



SUN ZHIWEI

23 NOV. 1994

Mindfulness Facilitator/
Life Coach / Designer

STATEMENT

I've lived in Italy for 8 years and have gone through numerous difficult moments. Yet, thanks to inner exploration and practice, I managed to rise again and again, step by step.

On this journey, I learned to listen to my inner voice and to see myself with clarity. Today, I want to bring this strength to more people.

LANGUAGES

Mandarin Chinese:

Native

English:

Proficient

Italian:

Proficient

CONTACT



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<https://www.linkedin.com/in/zhiwei-sun-75926b172>

EXPERIENCE

Owner 09.2024-Now

MindSustain

Design and manage my website while maintaining active social media accounts on platforms like Instagram, Facebook and Rednote by crafting engaging content.

www.mindsustain.com mind.sustain mindsustain

Mindfulness Facilitator 09/2025-Now

Facilitated mindfulness sessions to enhance clients' self-awareness, stress management, and emotional balance.

Life Coach 12.2024-Now

Delivered ICF-based Coaching sessions, fostering clarity, resilience, and sustainable personal development.

Product & Communication designer 07/2020-now

SEALENCE S.p.A

PRODUCT DESIGN, UI&UX DESIGN, VIDEO PRODUCTION, 3D ANIMATION, GRAPHIC DESIGN

Design Teacher (part-time) 01/2019-10/2022

IVIVA art studio

Interpreter (freelance) 01/2019-now

Facilitating business communication between Chinese clients and foreign companies.

EDUCATION

Coaching:



Professional Coaching Program
09/2024-12/2024

Mentor Coaching ACC-ICF
05/2025-03/2026



6-hour Coaching Training Course
11/2024

Mindfulness:



Facilitator in Mindfulness
09/2022-04/2023

Advanced Mindfulness
Professional Teacher Training
05/2023-01/2024



Meditation Planet
Mindfulness Centre
冥想星球正念中心

Mindfulness Meditation
Guiding Skills Training Program
06/2025-11/2025

Design:



POLITECNICO
MILANO 1863

Master's degree
Integrated Product Design
2017-2019



大连交通大学
DALIAN JIAOTONG UNIVERSITY

Bachelor's degree
Product Design
2013-2017



Conservatorio
di Milano

Vocal Chamber Music
2019-2020