



## PERSONAL INFORMATION

**Riccardo Vrech**

POSITION **Vice president of the Board, Owner.**

## WORK EXPERIENCE

2022-present **Vice president of the Board and Owner**  
Marmi Vrech G. srl, Cervignano del Friuli (Italy)

2008 – 2022 **Director of Operations -COO**  
Marmi Vrech G. srl, Cervignano del Friuli (Italy)

- Development of new projects
- Project planning
- Coordination of operational areas
- Business strategy
- Proposition and implementation of new organizational structures
- Collaboration in the management of human resources

Business or sector Stone processing and installation

2004–2007 **Researcher**  
Everest – K2 – CNR – Department of Cultural Anthropology  
[www.evk2cnr.org](http://www.evk2cnr.org)

- Studies of the *bon* culture
- Studies of the *chod* ritual

Business or sector Anthropology

2004–2007 **Lecturer (docente a contratto)**  
University of Trieste, faculty of medicine.  
[www.units.it](http://www.units.it)

- Sociology

Business or sector University lecturer

2001-2005 **Course cooperater in Sociology of cultural processes (cultore della materia)**  
[www.units.it](http://www.units.it)

- Research and support Professor Ornella Urpis (courses and exams), faculty of Sociology and Political Science

Business or sector Sociology of Cultural Processes

## EDUCATION AND TRAINING

2021 **Mindfulness Instructor**  
2020 **MBA Meditation and Cognitive Neurosciences**  
University of Udine

- 2016 Yantra Yoga & Breathe Instructor  
School of Yantra Yoga and Respira
- 2011 PHD in Anthropology and Epistemology of the Cultural complexity.  
Cycle XXI  
University of Bergamo – Research center on complexity
- *Chod*, cutting through the ego. A ritual journey around *bonpo* sacredness in Dolpo.
- 2004 Advanced training in cultural Anthropology  
University of Padova
- 2003 University Degree in Philosophy 110 et lauda  
University of Trieste, faculty of literature and philosophy
- Interdisciplinary curriculum
  - Thesys in Sociology of Cultural Processes “La comunità di Tangchet tra non-identità e socializzazione”.
- 1993 Diploma of Surveyor  
Technical Institute for Surveyors, N. Pacassi, Gorizia (Italy)

#### PERSONAL SKILLS

Mother tongue(s) Italian

Foreign language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C2	C1	C1	C2

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user  
Common European Framework of Reference for Languages

Communication skills - good communication skills gained through experience as a lecturer, an international researcher and management

Organisational / managerial skills - leadership skills gained as project manager and team leader  
- organization, coordination and control.

Job-related skills - good command of strategic management process of SME

#### Digital skills

#### SELF-ASSESSMENT

Information processing	Communication	Content creation	Safety	Problem solving
Intermediate user	Intermediate user	Intermediate user	Intermediate user	Intermediate user

Digital skills - Self-assessment grid



- Microsoft Office;
- Digital editing of photography;

Other Skills     Instructor of Yantra Yoga and Respira

Driving License     A, B

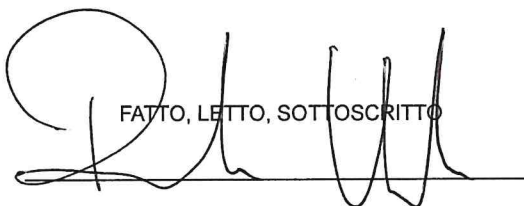
Publications     Publications on National magazines (SLM) on Sociology and Tibetology.

Vrech Riccardo, "Aspetti della mente ne "L'essenza del cuore del *dharmakaya*. Pratiche *dzogchen* della tradizione *bonpo*", in Annali di Meditazione e Neuroscienze, volume 2, anno 2021 a cura di Cristiano Crescentini, Alessio Matiz e Franco Fabbro, Mimesis edizioni, Milano-Udine, pp 157-172.

Other Courses     Since 2003, member of Dzogchen international community (Foundation Ati Yoga)

Project Management (Confindustria Udine e Università di Pordenone);  
Lean Management (Marmi vrech G Srl);  
Time Management (Confindustria Udine);  
Role and responsibility, leadership and time management (Marmi Vrech G. Srl);  
French language classes (Marmi Vrech G. Srl) basic;  
Tibetan language classes (Istituto Shang Shung) basic;

DATA 20/02/2023

  
FATTO, LETTO, SOTTOSCRITTO