

AISTE LIUDVINAITE

Born 14th of June, 1987

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🌐 www.vitadelux.com



Profile

Sound therapist, psychologist, and coach with over a decade of experience creating transformative spaces for individuals and groups. Over the past 10 years, Aistė has facilitated more than 3,500 sound events – from intimate one-on-one sessions to large group gatherings of over 100 participants. Skilled at weaving psychology, sound, art therapy, and holistic practices into deeply healing sessions, she is passionate about helping people reconnect with themselves, restore balance, and embrace their authentic potential.

Professional Experience

Vita de Lux (Self-employed) | Denmark

Nov 2014 – Present

Founder & Therapist

- Facilitated **3,500+ sound therapy events** over the last decade, ranging from small personal sessions to large-scale group journeys with more than 100 participants.
- Provide psychological counseling, art therapy, and coaching.
- Lead lectures, trainings, and personal growth workshops.

Psichologasinternetu.lt | Online

Nov 2020 – Aug 2025

Psychologist for Lithuanians abroad

- Provide counseling and psychological support for expatriates.

Lithuanian Youth Society in Denmark (LYS) | Copenhagen

Sept 2013 – Sept 2018

HR Specialist

- Designed and delivered personal growth programs.
- Wrote and published articles on community events.
- Mentored students and organized conferences.

FL Projektai & Vita de Lux | Vilnius, Lithuania

Feb 2012 – Jul 2013

Business Coach & Psychologist

- Created custom training programs for companies.
- Delivered workshops on leadership, stress resilience, and teamwork.
- Conducted psychological research and published professional articles.

TV3 Lithuania | Vilnius, Lithuania

Sept–Dec 2011 & Sept–Dec 2012

Editor

- Worked with families of children with medical conditions.
- Coordinated with doctors and hospitals.
- Prepared participants for on-camera interviews.

Junior Achievement in Lithuania | Vilnius, Lithuania

Sept 2010 – Feb 2012

Project Manager

- Trained students and teachers in entrepreneurship projects.
- Mentored student businesses and published articles.

Lintel | Kaunas, Lithuania

Jan 2009 – Sept 2010

Customer Consultant

- Provided technical and service support in a call center.

TerraPublica | Kaunas, Lithuania

Nov 2008 – Dec 2009

Sales Manager

- Coordinated sales, events, and client communication.

Verslo Savaitė (VS Group) | Kaunas, Lithuania

Mar 2007 – Nov 2008

Journalist

- Wrote and published business articles.
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Education

- **Master's in Legal Psychology** – Mykolas Romeris University, Vilnius (2010–2012)
 - **Bachelor's in Psychology** – Vytautas Magnus University, Kaunas (2006–2010)
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Additional Skills & Interests

Technical Skills

MS Office (Word, Excel, PowerPoint, Outlook)

Languages

Lithuanian (native), English (fluent), Danish (intermediate, DU3 level), Russian (basic)

Strengths

Strong communication skills, Adaptability in multicultural environments, Leadership, organization, and project management, Creating safe and transformative spaces

Interests

Psychology, sound healing, meditation, hypnotherapy, traveling, dance, and holistic wellbeing.