levels: Basic user - Independent user - Proficient user  
[Digital competences - Self-assessment grid](#)

Other skills Volunteer work in "CASA"

Driving licence Driving licence category B