

MONICA TRATTER



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ITALIAN PASSPORT VALID UNTIL 17/7/2027

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Female | [Date of birth](#) 16/09/1976 Spilimbergo (Pn) | [Nationality](#) Italian |

MISSION

The watchword is INTEGRATE through sustainable work. My goal is to support the individual in integrating, in LEAN and AGILE modes, their talents and potential with experiences and knowledge. Talents are exactly the contribution that each of us brings to the world or to our social, professional or sporting group, with the aim of evolving and achieving the objectives of our life project. The apparently distinct experience I have had in my personal, professional and sporting life has taught me first of all to give priority to inner listening. I only later understood its purpose, that is, to identify what my talents are but also the challenging aspects on which I need to work to achieve my potential and my goals. These experiences, which each of us has throughout our lives, are nothing more than a journey fueled and transformed by personal and professional relationships. It is through the relationship with others that we learn to observe in a panoramic way (holistic vision), we take note of where we are in the here and now, we identify the tools at our disposal, we clean up what is no longer useful, we eliminate waste and constantly reorganize and reschedule. This method is none other than the famous Kaizen method or the Toyota method, a Japanese car company known throughout the world. The eastern vision of the world and therefore also of the Kaizen and 5S Lean method, has at its basis a fundamental concept, namely the sine qua non condition that everything is connected. We talk about flows and continuous change, the so-called good change (Kai-Zen). This vision had already attracted my attention in 2018, the year in which I started studying the ancient traditions through the International Initiation School of Carpi (Dr. Cristiana Caria and Franco Bertoli) becoming a Teacher of Esoteric Numerology and Facilitator in Sq Leadership and Alchemy Inner. During this journey I became passionate about subjects such as Maieutic Development of Intuition, Meditation and Concentration and any other discipline that helped me understand how the individual works. In particular, I learned how to help him stimulate the intuitive process by accessing the third intelligence, SQ, as a union between intellectual intelligence (IQ) and emotional intelligence (EQ). Through the study of Corporate Organizational Humanistic Coaching and Counseling with Aspic of Padua, I learned how to support companies and organizations in supporting the growth of people as fundamental resources. Moments of emotional difficulty, discomfort and dissatisfaction affect performance and slow down the process of people's educational and productive growth. Here individual and team well-being becomes a tool for enhancing talents and potential in order to achieve performance (Performance=Potential-Interferences). I was born as a logistician and as a rally co-driver, thanks to which I learned and put into practice concepts such as discipline, organisation, reliability, planning, trust, ethics, passion and respect, but during my life journey, it is precisely through the by studying ancient traditions I have been able to integrate my part of personality with my highest part, that is, the part with which, through intuition, I am constantly connected to everything. Understanding what to do at all times, without letting yourself be influenced by logic and emotions (LIMITING!) is essential for achieving your potential and goals. This is why I felt strongly about being a teacher, teaching both sporting and logistical disciplines, integrating teaching with a holistic modality at the basis of which there is a panoramic vision of the flows, whatever they may be: sports, daily life, professional, etc. . In 2023 I created the METHOD169 together with a fellow counselor, through which I help people to stimulate the overall vision, the attitude to collaboration, ethical communication, effective sharing. I have been traveling in a van throughout Europe since I was 12 for sporting reasons. I continued to travel for sport even as an adult but only when I was 40 years old did I start traveling to countries such as Mauritania, Tunisia, Botswana, Zambia, Zimbabwe, Tanzania, Zanzibar thanks to the off-road sport. I'm used to traveling off-road with everything on board, sleeping for weeks in a tent and managing logistics in deserted places with no services.

