

CHEILA HÓ

AUTHOR, PERSONAL AND COLLECTIVE DEVELOPMENT
MENTOR | ICT TEACHER



CONTACTS

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SKILLS

Facilitating personal, collective and organisational growth

Management and development of human potential and talent

Promoção de educação, relações humanas e ética de trabalho

Promoting education, human relations and work ethics

Development of holistic and sustainable thinking

Leadership, communication and creative, inspiring and therapeutic writing

Promoting integral individual and collective well-being

Collective motivation and social responsibility

STRENGTHS

Intuitive Strategic vision

Empathic Communicative

Self-taught Proactive

Flexible Pragmatic

Creative Analytical

Resilient Patient

ACADEMIC BACKGROUND

POSTGRADUATE DIPLOMA IN PSYCHOLOGY IN THE WORKPLACE

2016-2017 | ISPA, LISBON, PORTUGAL

DEGREE IN MANAGEMENT COMPUTER ENGINEERING

2004-2010 | IPS, EST SETÚBAL, PORTUGAL

PROFESSIONAL EXPERIENCE

ICT TEACHER

2025-PRESENT

Primary and Middle School | Externato Educação Popular, Lisbon, Portugal

I design and implement digital literacy programs for elementary and middle school students, promoting technological skills through practical, interdisciplinary, and age-appropriate experiences, with the goal of developing students' digital skills, creativity, critical thinking, and digital responsibility.

Professional Education | EEP, Lisboa e Val do Rio, Estoril, Portugal

I create and develop courses in digital literacy, website creation, and audio and video editing, aimed at health sciences and social sciences courses, promoting technological and practical skills that are essential for professional training.

MENTOR AND CREATOR OF THE V.I.D.A. PROGRAM

2023-2025

Mentoring and Wellness Practices | Online and at the Maria Helena Center, Lisbon, Portugal

The V.I.D.A. Course (Inner Life Dedicated to Love Course) is a self-awareness and personal development program I created to guide participants on a transformative journey of consciousness, emotional integration, and inner wisdom. The program is divided into three progressive phases: **Apprentice**, **Practitioner**, and **Master**.

As the creator and mentor of the V.I.D.A. Course, I guide participants through both the theoretical foundations and practical applications of the program. My approach integrates various influences—from psychology and neuroscience to mindfulness and contemporary spiritual teachings—into a cohesive learning experience. I am committed to supporting each participant in improving self-confidence, strengthening healing, and unlocking their inherent potential to live with greater **clarity**, **authenticity**, and **inner peace**.

CERTIFICATES

CERTIFICATE OF TEACHING COMPETENCE (CCP)

2024 | JOVIFORM, LISBON, PORTUGAL

INTERNATIONAL CERTIFICATION MASTER NLP

2018 | INPNL, LISBOON, PORTUGAL

INTERNATIONAL CERTIFICATION NLP PRACTITIONER

2018 | INPNL, LISBON, PORTUGAL

COMPLEMENTARY TRAINING

CONSCIOUS LEADERSHIP

2019 | FULLFILL, LISBON, PORTUGAL

THEATRE TRAINING

2019 | OTL, LISBON, PORTUGAL

HUMAN DEVELOPMENT THERAPIST COURSE

2019 | ESCOLA DE DESENVOLVIMENTO HUMANO, SEIXAL, PORTUGAL

PRACTICAL COURSE IN PHILOSOPHY

2019 | NOVA ACRÓPOLE, LISBON, PORTUGAL

DECIPHERING OTHERS - BODY LANGUAGE

2017 | TRAINING HIQ - ALEXANDRE MONTEIRO, KCS IT, LISBON, PORTUGAL

PRACTICAL COURSE ON PUBLIC SPEAKING PUBLIC SPEAKING

2016 | TRAINING HIQ - FÁTIMA TREMOÇO, KCS IT, LISBON, PORTUGAL

STRESS AND CONFLICT MANAGEMENT

2016 | TRAINING HIQ - FÁTIMA TREMOÇO, KCS IT, LISBON, PORTUGAL

NEUROLINGUISTIC PROGRAMMING

2016 | TRAINING HIQ - MICHAEL SÃO LÁZARO, KCS IT, LISBON, PORTUGAL

LEADERSHIP AND TEAMWORK

2016 | TRAINING HIQ - FÁTIMA TREMOÇO, KCS IT, LISBON, PORTUGAL

LANGUAGES

PORTUGUESE

MOTHER LANGUAGE

ENGLISH

FLUENT

FRENCH

BASIC

SPANISH

BASIC

LITERARY WORKS

"I TALK TO YOU"

- AWAKENING TO LIFE (2015)
- FROM DEPRESSION TO ENLIGHTENMENT (2022)

PROFESSIONAL EXPERIENCE

GUIDE TO INNER LEARNING PROCESSES

2020-PRESENT

Mentoring, Wellness Practices, Spirituality | Online

A profound journey of continuous self-discovery based on reflective practices and self-study methodologies, focusing on inner awareness, emotional balance, and the integration of universal human values. My role is to create transformative learning experiences that invite participants to explore new ways of thinking and acting, cultivating qualities such as forgiveness, faith, resilience, patience, and inner peace. The goal is to support both individual growth and the contribution to more conscious, compassionate, and collaborative communities.

PERSONAL AND COLLECTIVE DEVELOPMENT TRAINER

2019

Personal Development Training in Companies | Glintt, Beloura, Portugal

MINDSET UPGRADE Training - A personal development programme, created by me and facilitated voluntarily at the company where I worked as a Senior IT, with the aim of transforming the participants' mentality, promoting comprehensive personal growth and the acquisition of skills to better manage thoughts, emotions and behaviours.

SOFTWARE ANALYST & DEVELOPER 2011-2020

Information Technology | (Several Companies) Lisbon, Portugal

I have worked in several companies as a software analyst and programmer in various areas: health, rent-a-car, insurance, telecommunications, banking, electronic invoicing, government and well-being.

VOLUNTEERING

Mind Forum Training | Unisseixal

2024-PRESENT

Training developed in partnership, focused on self-knowledge and the deconstruction of limiting beliefs. It adopts an integrated method that combines expository, interrogative, and active techniques with practical examples from everyday life. It encourages reflection, critical questioning, and the sharing of experiences, promoting self-responsibility, personal and collective evolution, and encouraging different perspectives. Through interactive dynamics, it inspires continuous learning and joint development.

2017-2019

Volunteer as a social worker and active member of the Amora Parish Centre, Casa do Educador da Amora, Women & Business de Lisboa and Free To Be Association - Educate for Sustainability.

FOUNDER OF THE HUMAN WORKSHOP



2023-PRESENT

An innovative and disruptive project orientated towards the well-being, creativity and innovation of the entire human experience.