

CONTACT

✉ francesca.francescabas@gmail.com

☎ +34 722 80 27 44

SKILLS

- Effective Communication Skills
- Active Listening
- Non-Judgmental Attitude
- Compassionate Leadership
- Person-Centered Care
- Adaptability
- Cultural Sensitivity
- Enthusiasm and Passion
- Intuitive Eating Guidance
- Public Speaking

LANGUAGE

- Italian C2
- English C2
- Spanish C1

CITIZENSHIP

Italy & USA

AWARDS

- TED **X** speaker: Life after anorexia:
You are not your disorder
- Oregon mental health hero award
(2019, trillium family services)

FRANCESCA BAS

Psychology-Based Well-Being Coach

As a Psychology Graduate and Certified Holistic Health Coach, I embrace a compassionate and insightful approach to mental health and well-being. My education gives me the tools to support individuals navigating eating disorders, trauma, and overall wellness, all through a patient-centered lens. Having faced my own mental health challenges, I offer a deep understanding that enhances my ability to create a safe container where patient can feel comfortable to open up, explore core issues, and pursue lasting personal growth. As a dedicated freelancer, I provide personalized and flexible coaching services tailored to each patient's unique journey. My international experiences enrich my practice, allowing me to connect with diverse perspectives and foster meaningful relationships.

RELEVANT EXPERIENCE

Freelance Well-being Coach, 07/2024 - Current Renaissance CEC

- Individual Coaching: Provide personalized coaching to clients, focusing on well-being and utilizing a client-centered approach to support their growth and resilience
- Team Workshops: Facilitate workshops for teams to enhance dynamics, foster effective communication, and promote collaboration
- Coaching Development: Collaborate in designing and implementing coaching programs that address specific needs, encouraging ongoing learning and professional development

Freelance Well-being Coach 08/2023 - Current

- Eating Disorder Recovery Coaching: supporting clients through eating disorder recovery, utilizing evidence-based techniques and a compassionate approach to facilitate their recovery journey

- Executive coaching: Supporting teams and 1:1 clients to unlock their potential, enhance leadership skills, and achieve personal and professional growth through tailored strategies and compassionate guidance
- Wellbeing Coaching: Supporting clients through mental health challenges, hurdles, and personal obstacles by fostering resilience, self-awareness, and holistic growth to promote overall well-being and fulfillment

Event Organizer, 09/2022 - 12/2023

Mindful Co (Netherlands)

- Creating mindfulness events, including yoga sessions, psychology workshops, and sober parties
- Workshop Leadership: Hosted and led four workshops on body image, psychology, contributing to participant engagement and learning

Recovery Coach & Intern, 09/2020 - 12/2022

ISA Power (Netherlands)

- Peer to peer individual and group eating disorder recovery coaching
- Supported research projects focused on eating disorder recovery and effective healing practices, contributing to the development of evidence-based resources
- Contributed to blogs and research on recovery statistics and healing modalities, enhancing the organization's knowledge base and public outreach

EDUCATION

Health Coaching Certification:
institute for Integrative Nutrition - Online

Bachelor of Psychology with Sociology Minor:
University College Utrecht - Utrecht, Netherlands

High-School Diploma:
Portland Waldorf High-School - Portland, OR USA

CERTIFICATION

- Lines for Life suicide hotline
- Reiki level 1
- Red Cross training first aid

PUBLICATIONS

- Goddess Moon women's empowerment self-help book
- The Healing Soul Podcast (A podcast on mental health)

www.kindcongress.com
(as media partner)



Address: No.68 Hafez street,
Shahid beheshti cross,Tabriz, Iran
www.kindcongress.com
kindcongress@gmail.com
tel: +98 41 33251048
fax: +98 41 33251049
cell: +98 9143137089