EXPERIENCES

Da 1998 a 2002 **Customer Service and Operations**

GLS EXPRESS COURIER

GLS - FRIULEXPRESS SRL, Pordenone (Italia)

- operational management of arrivals and delivery planning
- operational management of withdrawals
- customer offers
- management of stocks, shortages, misunderstandings, unconditioned packages
- management of collections, c-cheques, cash

Da 2002 a 2018 **Sales Executive Project Cargo, Branch Coordinator, Supervisor & Logistic Coordinator**

CESPED SPA

Cesped Spa, Pordenone (Italia)

- Supply chain optimization (inbound/packaging/outbound): design of logistics warehouse flows, outsourcing and optimization of existing warehouses, setting up of customs warehouses, simplified procedure
- Outbound: customer assistance for the management of national and international shipments (export) by truck, plane, sea, express services, couriers
- Inbound: customer assistance for national and international shipments (import) by truck, plane, sea, express, couriers for supplies
- Cross Trade
- Customization of communication flow Supply Chain/Shipper/Deliveries/Services Providers (freight forwarders, customs operators, etc.)
- Customs assistance and basic Intrastat
- Analysis of Project Cargo goods movement (out of gauge): operations setting, packaging and shipping
- Customer support for international Incoterms and international payments (letters of credit, COD etc.)
- Direct economic negotiations with suppliers and agents worldwide (business language: English)
- Integrated Logistics

Da 2018 ad oggi **Teacher, Coach, Consultant, Counselor**

PROFESSIONAL TRAINING COMPANIES

ITS MARCO POLO ACADEMY Venice (Italy) – Project contracts for MASTER Logistics school students

FOREMA SRL Padua (Italy) – Project contracts for integrated training courses and Fondimpresa Padua and Vicenza

UN.I.COOP. – VENETO REGIONAL UNION Limena (Pd) – Veneto Project Contracts

JOB SELECT SRL Ponte di Brenta (Pd) – Project Contracts Veneto Region

SFCU Perugia (Pg) – Project contracts for integrated training courses in the Umbria region

UMANAFORMA Srl (Ve) – Project contracts integrated training courses and Fondimpresa Region of Umbria, Veneto, Friuli Venezia Giulia

UNIS&F – Project contracts for integrated training courses and Fondimpresa for the Friuli Venezia Giulia and Veneto regions

ENAIIP – Project contracts, integrated training courses in the Veneto Region

Activities carried out: teacher trainer of Back Office courses, Foreign Sales, Warehouse and Logistics, Eco-sustainable Packaging, Purchasing, E-commerce manager, National and international shipping, 5S Lean Management, Marketing. Below are the most frequently discussed topics:

- Basic elements of the legislation regarding transport and shipments
- Characteristics of the main subjects in charge of transport: freight forwarder, logistics carrier, third party logistics and fourth party logistics
- Techniques for defining modes of transport according to the place of destination
- Main Incoterms delivery terms
- Tax and transport documents
- Insurance procedures for traveling goods
- Transportation cost calculation techniques
- Concept of new objectives and technologies in logistics, handling systems, collaborative robots, wearing devices, augmented reality viewers, etc.
- Main phases of the warehouse process, surface optimization techniques, picking and order preparation (also in automatic warehouses), inventory management, IT systems, non-compliance, integrated supplier management (Pick & Put to Light, barcodes , RFID, WMS, ERP etc.)
- Technical-organizational tools from a 5S LEAN perspective and Kaizen method to streamline the production system and supply chain flows in general (Production – Office)
- B2B and B2C commercial distribution, e-commerce
- Eco-sustainable packaging, European legislation
- Define packaging based on shipping method
- Basic elements of customs operations
- Basic elements to optimize the relationship with the customer (how to approach a market, organize a company profile, prepare an offer, follow up the offer, organize transport and follow the door to door supply chain)
- Elements of proactive commercial communication
- Teamwork training with Sq Leadership techniques and Maieutic Development of Intuition
- Elements of sq leadership in Supply Chain relationships
- Project Cargo Management
- Supplier evaluation techniques and Vendor Rating
- Procurement processes and supplier selection process investigation techniques
- E-commerce and distribution logistics
- Corporate Organizational Counseling
- Corporate Organizational Coaching
- Organized and efficient with Lean 5S
- Teamwork Training
- Problem Solving
- Wellbeing at Work
- Effective and efficient communication
- Development of joint and several liability
- Leadership Training

