

VALERIA MORA-HERNÁNDEZ

COACH & PH.D.

PROFILE

Supports people in developing the skills that help them to accomplish their personal and professional goals while considering their unique life stories. **Believes** that well-being is the best strategy available to achieve success. **Committed** to creating inclusive growth environments and intellectual independence.

CONTACT

Email: contact.vmorah@gmail.com
Website: www.vmorah.com

SKILLS

- Building trust
- Creating awareness
- Finding and nurturing other's strengths
- Motivating groups and individuals to complete projects
- Articulating overall goals & creating mini-goals for others
- Giving positive feedback
- Active listening
- Verbal & Written communication
- International and multicultural awareness
- Bilingual Spanish & English

RELEVANT EXPERIENCE

Academic and Life Coaching

Freelance | Remote | 2019- present

- Supported college and graduate students from different countries in achieving their professional and personal goals.
- Held clients accountable in the process of completing their graduation requirements (class projects, thesis, dissertations, etc.).
- Promoted well-being as a strategy to achieve success.

Instructor of Record

University of Notre Dame | South Bend, IN | Fall 2017 - December 2020

- Designed and/or instructed courses across levels for the Spanish department.
- Created an inclusive learning environment.
- Supported the students' learning process while encouraging their intellectual independence.

Teaching Assistant & Tutor

Pontificia Universidad Católica de Chile | Santiago, Chile | 2012-2015

- Designed and instructed review sessions for students across levels.
- Motivated students to achieve the course goals through positive feedback.
- Supported the students' learning process while encouraging their intellectual independence.

EDUCATION

Foundations: ICF Accredited Coach Training Program

*Mentor Coach®
Exp.: 2022*

Ph.D. in Spanish

*University of Notre Dame
South Bend, IN
Graduated: 2021*

M.A. in Hispanic Literature

*Pontificia Universidad Católica de Chile
Santiago, Chile
Graduated: 2016*

B.A. in Hispanic Literature and Linguistics

*Pontificia Universidad Católica de Chile
Santiago, Chile
Graduated: 2014*