



# Konstantinos Rizos

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## ● EDUCATION AND TRAINING

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15/01/2024

**EMCC INDIVIDUAL COACH MENTOR ACCREDITATION SENIOR PRACTITIONER** European Mentoring and Coaching Council

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31/08/2018 – 25/01/2022 France

**ALEXANDER TECHNIQUE TEACHER CERTIFICATE** Ecole Technique Alexander pour Professeurs de Paris

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**Address** 108 Avenue de Fontainebleau, 94270 , France | **Website** <https://www.ecole-alexander.fr/>

CURRENT France

**MASTER THÉÂTRES, PERFORMANCES ET SOCIÉTÉS** Université Paris 8

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**Address** 2 rue de la Liberté, 93526, France

31/08/2018 – 30/05/2020 London, United Kingdom

**ADVANCED DIPLOMA IN GENERAL AND SPECIFIC COACHING SKILLS** Coaching Evolution International Academy for Coach Certification

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**Address** 71 - 75 Shelton St., WC2H9JQ, London, United Kingdom |

**Website** <https://www.coachingevolutionacademy.com/>

31/10/2016 – 31/10/2017 Mytilene, Greece

**CERTIFICATE OF SPECIALISATION IN COUNSELLING, LIFE COACHING AND MENTORING** University of the Aegean

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**Address** Lofos Panepistimiou, 81100, Mytilene, Greece

30/09/2014 – 29/06/2015 Thessaloniki, Greece

**TRAINING IN VOICE RESEARCH AND DEVELOPEMENT** Drama school of National Theater of Northern Greece

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**Address** Ethnikis Amynis 2, 54621, Thessaloniki, Greece

31/07/2010 – 30/05/2014 United States

**BACHELOR OF ARTS IN THEATER AND PERFORMANCE** Bard College

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**Address** 30 Campus Road, 12504, United States

31/08/2008 – 29/06/2010 Thessaloniki, Greece

**INTERNATIONAL BACCALAUREATE BILINGUAL DIPLOMA** Anatolia College Highschool

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**Address** John Kennedy 60, 55535, Thessaloniki, Greece | **Website** <https://anatolia.edu.gr/el/highschool/ibdp>

## ● WORK EXPERIENCE

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30/04/2020 – CURRENT

### ARTIST COACH AND ALEXANDER TECHNIQUE TEACHER SELF-EMPLOYEED

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- Scene coaching: Text analysis, Context and intervention analysis *as performance*. Body, voice and gesture work on embodiment and presence through the Alexander technique
- Accompaniment of performing artists for their self-training, the exploration of their artistic identity, the conception and materialization of a project, the search for balance and connections between the everyday life and life on stage. Professional EMCC coaching
- Member of the Association de professeurs de Technique Alexander (APTA)

08/05/2016 – CURRENT Thessaloniki, Greece

### PUBLIC SPEAKING MENTOR GIATIOXI MEDIA

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Accompany and train non-actors (journalists, podcasters, coaches, therapists and public speakers) in the production and delivery of a public address. Aid to develop their oral expression and interaction skills in specific, not everyday contexts.

CURRENT Paris, France

### THEATER DIRECTOR COMPAGNIE LES PHILENTROPES

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Runs the theater laboratory on somatics and devising theater on the subject: "Self-correction: artistic process and therapeutic journey"

CURRENT Montrouge

### DRAMA TEACHER COMPAGNIE GF13

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## ● LANGUAGE SKILLS

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Mother tongue(s): **GREEK**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C2	C2	C2	C2	C2
<b>FRENCH</b>	C1	C1	C1	C1	C1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user