



ZAIDA JUBERA

Qualified professional artist, events manager and coach,
with 15 years international experience.

Coaching

Beauty

Training

Events

Shows

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The background of the slide is white and features several realistic water droplets of various sizes. Some droplets are at the top left, some are scattered in the middle, and a larger cluster is at the bottom right. Each droplet has a soft shadow and a highlight, giving it a three-dimensional appearance.

BRAND COACHING PROJECT MANAGEMENT

ZAIDA JUBERA

PROJECT MANAGEMENT COACHING

- AS BUSINESS COACH, RATHER THAN TELLING YOU WHAT TO DO, I WORK WITH YOU TO FIND THE BEST PATH FORWARD. WE CO-CREATE SOLUTIONS TO OVERCOME OBSTACLES AND CREATE MEANINGFUL CHANGE IN YOURSELF AND YOUR COMPANY. I PROVIDE AN OUTSIDE PERSPECTIVE ON YOUR BUSINESS, WE WORK WITH YOUR STRENGTHS AND WEAKNESSES AND I HELP YOU ESTABLISH VISION AND GOALS.

WHAT IS A BUSINESS COACH?

YOUR BUSINESS AND TEAM IS YOUR OWN REFLECTION. A PERSON NEEDS A THERAPIST, A BUSINESS OWNER NEEDS A BUSINESS COACH. AS A COACH I AM TRAINED TO HELP YOU GROW. ALL IDEAS ARE WELCOME, ALL JUDGMENT ASIDE. A BUSINESS COACH ACTS AS A FILTER, GUIDING THOSE IDEAS TO BE PRODUCTIVE FOR YOU AND YOUR BUSINESS GIVING YOU PEACE IN MIND.

WHAT I DO IN THE COACHING PROCESS?

- ✓ AS BUSINESS COACH I HELP YOU RELEASE THE STRESS TO STEP BACK, LOOK AROUND, AND ASSESS WHERE YOU ARE. I HELP YOU RECOGNIZE WHERE YOUR BUSINESS, AND YOUR ROLE WITHIN IT, ARE OUT OF ALIGNMENT WITH YOUR NATURAL TALENTS, CORE VALUES, AND VISION FOR YOUR LIFE. ONLY THEN YOU CAN DECIDE WHERE YOU WANT TO GO AND CREATE A PLAN TO GET THERE.
- ✓ AS AN OUTSIDE OBSERVER, I CAN ALSO PINPOINT WAYS IN WHICH YOU ARE GETTING IN YOUR OWN WAY, OR HOLDING BACK YOUR TEAM.
- ✓ AS A BRAND COACH, I:
 - HELP UNDERSTAND THE PHILOSOPHY OF THE PROJECT, CREATE A SOLID FOUNDATION AND ALIGN THE BUSINESS WITH PERSONAL VALUES AND SOUL, BRINGING AWARENESS TO WHERE THE BUSINESS IS, WHAT TO FOCUS ON AND HOW TO GET THERE INTO SMALL STEPS.
 - HELP THE BRAND DEVELOP A STRATEGY IN THE MESSAGING WITH BRAND PLANNING STRATEGY SESSIONS
 - WORK WITH THE MANAGEMENT TO IDENTIFY THEIR CLIENT AVATAR OR TARGET AUDIENCE SO THAT THEY KNOW WHO THEY ARE TALKING TO
 - TEACH HOW TO SERVE FIRST, SELL SECOND SO THAT THE AUDIENCE LEARNS TO TRUST BEFORE THEY BUY
 - TEACH HOW TO PROMOTE AND DEVELOP THE BUSINESS, ORGANIZING THE OVERWHELMING RANGE OF ACTIONS THAT MUST BE TAKEN TO GROW
- ❖ WE WILL MEET FOR REGULAR WEEKLY SESSIONS, DURING 1 MONTH UP TO 3 MONTHS CONTRACT PROGRAM DEPENDING ON YOUR GOALS.

The background of the slide is white and features several realistic water droplets of various sizes. Some droplets are clustered in the top-left corner, while others are scattered across the bottom and right sides. The droplets have soft shadows and highlights, giving them a three-dimensional appearance.

EVENTS & ACTIVITIES

ZAIDA JUBERA

HOLISTIC ACTIVITIES

PRIVATE & GROUP SESSIONS

- MINDFULNESS AND CONSCIOUS MOVEMENT SESSION
- GUIDED MEDITATION TO RELAX AND BOOST THE ENERGY
- HOLISTIC DANCE TRAINING (TRIBAL DANCE, SUFI DANCE, SPANISH GYPSY DANCE, MOVEMENT MEDITATION, STRETCHING...)
- AQUA THERAPY DANCE
- MAKE UP ARTISTRY CLASS
- COACHING, NLP, EMOTIONAL INTELLIGENCE & ART THERAPY
- IMAGE CONSULTANCY
- DANCE & SOUND BATH EXPERIENCE

A black and white photograph of a woman in a red dress dancing on a rooftop, with a chimney in the background. A semi-transparent pink box is overlaid on the image.