Da 2019 ad oggi

Consultant and Communication

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- For Intercalor Srl and Skopgas by Roberto Camporese, Campodarsego (Pd) Italy
- reorganization of the customer service office, internal communication setup, management of customer and supplier communication, software optimization for communication and marketing purposes.
 - marketing and logistics setup for the Ecobonus Credit Transfer project
 - 5S Lean Management projects implementation of purchasing and sales sections
 - optimization of communication flows

Da 2005 ad oggi **Coach e Teamwork Trainer**

MTLOGOS DI MONICA TRATTER MOTORSPORT

Since 2006 I have been a coach in sports driving courses, rally navigation and teamwork trainer in motorsport orientation courses. I make my experience as a rally navigator available to anyone who wants to approach this sport. My intent is to accompany the athlete in their evolution of consciousness, which must necessarily accompany performance and discipline, (See sports CV at the following link https://www.mtlogos.net/_files/ugd/f9b872_6edef9102793454cad397c1595840b6d.pdf)

Da 2019 ad oggi **Soul Facilitator Numerologia Esoterica**

MTLOGOS DI MONICA TRATTER HOLISTIC

<https://www.internationalinitiationschool.com/it-it/soul-facilitator-tratter-monica.aspx>

The Numbers reflect the vibration of our consciousness. The date of birth, time of birth and full name carry the mystery of the evolution of our awareness throughout life. Our numbers give us the ability to understand our journey, in time and space, from a karmic perspective (time) and from a soul perspective (space). This means we can understand the bigger reason behind what happens to us. We learn to work towards our true purpose, revealed by our individual numerology chart. When we begin to align with the goal, Life supports the manifestation of our full potential over time.

Da 2021 ad oggi **Soul Facilitator Base e Avanzato Alchimia Interiore dell'Anima**

MTLOGOS DI MONICA TRATTER HOLISTIC

<https://www.internationalinitiationschool.com/it-it/soul-facilitator-tratter-monica.aspx>

Inner Alchemy has to do with the fusion between personality and Soul, intellect and heart. Personality relates to our thinking, the emotional and the physical; the soul is our Higher Mind, unconditional love and intuition. On the path to knowing ourselves we are asked to transcend the limits of the intellect, which determine our behavior and our way of being in the world, to open ourselves to the vision of the soul. Most of the time these thought patterns are the cause of our suffering and pain. During this session, the Facilitator supports us in a process of awareness, asking us questions that activate the right and left hemispheres of the brain. The aim is to contact the root of our mental patterns to discover their integration into being. Usually this process induces a leap in awareness. It means learning to look at our life from the perspective of the Great Life to open ourselves to the truth of our Soul.

Da 2021 ad oggi **Soul Facilitator Base e Avanzato SQ Leadership**

MTLOGOS DI MONICA TRATTER HOLISTIC

<https://www.internationalinitiationschool.com/it-it/soul-facilitator-tratter-monica.aspx>

The term Spiritual Intelligence refers to the third intelligence of the brain, which is activated by the collaboration of the left hemisphere (rational and intellectual mind, IQ) with the right hemisphere (intuitive emotional mind, EQ). In the journey of knowing ourselves we are asked to transcend the limits of the intellect, which triggers our behavior and our way of being in the world, to let go of the mental patterns underlying our misunderstandings and suffering. During this session the Facilitator supports us in a process of awareness, through specific SQ questions that activate the two hemispheres of the brain. The aim is to go to the root of our mental patterns to discover their integration into our being by inducing a leap in awareness.

Da 2022 ad oggi Teacher Esoteric Numerology

**MTLOGOS DI MONICA TRATTER E ETICA_MENTE APS
HOLISTIC**

<http://www.numerologyworld.org/school>

Teaching Esoteric Numerology means offering a good basic psychological portrait of numbers and allows the student to access an understanding of the personality as it learns how to align itself with the Higher Self. It offers a positive approach to numerology with exciting and enlightening effects on our existence as it will assist you in starting to improve your insight to encourage the development of your intuition.

