



Alex Cenem

Consultant, Researcher, Author & Programme Designer
Human Development • Lifespan Psychology • Applied Human Energy

Profile

I work at the intersection of human development, education, and lived experience, designing practical frameworks that help individuals, organisations, and communities navigate change with greater awareness and coherence.

My background spans developmental child psychology training, long-term independent research across multiple sciences, and over two decades of hands-on work in complex human environments — from education and community initiatives to cultural institutions, global organisations, and high-visibility professional settings.

I am the creator of The Dynamic Natural Assessment Programme™ (DNA Programme™), an integrative methodology developed through sustained research, observation, and applied practice, focused on understanding how humans adapt, respond, and evolve across the lifespan.

Areas of Focus

- Lifespan human development (non-clinical, educational)
- Research and methodology design
- Human energy as a practical, adaptive process
- Mentoring, training, and consultancy
- Programme, workshop, and framework development
- Creative education and interdisciplinary integration

Professional Journey

My professional path has unfolded across diverse sectors and cultures, including education, hospitality, cultural institutions, and large-scale organisations. These environments demanded adaptability, presence, leadership, and a deep understanding of human dynamics under pressure.

I have worked closely with people from a wide range of backgrounds, ages, and social contexts — from everyday individuals navigating personal and professional challenges to leaders, creatives, and decision-makers operating in high-responsibility roles.



Key Projects & Contributions

- Designer and author of Dynamic Energy – Introducing the Dynamic Natural Assessment Programme™
- Founder and architect of the DNA Programme™ ecosystem, including DNACe™ and Interface Schema™
- Development of scalable frameworks for books, workshops, and immersive learning experiences
- Delivery of mentoring, consultancy, and educational programmes
- Creative learning projects with children, educators, and communities (UK & Brazil)

Education & Continuous Development

BSc in Developmental Child Psychology — University of East London

Ongoing interdisciplinary study across psychology, neuroscience, sciences, cultural systems, and energy-related disciplines.

Languages

Portuguese (native) | English (professional fluency) | Spanish (intermediate) | Italian (basic) | French (basic)

Current Direction

The Dynamic Natural Assessment Programme™ is now entering an expansion phase, integrating education, creative production, and AI-supported exploration.

A detailed historical CV is available on request.