



## Curriculum Vitae

Personal information **Andri Spanou Nicolaou**

### Work experience

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Now I am working as a secretary for the Cyprus League of people with Rheumatism since September of 2018. My employer is the Cyprus League of People with Rheumatism, and the main activity in my position has to do with all the secretarial staff but also to create groups where our members can participate with the aim to find ways to manage their autoimmune disease.

From 2022 I am a member of PAN group of Lupus Organization and a member of volunteering group.

Before I worked as an accountant in an import company in Cyprus from May of 1995 till June of 2004, where my main activities were to handle the accounts of wholesale market customer, regarding their purchases and payments, as well as the accounts of all our suppliers and to reconcile and balance the company's bank accounts.

### Education and training

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Since November 2023 I start an online three-year course in Counselling & Psychotherapy, where I will take HPD qualification, as a counselor of mental health. I am study in the Mediteranea University in Greece. Within these three years we are going to train how to be a counselor in helping people with mental health issues, through the path of psychology but also, we learn how to use all this knowledge by managing to hear and help people by show to them the way to take their lives in them and also to feel free from, if not all from the most of their obsessions. In 2024 I completed a training in Mental health through Lupus Europe Organization. And in March of 2025 I start one year training in Mindfulness.

In December 2023 I have three sessions from Oxford Mindfulness Foundation.

In April of 2021 till September of the same year, I had the EPAP training where I took certificates in 6 different topics which helped me to be able to represent Lupus Europe Organization in some of the area which is activated.

In 2016 I attended in seminars for NLP where I have the certificate of "NLP practitioner".

From September of 1979-June of 1986 I study in American Academy in Cyprus, in School of Economics.

### Additional information

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#### Publications

#### Projects

ERN-ReCONNECT

OMERACTA

EURORDIS

LEAF PROJECT

SLAKE

MENTAL HEALTH TRAINING

#### Memberships

#### Other Relevant Information

I am a PAN member in Lupus Organisation since 2021 and a patient representative.