DON'T GIVE UP
THE DANCE FOR PROBLEMS,
GIVE UP THE PROBLEMS
WITH THE DANCE.

Zaida Juberá García
@zaidance

Soul & Body Experiences | Kos Town

MINDFULNESS & CONSCIOUS MOVEMENT

Enhance Self-Awareness, lower your stress level, get better sleep, correct your posture, grow your emotional intelligence, improve your concentration, mental clarity and the ability to relate to others and yourself with kindness and acceptance.



Practicing mindfulness and conscious movement involves breathing methods, guided imagery, stretching and other practices to relax the body and mind.

Contact:

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Zaida Jubera

HOLISTIC SHOWS

HOLISTIC DANCE & HEALING SOUND MUSIC

with recorded music or live music



- **THE MUSES AWAKENING**- a show inspired by the muses of different times, eras and cultures. (Greek, Egyptian, Arabian, Spanish...)
- **ASTRAL PATH**- a healing and meditative sound and dance experience.
- **THE NOMADS**- a trip through the sounds and dances of the ancient nomads. Arabic, Indian, Sufi, Gypsy, Spanish, African & Shamanic

Shows duration: 1 hour or 10-15 minutes showcase

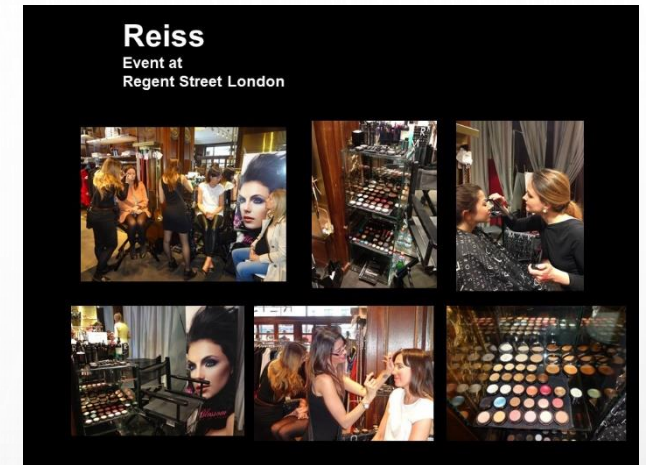
From 1 to 5 artists.



EVENTS

FAIRS, CORPORATE PARTIES,
SHOPPING CENTERS, HOTELS, COUNCILS

- EVENTS DESIGN & MANAGEMENT
- TEAM MANAGEMENT
- FASHION SHOWS COORDINATION
- SHOWS WITH LIVE MUSIC CREATION
- PUBLIC RELATIONS ENGLISH/SPANISH
- FACILITATOR OF HOLISTIC EXPERIENCES
- DANCE ARTIST



DESIGUAL

Event at Carnaby Street
London



Grazia Magazine

Event at
Carnaby Street
London



Halloween

Event at
MAKE UP STORE
Carnaby Street
London



VOLUME

Event at
MAKE UP STORE
Carnaby Street
London



BON BON

Event at MAKE UP STORE
Carnaby Street London



Swarovski Event



Bon Bon Event



CHRISTMAS NAILS

Event at MAKE UP STORE
Carnaby Street London



IMAGE CONSULTANT & PROFESIONAL COACH

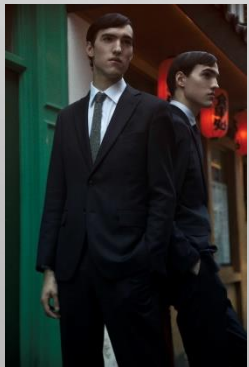
Personal

- Personal shopper
- Make up artist
- Image consultant
- Beauty coach
- Fashion art director
- Personal coach



