

**EUROPEAN
CURRICULUM VITAE
FORMAT**



PERSONAL INFORMATION

Name **CRISTIANO VERDUCCI**
Address **1/A CHIAVANELLA, 63029 MONTELEONE DI FERMO (FM) ITALY**
Telephone **+39 347 34 54 184**
Fax **+39 0734 33 02 68**
E-mail **president@creamore.it**

Nationality Italian
Date of birth 8 SEPTEMBER 1971

WORK EXPERIENCE

- Dates (from – to) **1990-2010**
- Name and address of employer
Centro Olistico Orion (Campiglione di Fermo – Italia)
Fidia s.r.l (Macerata – Italia)
Igea studio sport srl (Civitanova Marche – Italia)
Body Art di Fiori Luca snc fitness club (Ponzano di Fermo – Italia)
ASD Gymnica (Fermo - Italia)
ASD New Roman's fitness club (Porto S. Giorgio – Italia)
Sport's Connection (Perugia - Italia)
Personal Best (Perugia - Italia)
- Type of business or sector Rehabilitation, Holistic, Wellness and Fitness Center
- Occupation or position held Fitness Manager and Consultant
- Main activities and responsibilities Fitness Instructor, Team builder, Personal Trainer, Master Trainer, International Presenter, Life coach and Consultant in Health education, fitness and wellness management.

EDUCATION AND TRAINING

- Dates (from – to) 1990-2009
- Name and type of organisation providing education and training Istituto Professionale Commercio (AP), Istituto Superiore di Educazione Fisica (PG), REEBOK University, Federazione Italiana Fitness, Scuola Italiana Shiatsu (RM), Scuola di Formazione per Espansione Rebirthing Europea, Rebirthing Breathwork International, Centro Olistico Orion, Associazione Trager Italia, American Institute of Reboundology, International Academy of Lymphology, European School of Economics.
- Principal subjects/occupational skills covered Fitness Instructor and Personal Trainer, Staff builder, Fitness Manager, International Presenter, Master Trainer, C.O.O. C.E.O.
- Title of qualification awarded Accountant, Physical Education (teacher), Shiatsu (operator), Rebirther-breathworker, Certified Reboundologist®, Fitness and Wellness Master Trainer and Consultant, Health and Sport Management, International Presenter.
- Level in national classification (if appropriate)

PERSONAL SKILLS

AND COMPETENCES

Acquired in the course of life and career but not necessarily covered by formal certificates and diplomas.

MOTHER TONGUE

ITALIAN

OTHER LANGUAGES

ENGLISH

excellent

good

GOOD

- Reading skills
- Writing skills
- Verbal skills

SOCIAL SKILLS

AND COMPETENCES

Living and working with other people, in multicultural environments, in positions where communication is important and situations where teamwork is essential (for example culture and sports), etc.

Pro-Loce Association (Monteleone di Fermo) - Adviser Organizing Cultural Sport Events
Fitness Center (more than 20) - Fitness Instructor, Personal Trainer, Coach
Wellness Club - Fitness Manager, Staff builder, Consultant, Supervisor
Sport Association (U.I.S.P) – Event management, Program ideator, Consultant, Supervisor
Orion Holistic Center – Director, C.O.O. Personal Life Coach, Supervisor, Trainer
Rimini Wellness – International Presenter
International Fitness Festival - International Presenter
C.R.E.Association – President, Promoter, Lecturer, Master Trainer, Founder, Creator programs
[CRE@MORE](#) J4J NETWORK – C.E.O. Promoter, Lecturer, Entrepreneur

ORGANISATIONAL SKILLS

AND COMPETENCES

Coordination and administration of people, projects and budgets; at work, in voluntary work (for example culture and sports) and at home, etc.

Pro-Loce Association (Monteleone di Fermo) - Adviser Organizing Cultural Sport Events
Fitness Center (more than 20) - Fitness Instructor, Personal Trainer, Coach
Wellness Club - Fitness Manager, Staff builder, Consultant, Supervisor
Sport Association (U.I.S.P) – Event management, Program ideator, Consultant, Supervisor
Orion Holistic Center – Director, C.O.O. Personal Life Coach, Supervisor, Trainer
Rimini Wellness – International Presenter
International Fitness Festival - International Presenter
FIBO Essen (GER) – International Presenter
All-V Russian Congress and Sport Industry (Moscow – RUS) – Lecturer and Presenter
Planeta Barcelona (Aerobic & Fitness Association) – International Presenter and Lecturer
Physical Education Seminar (Vierumaki - FIN) – International Presenter and Lecturer
C.R.E.Association – President, Promoter, Lecturer, Master Trainer, Founder, Creator programs
[CRE@MORE](#) J4J NETWORK – C.E.O. Promoter, Lecturer, Entrepreneur

TECHNICAL SKILLS

AND COMPETENCES

With computers, specific kinds of equipment, machinery, etc.

