

# Alexandra Yakovis

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**Zest Leaders Consultant**

**In Zest:** since 2013.

**State sector experience:** St. Petersburg Psychoneurological Research Institute, head of Education Department. Development and realization of educational programs for health and social care professionals.

**Medical experience:** medical psychologist, group and individual psychotherapist. More than 7 years of private psychologist practice.

**Teaching experience:** group psychotherapy teaching, development of psychological training programs, conducting of socio-psychological training programs, methods of psychological analysis of mental processes, personality, emotional sphere. Supervisor of professional newcomers.

**Education:** Saint-Petersburg State University, The Faculty of Psychology, Master's Program. St. Petersburg Psychoneurological Research Institute, Post-Graduate studies in medical psychology and psychotherapy, 3000 academic hours. Russian Association for Psychotherapy, Post-Graduate studies, various workshops, more than 300 academic hours.

**About myself:** born and raised in Saint-Petersburg. I am interested in people's personality and their stories. I love laughing, feeling free while travelling on my own, I enjoy sun and adventures. I have found my true vocation and I am lucky to have people I love in my life.