

PERSONAL INFORMATION



LARIA-MARIA TRUȘCULESCU

📍 Timișoara, România

✉ laria.trusculescu@umft.ro



LinkedIn Laria-Maria Trusculescu

Gallup-Certified Strengths Coach Laria-Maria Trusculescu

LANGUAGES: Romanian - native; English - fluent (CAE – C1); German - fluent (DSD II – C1)

PROFESSIONAL EXPERIENCE

- 10.2023 – present Victor Babeș University of Medicine and Pharmacy Timișoara – Department I of the Faculty of Dental Medicine: Management and Communication in Dental Medicine
University Assistant, Piața Eftimie Murgu 2, Timișoara
- 02.2020 – present Gallup Certified Strengths Coach – Gallup Inc. (re-examined 02.2024)
Frankfurt, Germany
- Accredited in English, German and Romanian (Gallup-Certified Strengths Coach)
- 03.2019 – present Founder, sole shareholder and CEO of "SC Mindfulness Therapy SRL"
SC Mindfulness Therapy SRL, Str. Independenței no.15, Timișoara
The company was founded within the "StartSmart" project European Funds 3.7/2019
- StrengthsFinder talent coaching (Gallup), virtual reality therapy, mindfulness relaxation and personal counseling
- 06.2022 – present Collaboration in the "Neuro-Recovery" project - New concept in the EU (collaboration with Dystonia Europe and the Children's Joy Association of people with neuromuscular dystonia in Romania)
SC MC Gym Motion SRL, Str. Bulevardul Iuliu Maniu no.5, Timișoara (mcgymmotion.ro)
The company was founded within the "StartSmart" project European Funds 3.7/2019
- New concept in the EU: Sport + VR Therapy + Psychology for the recovery of patients with neuromuscular dystonia, Parkinson's and other neuromuscular diseases
- 09.2022 – 01.2025 Politehnica University of Timișoara – Department of Communication and Foreign Languages of the Faculty of Communication Sciences
University Assistant (hourly rate), Str. Traian Lalescu no. 2A, Timișoara
- 05.2023 – 02.2024 Politehnica University of Timișoara – Department of Communication and Foreign Languages
Focus group operators – process manager - COR code 242104, Str. Traian Lalescu no. 2A, Timișoara
- The Concept of Sustainable Development and Green Energy in the Danube Gorge
- 03.2020 – 04.2023 Public relations specialist
Mind and Soul Association for the Future, Str. Panslelor no.61, Timișoara
- Association image and marketing (website creation, texts, posts, etc.)
 - NGO that deals with counseling people in their socio-human and professional development
 - Supporting and promoting education, culture, economy, environmental protection and social inclusion
- 07.2019 – 09.2019 Internship at the Department of Sustainable Development within the General Secretariat of the Government; at the office of State Counselor *László Borbély*
Government of Romania, Victoria Palace, Piața Victoriei no. 1, Sector 1, Bucharest (dezvoltaredurabila.gov.ro)
- Elaboration of papers on the topics: education for sustainable development in Romania; the role of education in the integration of young people into the labor market
 - Writing the point of view in relation to the report on Taxonomy, developed by a group of technical experts of the European Commission and the implication of taxonomy on sustainable development
 - Participated in teleconferences organized with the partners of the "Cool Cities" project. Assisted colleagues from the cabinet in preparing the documents necessary for travel and their translation from and into English and German
 - Supported and assisted in preparing the working meetings of the implementation team of a POCA project (Administrative Capacity Operational Program)
- 01.09.2018 - 30.09.2018 Internship at the Senate of Romania, European Affairs Service, within the Directorate General for External Parliamentary Cooperation
Senate of Romania, Calea 13 Septembrie 1-3, Bucharest 050711 (senat.ro)
- Involvement in the activities of the department
 - Translation of various documents, emails, by phone and live from or into English and German
 - Participation in plenary sessions and committees (when the European Affairs Service was involved)
- 01.08.2015 – 31.08.2015 Internship in Back Office
goetzpartners Group, Prinzregentenstrasse 56, 80538 Munich, Germany (goetzpartners.com)
- 08.2014 – 09.2014 Internship in Back Office
goetzpartners Group, Prinzregentenstrasse 56, 80538 Munich, Germany (goetzpartners.com)

EDUCATION AND TRAINING

- 2022 – 2025 Doctorate – West University of Timișoara
Doctoral School of Philosophy, Sociology and Political Science – Field of study: Sociology
Doctoral supervisor: Prof. Dr. Gherheș Vasile, with the topic: Fake news and its social effects
- 2020 – 2022 Master's Degree – Business Communication
Politehnica University Timisoara – Faculty of Communication Sciences
- 2025 – present Master's Degree – Legal Responsibility of Medical Personnel
Victor Babeș University of Medicine and Pharmacy Timișoara
- 2017 – 2020 Faculty – Communication and Public Relations (English and German)
Politehnica University Timisoara – Faculty of Communication Sciences
- 2016 – 2017 Business Administration
University of Bayreuth, Bayreuth, Germany
- Skills acquired: business management and administration, communication in different cultures. Here I gained the desire to do virtual reality (VR) therapy in Romania

