

ALEXANDRE CENEM

Consultant, Mentor, Strategist & Trainer in Lifespan and Human Development
Bridging Human Energy, Science & Social Evolution

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Profile Summary

Specialist in Developmental Lifespan Psychology, integrating science, psychology, quantum studies, and creative innovation into human-development systems.

Designer and creator of the **Dynamic Natural Assessment Programme™ (DNA Programme™)** — a multidisciplinary ecosystem that merges research in human energy, lived experience in **mental-health stabilisation and wellbeing**, and applied learning into practical frameworks for personal, professional, and social transformation.

Core Competencies

- Methodology Design
- Human Energy Consultancy – using the DNA Programme™ framework
- Personal, Professional/Business & Social Consultancy
- Research & Development
- Mentoring & Training
- Strategic Project Design
- Creative Direction, Storytelling & Multimedia Production
- Digital Design & Branding Development (websites, logos, marketing, and visual identity)
- Adaptability, Innovation & Multidisciplinary Learning
- Financial Planning, Budget Accuracy & Performance Monitoring
- Cross-Disciplinary Integration
- Leadership & Communication

Selected Achievements

- Developed and authored the Dynamic Natural Assessment Programme™ methodology and its **first publication, *Dynamic Energy – Introducing the DNA Programme™**.
- Structured the DNACe™ and Interface Schema™ to expand research into applied teaching, consultancy, training, and other ecosystems.
- Delivered mentoring, consultancy, and workshops supporting transformational growth in individuals and organisations.
- Designed scalable frameworks for future books, courses, and immersive experiences focused on human energy and lifespan development.

Professional Experience

Researcher, Published Author & Consultant (2006 – Present)

Founder & Architect of The DNA Programme™

Developed the **Dynamic Natural Assessment Programme™** and its ecosystem — **DNACe™** and **Interface Schema™** — to bridge personal, professional, and social development. Designed frameworks merging lifespan psychology, neuroscience, quantum studies, and cultural sciences into measurable applications of human energy understanding.

Key Achievements:

- Authored and published ***Dynamic Energy – Introducing the DNA Programme™***.
- Created a comprehensive roadmap for books, workshops, and immersive training experiences.
- Delivered mentoring and consultancy for individuals and organisations navigating transformation.
- Established strategic foundations for global expansion and future educational initiatives.

Transformative Achievements

- Designed and implemented operational and business frameworks for major organisations, including **Visa–Mastercard representatives, American Express, Starbucks UK, Crisis UK**, and the **British College of Osteopathic Medicine (BCOM)**.
- Led Starbucks UK's European training and operational launch, overseeing 56 stores and 400+ staff, and managing flagship sites with budgets exceeding £5 million.
- Directed large-scale events for leading institutions, including the **British Museum, Natural History Museum, English National Opera, Kensington Palace, and the Houses of Parliament**.
- Personally catered for **Princess Diana, Prime Minister Tony Blair, Chancellor Gordon Brown, Tom Cruise, and others**, delivering bespoke VIP hospitality at national and royal events attended by members of the British Royal Family — including **Her Late Majesty Queen Elizabeth II, then-Prince Charles (now King Charles III), Princess Margaret, and Princess Anne** — as well as international celebrities.
- Collaborated with celebrity chefs and high-profile partners across royal and media events, including **Jamie Oliver's** Fifteen Programme and **BBC Good Food Show** appearances.
- Featured in national radio and **television interviews (ITV & BBC)**, representing leading social initiatives such as the **Crisis UK Skylight Café Programme** and other community-development projects.
- Worked directly with children, parents, and educators in both Brazil and the UK, creating and facilitating programmes that supported emotional and developmental growth through creative learning.
- Wrote and directed ***Dream***, an original educational production reviewed by ***Time Out London***, presented at the **Barbican Centre** Library, the Unicorn Theatre, and multiple London schools, helping young performers gain Equity membership (UK professional actor accreditation).

Education & Continuous Development

BSc in Developmental Child Psychology – University of East London (2013–2019)

Additional studies in Psychosynthesis, Neuropsychology and Neurosciences, Quantum Studies, Psychotherapy and Parapsychology, Visual Communication, Biochemistry, Medicine, Osteopathy and Craniosacral approaches, Physics, and Chemistry (Brazil & UK, 1983–ongoing).

Ongoing CPD and online studies across these disciplines, including Energy Healing, Psychology, Neurosciences, Quantum Physics, Astronomy, Astrology, Energy Studies, Yoga, Tai Chi, and Meditation.

Languages

Portuguese (Native) | English (Professional Fluency – over 30 years in the UK)
Spanish (Intermediate) | Italian (Elementary) | French (Beginner)

Digital, IT & Creative Skills

- Microsoft Office, Google Workspace, Zoom, Teams
 - IBM SPSS Statistics, Sage, Adapt HR Systems
 - WIX, Adobe Creative Cloud (Photoshop, InDesign, Premiere Pro), Canva, Prezi
 - AI Tools: ChatGPT, Sora, Copilot, Gemini – multimedia storytelling and automation
 - Video editing (CapCut, InVideo, VivaVideo) and image design (Photolab, Airbrush)
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Vision & Future Collaborations

The Dynamic Natural Assessment Programme™ now enters its Expansion Phase — integrating education, entertainment, and AI-driven innovation. Seeking strategic partners and collaborators to co-create immersive experiences, workshops, and global initiatives that merge science, energy, and social evolution.