Database management
Networking
i-Mac computer and programs
Fitness and Wellness equipments (cardiofitness, isotonic, indoor cycling, etc.)
ReboundAIR® the original rebounder
Springfree® Trampolines

ARTISTIC SKILLS

AND COMPETENCES

Music, writing, design, etc.

Virtual DJ studio (djing and light jay equipments)
bioDance
Education and Training
Style and designer
Video maker

OTHER SKILLS
AND COMPETENCES
Competences not mentioned above.

DRIVING LICENCE(S)

ADDITIONAL INFORMATION

PUBLIC RELATIONS
WRITING
ART OF DREAMING

European A-B n° AP5136933U (expir. Date 26/01/2017) MCTC-AP

Cristiano Verducci (Ckris*) is an accomplished fitness pro whose background includes: step reebok, aerobics, slide, resistance ball training, funk & city jam, rebound aerobics, bioGin (bioGym), Shiatsu, Personal Training, Rebirthing-breathwork and lots of other sports (tennis, soccer, skiing, etc...).

Ckris has a degree in Physical Education obtained at the I.S.E.F. of Perugia in Italy and has specialized in wellness & fitness since 1990. He has also studied dance and undertaken the path of personal growth through many experiences and workshops (Louise Hay, transformational breath, rebirthing-breathwork, bodywork, biodance, NLP, family constellations, etc).

He also conducts training and educational courses for instructors and practitioners besides being a consultant for many sports and holistic wellness centers and has conceived and promoted "BioGin" (bioGym) which is a gym focused on bringing naturally forth one's awareness and is involved in training programs which combine psycho-physical training with personal growth. Ckris is also a rebirther-breathworker (RBI- Rebirthing Breathwork International) certified at the S.F.E.R.E. (European school for training and promoting rebirthing worldwide) and by Leonard ORR (the pioneer and father of Rebirthing Movement worldwide since '70).

He is one of the founders of the "Orion" Holistic Center in Fermo, the first holistic center in the region of Marche (Italy) where he coordinates the center's activities and collaborates with experts and practitioners in many areas of personal growth and natural therapies.

PHOTO AND LOGOS:



cre @ more
conscious revolution exercise for movement & relaxation

jjj

JUMP
JOY
NETWORK

ANNEXES

Most recently he has added Rebound Exercise (ReboundAIReducation) to his repertoire of classes that he teaches. He adds a lot to Rebound aerobics because of his diverse background. Ckris loves the low-impact of rebounding and the ability to tone and train cardio-vascularly at the same time while rebounding. His high energy low impact rebound aerobics classes will captivate and challenge everyone in attendance. In addition to high-energy classes, he strives to offer an instructional format that challenges students to use their brain power in addition to muscular and cardio-vascular power. "Students have to be present when taking my class. I encourage to learn routines by themselves, cause I love Education more than the instructions" says Ckris. His signature style is to spice up the traditional classes by adding body & breathwork consciousness "Students need to learn to do the same thing in different modes & moods, and to feel oneself constantly. I called it: Self-observation and it involves and connects the mind, body and emotional energy.... the bridge towards this is breathing !!".

Ckris is also a Certified Reboundologist™ through Albert Carter CEO of The American Institute of Reboundology, Inc. He has incorporated techniques and methods from his experience and applied them to his new video workout called "ReboundAIReducation". As a fitness & wellness expert, Ckris has conducted instructional workshops, staffed certification seminars, provided classes and teaching seminars, created personal training programs and has appeared on both television and radio shows as a rebound exercise expert. Since 2004 Ckris has begun teaching an aerobics instructor course for Rebound Aerobics and Personal Training. The course is designed to educate and to train aerobics instructors & teachers in rebound group exercise classes.

The program is specifically designed for implementation in fitness centers. It is structured to give teachers and instructors the tools to create fun, effective, daily group exercise classes.

His unique style & philosophy about Rebound Exercise and the Art of Lymphacisizing concerns 3 levels:

1. ReboundAIReducation
2. ReboundAIRevolution
3. ReboundAIRlevation

Now his "mission" is to expand rebound exercise & education in all the applications (fitness & wellness, rehabilitation, schools, hospitals, SPAs, in the therapeutic approach, personal growth, corporate and business training) with the addition of Breathwork (Personal Energy Management programs) all over Europe and the Worldwide, collaborating with the best organizations (European School of Economics, Isokinetic rehabilitation network, Virgin Active, American Institute of Reboundology, International Academy of Lymphology...)