

EDUCATION AND TRAINING:

- Bachelor's Degree in Sports and Physical Education Sciences, University of Cagliari (2011)
- Master's Degree in Science and Techniques of Preventive and Adapted Physical Activities (LM67), San Raffaele Telematic University, Rome (2018)
- Level I Master's Degree in 3.0 Didactic Design in Motor and Sports Disciplines, Pegaso Telematic University (2020)
- Winner of the national competitive exam for teaching A049 - Physical Education in Secondary School (2023)

WORK EXPERIENCE:

- FIPAV Volleyball Instructor for mini volleyball and youth sector (under 12, under 14, under 16 female) for ASD Gymnasium Volley Uta (2007–2016)
- Summer Camp Instructor for ASD Esperia Cagliari (2008–2020)
- Physical Education Teacher in Primary School (School Year 2012–2013)
- Physical Education Teacher in Kindergarten (School Year 2013–2014)
- Instructor of Gentle Gymnastics (2013–2015)
- Mini Volleyball Instructor for FIPAV project "W il Minivolley" in Primary School
- Physical Education Teacher in Elementary School at "I PINI" Private School – Cagliari (2014–2015)
- Tennis Fitness Coach at the Tennis Club of Decimomannu
- Preschool Assistant at Private Nursery School run by Suore Mercedarie, Cagliari (2015–2017)
- Personal Trainer (2017–2023)
- Functional Training Instructor (2019–2020)
- Physical Education Teacher, A049 class, in Lower Secondary School – I.C. SARROCH (School Year 2020/2021)
- Lecturer in Team Sports Theory – Volleyball, Degree Course in Sports and Physical Education Sciences, Faculty of Medicine and Surgery, University of Cagliari (ongoing since 2021)
- Volleyball Teaching Assistant – Team Sports at University of Cagliari (School Year 2021/2022)
- Physical Education Teacher, A049 class, in Lower Secondary School "Ugo Foscolo", Cagliari (School Year 2021/2022)
- Physical Education Teacher, A049 class, in Lower Secondary School – I.C. No. 1 Porcu-Satta, Quartu Sant'Elena (School Year 2022/2023)
- Tenured Physical Education Teacher – A049 class, in Lower Secondary School I.C. No. 1 Porcu-Satta, Quartu Sant'Elena (since 2023, ongoing)