Da 2023 ad oggi Facilitator Mindfulness

**MTLOGOS DI MONICA TRATTER
HOLISTIC**

The Mindfulness Facilitator teaches both in group and individual settings. In fact, in addition to leading mindfulness groups, it is able to formulate and personalize individual mindfulness paths within different intervention settings, based on the specific needs of its users/clients or students and help them through a personalized practice plan. Thanks to Mindfulness Educators' complete training program, you obtain a 360-degree vision of the discipline which allows you to go beyond standardized programs and personalize interventions. This allows them to integrate mindfulness into their profession (psychologists, psychiatrists, coaches, holistic operators, educators, teachers, therapists, etc.), to formulate targeted paths and to apply it to their specific intervention setting. Mindfulness not only makes sense to use as an approach to manage difficulties, but currently it is also used more and more often to strengthen resources both at a competitive sporting level and in large companies (training staff in such a way as to make them more resilient and therefore more functional and less stressed).

ISTRUZIONE E FORMAZIONE

- Da 1990 a 1995 **Perito Commerciale indirizzo Giuridico, Economico, Aziendale
ITC O. Mattiussi, Pordenone (Pn), Italia**
Diploma Ragioniere Perito Commerciale Sperimentale Igea (Accountant and Marketing Degree)
- Da 2000 a 2003 **Scienze della Comunicazione
Università degli Studi di Udine, Gorizia (Go), Italia**
Laurea Triennale, non concluso il terzo anno per motivi lavorativi (Communication Science – not concluded)
- Da 2017 a 2017 **Supply Chain Management 1-2 - MASTER
LOGISTIC
AIALOG, Padova (Pd), Italia – Dott. Paolo Bisogni**
Evolution of business models and evolution of the role of logistics, from logistics to Supply Chain Management.
**Warehousing 1-2 - MASTER
LOGISTIC
AIALOG, Padova (Pd), Italia – Dott. Paolo Bisogni**
Elements of warehouse design and management.
- Da 2019 a 2022 **Fondamenta in Numerologia Esoterica
Diploma 1 Numerologia Esoterica**

Diploma 2 Numerologia Esoterica
I 7 raggi di luce e l'Iniziazione
Master 2 Numerologia
Master 3 Numerologia
Master 4 Numerologia
Master 5 Numerologia
Master 6 Numerologia
Il Tao e la Numerologia Esoterica

CONNAISSANCE SCHOOL OF NUMEROLOGY

Flitwick (UK) Rif. Claudine Aegerter - attraverso l'accreditata italiana INTERNATIONAL INITIATION SCHOOL SRL -
<http://www.numerologyworld.org/index.php>

Numerology offers the possibility of removing ourselves from the sea of illusion and walking along a clear path upwards to the mountain of self-realization. Each number is an expression of the quality of life we lead. Understanding their relationship and process in our personal chart can provide great help in explaining past difficulties or present circumstances and, therefore, greatly facilitate them by helping us take our steps with less resistance. Numerology is a tool that allows us to develop intuition and is useful to anyone interested in the art of healing, business, career choices and daily life decisions, since it is a means through which we can reconnect with our deepest memories and see the pattern of our life from the Soul's point of view. In this way we can turn a crisis into a learning process and offer ourselves a new way of looking at our life. Numbers are therefore great teachers because they become effective when they open the way to the vision and potential of the soul.

Da 2019 a 2023

Sq Leadership 1-2
Inner Alchemy of Higher Self 1-2
Inner Game
Meditation and Concentration 1-2-3
Maieutic development of intuition 1-2-3
Colors, Sounds, Vibes and Awareness
Initiation Journey of Tarots
Astrology
Labyrinth and Talents
Reading and listening
Knowing Yourself and Change
Guidelines for counseling and relationships with others

INTERNATIONAL INITIATION SCHOOL, Carpi (Mo) Dott.ssa Caria Cristiana e Franco Bertoli

