

THEODORA TZATZAKI

4 Baldoumi, Larisa, 41334, Greece
Tel: +30 2410 612832 (home), +30 6945 888 868 (mobile)
theodoratza@yahoo.com

PERSONAL DETAILS

- Born : 1st January 1977.
- Greek (EU) Citizen.

EDUCATION

UNIVERSITY OF THESSALY, TRIKALA, GREECE. DEPT. OF PE & SPORT SCIENCE. FEB 2012 - PRESENT

PhD. Sports Psychology

Dissertation title: Exercise and smoking cessation.

UNIVERSITY OF THESSALY, TRIKALA, GREECE. DEPT. OF PE & SPORT SCIENCE. 2009-2011

Master of Science in Physical Education

Area of specialization: Sport and Exercise Psychology.

Thesis title: Factors that influence young athletes' self-talk: The relationship between goals orientation and motivational climate with positive and negative self-talk.

DEMOCRITUS UNIVERSITY OF THRACE, KOMOTINI, GREECE. DEPT. OF PE & SPORT SCIENCE. 1994-1998

Bachelor of Science in Physical Education and Sport Sciences

Major Subject: Tennis

Secondary Subject: Adapted Physical Education

Secondary Subject: Tae-kwon-do

ACADEMIC ACHIEVEMENTS :

- Participated in the Intensive Course of the European Master of Sport and Exercise Psychology, Leuven, Belgium. January 2010.
- Scholarship from the Erasmus program to attend a semester in University of Lund, Sweden. February – June 2010.

PROFESSIONAL EXPERIENCE

LARISSA SWIMMING CLUB GREECE. SEPT. 2010 – APRIL 2011

INTERN - SWIMMING

- Provided Psychological Learning Techniques, such as setting targets; self-talk; visualization; relaxation; objective setting.
- Provided Tools for Improving Psychological Skills, including attitudes; commitment to excellence; self-empathy; relationships between team members; confidence building; dealing with anxiety.

MUNICIPALITY OF LARISSA, GREECE. MAR. 2005 - PRESENT

OFFICE CLERK

ELEMENTARY SCHOOL IN LIVADI ,ELASSONAS. SEPT. 2003 – JUN. 2004:
PART TIME PHYSICAL EDUCATION TEACHER

9TH PRIMARY SCHOOL OF NEA IONIA, ATHENS. JAN. – JUN. 2004
PART TIME PHYSICAL EDUCATION TEACHER

“GYMNASIUM” FITNESS CLUB, TRIKALA, GREECE. SEPT. 2003 – JUN. 2004
AEROBIC AND FITNESS INSTRUCTOR

UNIVERSAL LADIES GYM, LARISSA. SEPT. 1998 – JUN. 2003
AEROBIC AND FITNESS INSTRUCTOR

SEMINARS/TRAINING

- **Intensive Course of European Master of Sport and Exercise Psychology** in Belgium, in which the best students of European universities Union, on scholarship from the Department of Physical Education, University of Thessaly. 2010.
- Attended the **International Congress of Sport Psychology** held in Trikala. 2010.
- Language course: **Cursos para extranjeros**. 2 months in duration, Universidad de Malaga. 2003.
- Seminar : **The All Day Elementary School**. Directorate of Primary Education, Larissa Elassona. 2003.
- **Pan-Hellenic Conference Aerobic , Fitness & Personal Training**, G.R.A.F.T.S. Thessaloniki. 2001.
- **First Aid Training**. 2000.
- **5th International Congress of Physical Education and Sport**. Komotini. 1997.
- **International Congress of Sport Psychology**. Komotini. 1996.

LANGUAGES/SKILLS/SPORT ACHIEVEMENTS

LANGUAGES:

- Greek – native.
- English – Certificate of Proficiency, University of Michagan.
- Spanish - Diploma Intermedio de Espanol como Lengua Extranjera.

COMPUTER SKILLS

- MS Windows and Office.
- Internet.

SPORT ACHIEVEMENTS

- 1984-1994: Tae-kwon-do Athlete (I.T.F), Tae-kwon-do Club of Larisa, Greece.
- 1993: Tae-kwon-do Athlete (I.T.F), National Team of Tae-kwon-do.
- 1993: National Tae-kwon-do Championship, 1st place, Junior Women.
- 1992 :National Tae-kwon-do Championship, 2nd place, Junior Women .

REFERENCES AVAILABLE ON REQUEST