



## CONTACT

+ 351 968066920

mysteryembodied@gmail.com

[www.cristianarocha.com](http://www.cristianarocha.com)

R. Brito e Cunha, n.º 578 hab. 101,  
4450-084 Matosinhos

## SKILLS

Natural connector /Active Listener

Visionary / Conscious Leadership

Light and joy

Supportive guidance and trust

Unlocking potential / balancing emotions

## EDUCATION

- **Degree in Clinical Psychology**  
**Faculty of Psychology and Educational Sciences of the University of Lisbon.** 1993-1999

Internship at the Children's Mental Health Center Clínica da Encarnação

- **Reconnective Healing and Reconnection Facilitator**  
**The Reconnection** 2016-2017

Graduated with Dr. Eric Pearl, Jillian Fleeer, and Pat Atanas

- **Instinctive Meditation Teacher**  
**Radiance Sutras School of Meditation** 2021-2022

Graduated with top marks with Lorin Roche and Camille Maurine

- **The Break Fellowship**  
**EOI** 2023

Selected from a pool of 3,000 female entrepreneurs across Europe, was chosen to receive three months of mentoring and business training. This included both online and face-to-face sessions, as well as a month-long residency in Galicia to network, develop an action plan for her own business, and contribute to the local challenge of promoting sustainable tourism through greater social cohesion and cooperation among local stakeholders.

## PROFILE

Passionate about life and the transformative power of education, Cristiana is an expert at forging meaningful connections and unlocking the boundless potential within individuals and organizations.

With a knack for transforming environments and fostering authentic experiences, she brings a unique energy to education and partnership management.

She has successfully guided leaders, artists, entrepreneurs, teachers, and inspirational figures, empowering them to trust their instincts and amplifying their catalytic presence and impact on the world.

She loves connecting opposing realities and contributing to a more beautiful, free, conscious, and unified world.

## WORK EXPERIENCE

### Co-Founder, Board Member, Education Manager and Associated Artist

NEC - Nucleus for Choreographic Experimentation 1993-2017

- Co-founder of NEC, a pioneering artistic hub in Porto, Cristiana has played a pivotal role in shaping the local dance scene. As a non-profit organization, NEC has been a nurturing ground for experimental projects and emerging artists, contributing to their growth and development. Through her broad vision and follow-up, Cristiana has not only supported artists in establishing sustainable careers but has also been instrumental in creating job opportunities that resonate to this day.
- Functioning as a crucial connector, Cristiana bridged the gap between the leadership team, government bodies, and stakeholders, with responsibilities spanning both artistic and general management, demonstrating a comprehensive understanding of the organizational dynamics.
- She has designed, produced, and presented an extensive array of educational events, including workshops, programs, lectures, seminars, talks, and artist residencies. These initiatives, carried out in collaboration with over 500 artists and researchers from diverse disciplines, have left a lasting imprint on schools, theaters, informal spaces, and public venues.
- She has actively contributed to the artistic landscape through personal choreographic works, festivals, and multidisciplinary projects, that attracted diverse audiences and have also secured funding.
- She has led various teams and nurtured a strong sense of community and institutional memory.

### Somatic Facilitator - Movement Teacher - Group Dynamics

ESMAE / Espaço t / Fundação para o Desenvolvimento Vale Campanhã 2000-2010

- For a decade, Cristiana dedicated herself to the art of teaching theatre students. Her pedagogical approach transcended traditional boundaries, introducing movement programs enriched with somatic practices, creative dynamics, embodiment of emotion, visual anatomy, live art performance, and contemporary dance. Through a visionary and embodied lens, she not only supported artistic expression but also sparked sensorial awakening, creating a holistic educational experience.
- She was committed to inclusivity through community projects that reached marginalized young people and children in social housing estates, offering artistic expression workshops tailored for specific audiences. Her endeavors extended to working with diverse groups, including senior citizens, pregnant girls and individuals with disabilities such as Down's syndrome and cerebral palsy.
- She curated special out-of-class experiences for students and their families, allowing for the integration of artistic practices into their daily lives. This holistic approach aimed to instill a lifelong appreciation for creativity.
- She extended her expertise to teaching social conflict management skills. Working with young people, parents and teachers in social housing estates, she promoted relaxation, stress management and empowerment. Tangible results were seen in improved wellbeing, stronger relationships and better academic performance.