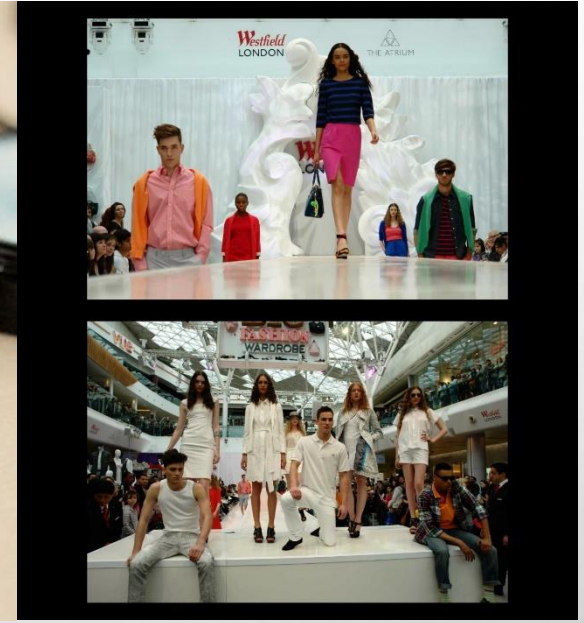
Brand

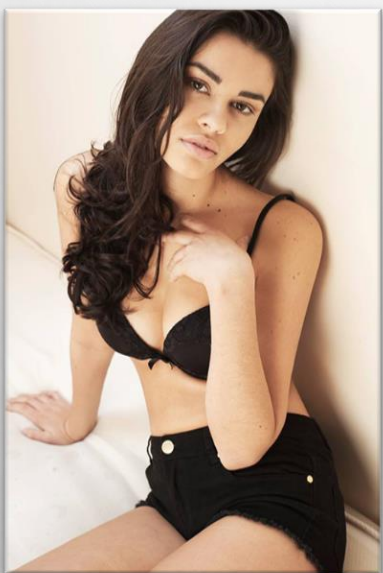
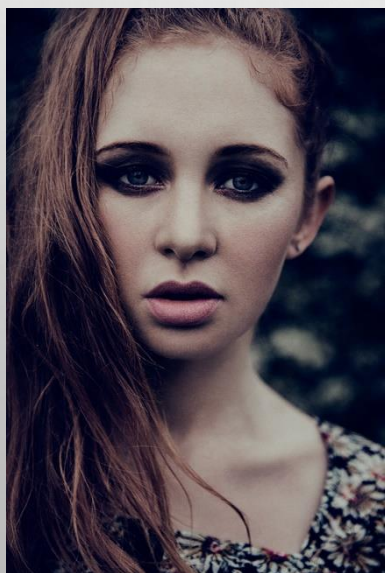
- Visual Merchandiser
- Community Manager
- Mystery Shopper
- Cool Hunting
- Events Manager
- Brand coaching
- Project Management

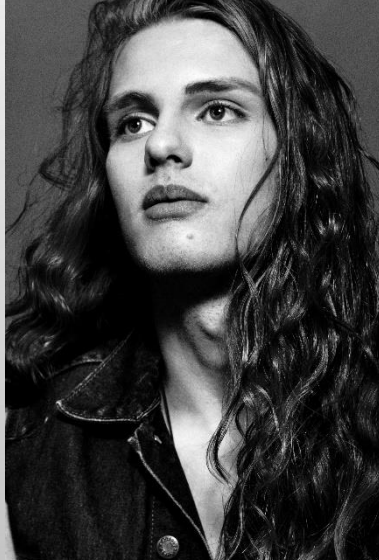
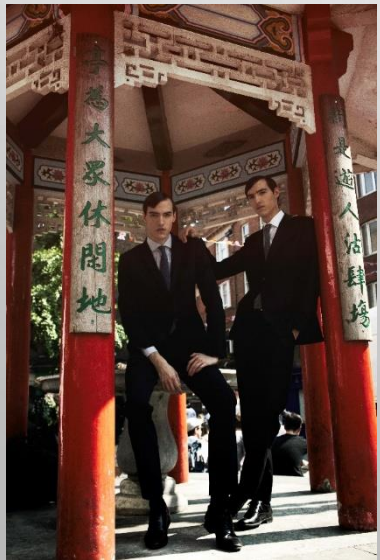
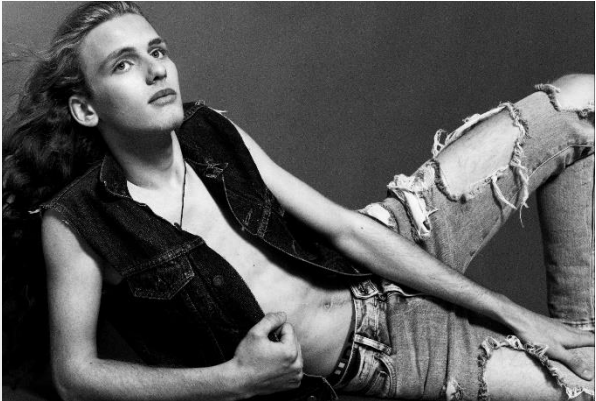


