



Konstantinos Rizos

Date of birth: 21/03/1992 | Email address: konstantin.rizos@gmail.com

● EDUCATION AND TRAINING

15/01/2024

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

31/08/2018 – 25/01/2022 France

ALEXANDER TECHNIQUE TEACHER CERTIFICATE Ecole Technique Alexander pour Professeurs de Paris

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

2025 France

MASTER THÉÂTRES, PERFORMANCES ET SOCIÉTÉS Université Paris 8

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

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

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

Address Ethnikis Amynis 2, 54621, Thessaloniki, Greece

31/07/2010 – 30/05/2014 United States

BACHELOR OF ARTS IN THEATER AND PERFORMANCE Bard College

Address 30 Campus Road, 12504, United States

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

INTERNATIONAL BACCALAUREATE BILINGUAL DIPLOMA Anatolia College Highschool

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

● WORK EXPERIENCE

ARTISTS COACH AND ALEXANDER TECHNIQUE TEACHER – SELF-EMPLOYEED – 30/04/2020 – Current

- 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
- Public speaking, expressivity and voice work
- Member of the Association de professeurs de Technique Alexander (APTA)

PUBLIC SPEAKING MENTOR – 08/05/2016 – Current

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.

DRAMA AND WRITING TEACHER – ASSOCIATION EASYWAY – 05/09/2024 – Current – NANTERRE, FRANCE

THEATER DIRECTOR – COMPAGNIE FLOOMINA KIDS – Current – PARIS, FRANCE

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

● **LANGUAGE SKILLS**

Mother tongue(s): **GREEK**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C2	C2	C2
FRENCH	C2	C2	C2	C2	C2