## SOCIAL MEDIA

- <https://www.linkedin.com/in/cristiana-rocha-432849a3/>
- [https://www.instagram.com/cristiana\\_rocha\\_me/](https://www.instagram.com/cristiana_rocha_me/)
- [https://www.instagram.com/\\_r\\_a\\_in\\_b\\_o\\_w/](https://www.instagram.com/_r_a_in_b_o_w/)
- <https://www.facebook.com/cristiana.rocha.904/>

## EXPERTISE

- **Consciousness, Self - development, Education, Art, Healing, Motherhood, Community Builder, Leadership**
- **Partnership Development:** Creates and develops high-level partnerships with diverse stakeholders.
- **Leadership Guidance:** Guides leadership teams across practical and spiritual dimensions to foster unity and coherent resonance.
- **Creativity and Vision:** multiple perspectives, and meticulous attention to detail.
- **Feminine Qualities:** Balances intuition, receptivity, emotional understanding, and support with problem-solving skills, integrity, and ownership.
- **Relationship Management:** Strong in making connections, and serving as an inspiring and dedicated partner in fast-paced environments.
- **Energetic Alignment:** Connects everyone to their potential, raises the vibration of communities, and aligns emotions and energies.
- **Active listening:** she remembers that everything is created from the center of oneself, allowing inner wisdom to be expressed and heard.
- **Passionate Commitment:** Passionate about people, education, love, life, and committed to helping everyone live their heart's dreams.

## LANGUAGES

Speaks Portuguese as a native language, fluent in English, and has a good understanding of and can communicate effectively in French and Spanish.

## WORK EXPERIENCE

### Mentor and member of the Global Leadership Support Team

The Reconnection 2021-2022

- Coordinated and supervised groups of Reconnective Healing and Reconnection facilitators, and offered mentoring sessions as well as presentations.

### Member of the North Zone Monitoring and Evaluation

#### Commission

dgArtes / Ministry of Culture 2017 - 2019

- She has served as a discerning member of juries tasked with evaluating artistic projects seeking funding, recognizing the uniqueness of each project, understanding its interactions with the surrounding context, financial considerations, and the ultimate results achieved.
- She monitored the activities of over 20 government-funded organizations ensuring clear communication and reporting among multiple stakeholders, again acting as a bridge between different actors.
- She excels in managing complex scenarios, tracking multiple workstreams, and overseeing projects without losing sight of critical information.

### Consulting in educational projects and communities

Chapim Azul / Casa da Atenção / Atelier Comum / Soulstation / Dream Bildrs /The embodiment Tribe/ The Break / Co PartnerUp 2017 - 2024

- She frequently engages in collaborative efforts, actively contributing to the incubation of artistic, educational, and wellbeing projects. Her role as a catalyst and connector extends beyond the conventional, as she brings together human, material, and spiritual resources within communities of conscious beings.
- She provides vital support to leaders, fostering an environment where creative endeavors thrive and individuals are empowered to realize their full potential.

### Founder

Mystery Embodied 2020-2024

- After immersing herself in healing practices and studying Continuum—a somatic practice involving movement, sound, and vibration—Cristiana felt compelled to synthesize the wisdom she had gained. Her journey included training as an Instinctive Meditation Teacher, leading to the creation of a holistic multi-systemic approach that recognizes the profound efficacy of becoming one's authentic self, regardless of the business.
- Through the facilitation of numerous vibration alignment sessions, the development of webinars, online masterclasses, and programs, as well as presentations and workshops, her work resonates with pioneers from various fields, seeking personal growth and connection.
- The creation of Mystic Walk stands out as a pioneering initiative, seamlessly merging mentoring, meditation, counseling, and a profound connection with nature, the body, and the inner world. Mystic Walk is designed to offer a regenerative and grounding experience, reflecting commitment to holistic well-being where she becomes a mirror and anchor of higher consciousness.
- She creates a safe and secure container for authentic expression and joy, providing individuals with the space to explore and embrace their true selves.
- She embodies the HEART principles (Healing, Embodiment, Art, Resonance, Truth) and collaborates with pioneers to bring their life dreams to fruition. Her presence facilitates the manifestation of these projects in a faster and more coherent manner, aligned with the needs of the moment.