

# Alex Cenem

## Developmental Child Psychologist | Human Development Consultant Project & Training Specialist

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### Professional Profile

Multidisciplinary professional with 35+ years of experience in psychology, leadership, human development, and training. Holds a BSc in Developmental-Child Psychology with additional training in neuropsychology, psychosynthesis, coaching, energy psychology and education. Skilled in programme design, mentoring, training delivery, and project leadership.

Founder of the Dynamic Natural Assessment Programme© and author of *Dynamic Energy – Introducing the DNA Programme*©, an interdisciplinary book combining psychology, neuroscience, quantum physics, and human energy theory. Currently preparing its public launch alongside the development of two associated projects: Interface Schema (focused on development across the lifespan) and a consultancy service for personal, professional, and social growth.

**I am seeking roles that allow me to apply and expand my methodology in personal, professional, and social development. Any position I take on will receive my full focus and serve as both a contribution and a collaboration in this shared field of human growth.**

### Education & Training

- BSc (Hons) Developmental Child Psychology – University of East London (2013–2019)
- Diploma in Neuropsychology, Counselling, Positive Psychology & Mindfulness (2024–ongoing)
- Level 3 Award in Education and Training – NCC (2022)
- TEFL Certificate (2022)
- Diversity, Emotional Intelligence & Unconscious Bias (2021)
- Noble Manhattan Life Coaching Certificate (2008)
- ILM Level 3 in First Line Management (2008)
- Psychotherapy Studies – Regent's College, London (1994–1996)
- Essentials of Psychosynthesis – Psychosynthesis Education Trust (1990–1991)
- Visual & Development Communication – FAAP University, São Paulo (1989–1990)

### Professional Experience

#### Personal & Business Consultant | Human Development Mentor - London | 2012 – Present

- Developed and delivered workshops, courses, and individual mentoring sessions.
- Focused on emotional intelligence, trauma recovery, neuroplasticity, and personal, professional and social development.
- Created all material for websites, videos, social media, and book publication.
- Worked across sectors: education, health, community services, and private clients.

#### Café Manager | The Castle Climbing Centre - London | 2022 – 2023

- Managed business operations, budgeting, and staff training for a 20-person team.
- Introduced health and safety improvements and kitchen upgrades.
- Combined leadership and emotional support for diverse staff.

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## **Clinic Receptionist | Integrated Body Dynamics** - London | 2020 – 2021

- Supported client care and therapist bookings during the COVID-19 pandemic.
- Managed safeguarding records and provided calm, trauma-informed support.

## **Clinic Manager | British College of Osteopathic Medicine** - London | 2010 – 2012

- Ran operations of the public student training clinic for 80+ people.
- Coordinated HR, training rotas, and learning systems for 3rd/4th year students.
- Oversaw patient management, finances, and L&D support.

## **Business Development Manager & Auditor | Crussh Juice Bars** - London | 2009 – 2010

- Audited and coached 25 stores across London on performance and staff development.
- Worked with L&D to deliver training strategies and process evaluations.

## **Key Skills & Capabilities**

- Developmental and Child Psychology & Reflective Practice
- Project & People Management
- Emotional Intelligence & Diversity Facilitation
- Psychoeducational Training Design
- Public Speaking, Lecturing, Workshop & Training Programme Design and Delivery
- Clinical Support & Case Management
- Research, Report Writing, Evidence-Based Content
- Digital Content Creation & Social Media Strategy

## **IT & Digital Media Skills**

- Windows & MacOS | Microsoft Office | Google Workspace | Zoom | Teams
- IBM SPSS | Sage | Adapt | ICNS | Sun Systems | Freehand Clinic Manager
- Adobe Creative Cloud: Photoshop, InDesign, Premiere Pro, Illustrator, Express
- Website & Presentation: WIX, Canva, Prezi
- Video & AI Tools: CapCut, InVideo, VideoLeap, iMovie, VivaVideo, Sora, Midjourney, ChatGPT, Greenscreen, Voiceovers, Veo 3.

## **Languages**

- English (Fluent) • Portuguese (Fluent) • Spanish (Intermediate) • Italian (Basic)

## **Activities & Interests**

- Human Developmental Research • Writing • Mindfulness & Somatic Practices (Tai Chi, Yoga)
- Hiking • Climbing • Swimming • Multimedia Learning • AI-Powered Storytelling & Film Creation
- Interest in Neuroplasticity & Human Energetic Lifespan Processes

## **References**

Available upon request