- 2021 – 2022 Psychopedagogical Training Level I
Politehnica University of Timisoara – Department of Teaching Staff Training (DPPD)
- 2023 – 2023 Psychopedagogical Training Level II
Politehnica University of Timisoara – Department of Teaching Staff Training (DPPD)
- 06.2018 – 07.2018 Entrepreneurial Competencies – Graduation Certificate
Ministry of Labor and Ministry of Education, West University of Timisoara
▪ Module I - The Concept of Entrepreneurship. Business Plan in Support of Entrepreneurship; Module II - Negotiation Techniques in Entrepreneurship and Business; Module III - Management and Marketing of a Business; Module IV - Financial Forecasting; Module V - Sustainable Development; Skills Acquired: Business Leadership and Management
- 10.2024 – 11.2024 Social Enterprise Manager Course
Bethany Social Services Foundation Timisoara
- 11.2023 – 12.2023 Sustainable Development Expert – Graduation Certificate code COR 242232
Ministry of Labor and Ministry of Education, "Eurotraining Business and Trades Center" Foundation
- 2024 – 2025 Mindfulness Facilitator Certification
NeuroMindfulness Institute – globally recognized by the International Coaching Federation (ICF)
- 09.2021 Trainer – Certificate code COR 242401
Ministry of Labor and Ministry of Education, SC Sorste SA
- 06.2021 Human Resources Inspector (Referent) – Certificate code COR 333304
Ministry of Labor and Ministry of Education, SC Sorste SA
- 02.2022 Gallup Strengths Coaching Recertification Exam
Gallup Inc., Frankfurt, Germany
▪ In order to practice as a Gallup Accredited Coach, an exam and recertification are required every 2 years
- 09.2019 Strengths Coaching Course
Gallup Inc., Frankfurt, Germany
▪ Modules: Talent, Building the Coaching Relationship, Strengths-Oriented Coaching, Strengths Profile, Values, Theme Dynamics, Investing in Talent, Aligning Talents to Achieve Specific Results, Coaching of Individuals I, II and III, Coaching of Teams I, II and III
▪ Skills Acquired: Interpreting and Analyzing a Person Based on the StrengthsFinder Talents, a Gallup-Developed Test; Direct and Persuasive Communication with People. The Youngest Gallup-Certified Strengths Coach
- 2012 – 2016 High school
BanaŃ National College, German Natural Sciences (SNG), with German as the main language of instruction, Timisoara
▪ At the end of High School I had the opportunity to take the German language test "Deutsches Sprachdiplom II C1 (DSD II)" as well as the "Certificate of Professional Competence - Advanced Level Linguistic Competence in German"
- 04.2015 European Computer Driving License Certificate (ECDL)
ETA2U Training Center, Timisoara
- 09.2014 – 12.2014 Certificate in Advance English (CAE) C1 Preparation Course
International House Timisoara
▪ Preparation: Mock exams, Use of English, Reading, Writing, Listening, Speaking
- 06.2014 – 07.2014 TestDaf preparation course
ASL Sprachenschule, Munich, Germany
▪ Preparation: Mock exams, Reading comprehension, Listening comprehension, Written examination, Oral expression
- 09.2013 – 12.2013 First Certificate in English (FCE) B2 Preparation Course
International House Timisoara
▪ Preparation: Mock exams, Use of English, Reading, Writing, Listening, Speaking
- 08.2013 Summer Course, German Language – C1
Ludwig Maximilian University of Munich, Munich, Germany
▪ German Grammar and Spelling; Phonetic Training for German and "Bavarian"; History and Culture of Bavaria

ADDITIONAL INFORMATION

Scientific papers and sessions

See CV annex: "Complete list of publications"

- Awards 12.2020 TimiŃ Chamber of Commerce, Industry and Agriculture (CCIAT) - Top Companies 2019 Special Start-Up Awards – Diploma of Merit for a success story – Mindfulness Therapy Start-up established through the StartSmart project, TimiŃoara
- 10.2018 West University of TimiŃoara (UVT) StartSmart Project for EU funds 3.7 – Winner – 5th place out of 140, TimiŃoara
- 08.2011 Competition organized by the "Association for complementary education" Award – "Best negotiator", OrăŃtie, Romania
- Hobbies Ballroom dancing, skiing, fitness, traveling, swimming. Artistically I appreciate music, ballet, theater and opera.