Ancient traditions, neuroscience, quantum physics to propose new models of corporate and personal communication evolution with the aim of bringing out the effective leadership of the individual who is decisive in the performance process. The International Initiation School is a Center for the Study of Holistic Traditions. The School considers the ancient wisdom teachings to be a great source of inspiration. Our purpose is to bring to light the teachings on growth in awareness and self-knowledge contained in ancient wisdom traditions to accompany the individual in knowing themselves, their potential and their life project

Master in Humanistic Coaching and Counseling for Organisations

ASPIC VENETO, Padova (Pd) Dott.ssa Vera Cabras

In the world of work, in companies and in organizations in general, the need to support and support people, as fundamental resources at their disposal, is constantly growing. Moments of emotional difficulty, discomfort and dissatisfaction often affect work performance and slow down the process of people's educational and productive growth. Counseling for individual and work team well-being is the preferred tool for helping relationships and promoting individual and collective well-being. In fact, it enhances capabilities and directs energy towards the development of individual skills and production and business objectives. Coaching uses tools to act and implement change which is particularly effective in organizational contexts. Through the knowledge and skills acquired through counseling, coaching and NLP techniques it is possible to:

- • Enrich your professionalism with new ways of relating to your interlocutors and customers
- • Build customer loyalty over time to develop successful consultancy continuity
- • Improve effectiveness and efficiency in your work teams
- • Improve internal and external communication
- • Create innovative solutions and promote effective organizational change management
- • Increase your own and your organization's level of well-being
- • Personalize your professional style to be recognizable and valued within your work contexts
- • Increase the recommendability linked to your professionalism or your company
- • Identify latent needs of your interlocutors and customers to develop targeted consultancy actions

Da 2023 ad oggi **Mindfulness Educators**

**MINDFULNESS EDUCATORS
IPHM INTERNATIONAL PRACTITIONERS OF HOLISTIC MEDICINE
IMMA INTERNATIONAL MINDFULNESS AND MEDITATION ALLIANCE**

The Mindfulness Facilitator certificate certifies the skills and knowledge acquired throughout the training, as well as guaranteeing your diligence in following the training course. This Mindfulness Training Course is accredited by IPHM (International Practitioners of Holistic Medicine) and by IMMA – International Mindfulness and Meditation Alliance. This path is recommended for professionals in the natural wellness and helping relationships sector and for professional figures who need this type of training, even unorganized ones (law 4/2013).

Da 2023 ad oggi **Aura-Soma Livello 1 - BLU
AURA-SOMA PRODUCTS LTD UK**

During Level 1 we are able to delve deeper into the language of color and what conscious evolution can offer. This course represents a starting point for a process of personal exploration through the magic of color. We have the opportunity to completely relax and immerse ourselves in the language of color.

COMPETENZE PERSONALI

Native Language Italian

Other	COMPRESIONE		PARLATO		PRODUZIONE SCRITTA
	Ascolto	Lettura	Interazione	Produzione orale	
English	B2	B2	B2	B2	B2
French	B2	B2	B2	B2	B2

Livelli: A1/A2: BASE - B1/B2: INTERMEDIATE - C1/C2: ADVANCED

Competenze digitali

AUTOVALUTAZIONE				
Adaptability	Digital Communication	Microsoft Office	Teamworking	Problem Solving
Advanced	Advanced	Advanced	Advanced	Advanced

Livelli: Utente base - Utente intermedio - Utente avanzato
[Competenze digitali - Scheda per l'autovalutazione](#)

Driving Licence B

ULTERIORI INFORMAZIONI

Privacy

I authorize the processing of my personal data pursuant to Legislative Decree 30 June 2003, n. 196 "Code regarding the protection of personal data".

SUBSTITUTE DECLARATION OF CERTIFICATION (art. 46 and 47 Presidential Decree 445/2000)

The undersigned MONICA TRATTER pursuant to and for the purposes of articles 46 and 47 and aware of the criminal sanctions provided for by article 76 of the Presidential Decree. 28 December 2000, n. 445 in the event of falsity in documents and false statements, declares that the information reported in this curriculum vitae, drawn up in European format, corresponds to the truth.

Campodarsego 10/01/2024

