

I was born in Rome, Italy in 1957. In 1980, I received my degree in applied economics in the UK.

After graduating, I became a governmental economist in emerging regions of East Africa and the Middle East. I then moved to Milan with a major European financial corporation as a marketing strategist and account executive. I later became general manager of a European financial services subsidiary of the most iconic and innovative global home computing company and board member of two other subsidiaries of the same group. After having worked for almost 20 years in those various positions, I became a management consultant with the Italian branch of one of the largest global corporate consulting firms, helping companies with decision-making, negotiation and transitions. While doing all this, I was also following a lifetime interest by studying and practicing traditional Eastern psycho-physiological disciplines. These studies increasingly marked my daily life.

Over those 25 years, living and working in twelve countries on three continents, what had been my amateur interests gradually became my main “work”. I turned my attention primarily to the non-profit world by helping to set up two non-profit associations which support overall individual wellbeing. In those days, I was animated by the idea of finding ways to assist entrepreneurs and managers using some basic elements of those traditional Eastern disciplines, to integrate my interests. However, it only worked for a small number of clients and was an uneasy fit with the formal setting of a global consulting company. While I was trying to figure out how to proceed, I began a four-year Rogerian Counselling course based on A. Lowen’s Bionergetics. That is when I read about Focusing in the programme index. A few weeks later, I began also my training in Gendlin’s Focusing.

The inherently gentle and respectful attitude of Experiential Listening was my turning point. It allowed me to abandon the more orthodox, mainstream approach of ‘assisting’ others by means of a ‘consultancy’. I was able to undertake a lighter and more joyful path towards a total listening approach. Twelve years ago, while I was completing a three-year training in Focusing, I began to work as a Mindfulness trainer at ‘SIDF - Scuola Italiana di Focusing’ (www.sidf.it), founded by Italian Focusing Trainer and Coordinator and Mindfulness trainer, Emmy Parisi. After my TIFI certification as a Trainer in Focusing, Emmy and I soon developed an extended *mindful-focusing approach* for individuals and groups. Later we started co-conducting two-years full Focusing courses held in private contexts. All other Focusing courses within SIDF were and still are primarily offered within psychotherapy and counselling schools, in Italy and occasionally abroad.

For over a decade, Gendlin’s Focusing has been the new basis for me professionally towards anyone interested, both individually and within the company.