MAKE UP ARTIST, STYLIST & TRAINER

- FASHION SHOWS
- BRIDAL WORK FOR WEDDINGS
- EDITORIALS
- LOOK BOOKS
- COMMERCIALS
- E-COMMERCE
- TV & FILM
- COSMETIC & FASHION BRANDS
- EVENTS







ART DIRECTOR

- CONTENT CREATOR
- MARKET RESEARCHER
- CREATIVE
- BRAINSTORMING FACILITATOR
- FASHION PHOTOGRAPHY DIRECTOR
- COMMUNITY MANAGER
- SPANISH FASHION WRITER



Eyeliner de artistas



Se tú el regalo perfecto



London Fashion Week 2015-2016
MAQUILLAJE DE PASARELA



London Fashion Week

Tendencias 2015-2016



Botines de moda



PASIÓN EN EL MAQUILLAJE



LA ANDROGINIA LONDINENSE

Y EL MAQUILLAJE MASCULINO



DENIM TREND



Tendencias de cabello Primavera verano 2015



EUROVISIÓN TENDENCIAS



SOME BRANDS I HAVE WORKED FOR

- Generator Hotel (London)
- Four seasons luxury Hotel (London)
- H&M (london)
- Express News (London)
- Desigual (london)
- Reiss (london)
- Gosh (london)
- Westfield (london)
- Make up store (london)
- COTY (uk)
- Rimmel London (london)
- Bourjois (london)
- Max Factor & OLAY (Madrid)
- Procter & Gamble (Madrid)
- Que me pongo (Madrid)
- El corte inglés (Madrid)
- Rayban (Madrid)
- La Redoute (Madrid)
- Tony & Guy (Saudi Arabia)
- TV Libya 24 (London)
- Wella (Madrid)
- Grazia (London)
- Trebor Sorbie (London)
- Cosmopolitan (London)
- Alva Norges (London)
- Bijoux Bijon (London)
- Shock Collection (Egipian Brand)
- Ayuntamiento de Madrid
- Ifema (Madrid)
- Palacio Municipal de Congresos Madrid (Madrid)
- Las rozas village (Madrid)
- Alcohol Brands - Guinness, Cacique, Johnnie Walker- (Madrid)



The background is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes, some clustered in the top left and bottom right corners. In the center, there is a faint, circular, embossed-style logo that appears to be a university crest or seal.

ONLINE SERVICES

ZAIDA JUBERA

ZAIDA JUBERA'S ONLINE SERVICES THAT CAN BE PROMOTED AS COLLABORATION WITH YOUR BUSINESS

❑ **ONLINE COACHING PROGRAM** : 4 to 8 sessions program. Weekly sessions. 60 to 90 min per session

- **“KNOW YOURSELF”** LIFE COACHING SESSIONS. We will focus on your wellbeing
- **“BREAK YOUR WALL”** COACHING SESSIONS. We will focus on where you want to go, what you want to achieve, checking what is holding you back and how to change old beliefs and patterns to move forward by finding strength and inspiration.
- **“THINK OUTSIDE THE BOX”** COACHING SESSIONS. We will focus on new perspective and better options for a life change or project management. How your soul wants to make this changes and create the action plan to make them happen. Step by step guidance.

TECHNIQUES: (THE SOCRATIC METHOD OF LIFE COACHING, SYSTEMIC THINKING, QUANTUM PHYSICS, EMOTIONAL INTELLIGENCE, METAPHORS METHOD, THE WORK BY BYRON KATIE, NLP, GESTALT THERAPY, CREATIVE VISUALIZATION AND DR. JOE DISPENZA MEDITATION WORK)

❑ **ONLINE MINDFULNESS & EMOTIONAL INTELLIGENCE SESSION**: A practice to stay present, reduce the stress, find focus, feel free, boost the immune system and relax the mind and body

❑ **ONLINE FEMININE HOLISTIC DANCE TRAINING**: to release tension and workout the female organs, and own healing energy.

HIPPOCRATES OF KOS QUOTES LESSONS THAT I FOLLOW ON MY COACHING PROGRAMS & HOLISTIC TRAINING



- ❖ If someone wishes for good health, one must first ask oneself if he is ready to do away with the reasons for his illness. Only then is it possible to help him.
- ❖ Healing is a matter of time, but it is sometimes also a matter of opportunity.
- ❖ It's far more important to know what person the disease has than what disease the person has.
- ❖ The wise man should consider that health is the greatest of human blessings.
- ❖ The greatest medicine of all is teaching people how not to need it.
- ❖ If there is any deficiency in food or exercise, the body will fall sick.
- ❖ The physician treats, but nature heals.