

## **TED Ankara Collage '11**

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Student & Alumni Association Board Member - 3 Years

- Ability to express and positioning oneself and in crowded environments
- Having wide social circle from different age range
- Being a part of a journal committee of the Alumni Assoc. The printing of the magazine, its controls and the management of the process with the advertising agency

## **Bilkent University '15**

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Communication and Design Department - Licence Degree - %50  
Scholarship

- Learning every kind of studio equipments in a set and usage of the equipment
- Mixed Medium Installation with stop motion movies
- Digital cinematography; from basic photography to short films, music videos, fashion photography etc.
- Post production and sound design, foley
- Basic design elements such ad posters, CD design, mock-up designs etc.
- Writing a script and other media based theory classes such as media and society, news media, basic coding, film theory, media ethics, art and culture etc.

## **Holistic Approach**

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Theta Healer, Yoga Student, Self Help Book Reader, Regular  
Psychological Client, Breathing Coach to Self

- Being a certified Theta Healer (Basic DNA, Advanced DNA, Dig Deeper, You and Creator)
- Practicing yoga for four years, applying asana's to the daily routine, learning pranayama, chanting and philosophy behind yoga
- Reading and enjoying very much self-help books regularly since the age of 12-13.
- Regularly consulting to a one-to-one psychologist
- Have been trained to be my personal breathing coach

- Simply, trying to adapt every meditative method to my life, stay in the flow with what is good for me, to give a lot of gratitude and to identify what works for me on the way to find my own essence during this chaotic and busy world

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## Functional Medicine and Health Coaching - Certificate Program - Institute of Functional Medicine (IFM)

- Learning the foundations of coaching skills, principles of Functional Medicine (FM) Health Coaching and guiding clients towards change
- Learning the root cause approach to digestion, immunity systems, hormonal balance, diet and lifestyle.
- Uncovering the basics of energy also by learning how to effectively coach clients on functional nutrition, sleep, exercise, and movement in order to optimize energy production.
- Discovering how to integrate environmental health into FM Health Coaching by learning detoxification fundamentals.
- By building knowledge of the chronic diseases pathways from a FM lens, discovering positive psychology and mind-body medicine techniques for resiliency for mental and emotional wellness of both groups and individuals.

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## Human Design Analyst - Cont. Student

- Completed Living Your Design which is a 1st step of being a HD analyst
- Completed a specific program called, *Dönüş-ün* that Piraye Erdoğan created based on the foundations of HD
- Completed 2nd step of HD analyst named *Rave ABC*.

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## Mind Body Medicine — The Center for Mind-Body Medicine

### Professional Training Program and Advanced Training Program

- Learnt techniques in order to heal from trauma — among them slow, deep breathing; shaking and dancing; images, drawings and genograms and lots more.
- During this program, I have experienced that inside of ourselves there is our own inner wisdom that we can always discover and consult. It was a path of individual transformation, of commitment to connection and to caring for one another. During training program, within my cohort, shared and learned from what every other person

shares; and we will likely discover, along with the surprise of our similarities, the wonder of our differences.

- Through the successful completion of an Advanced Training program, I have honed my aptitude for effectively facilitating group sessions by employing the sophisticated principles and methodologies of Mind-Body Medicine.

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## Somatic Channels and Nervous System — Gülşah Aygün

- By acquiring a comprehensive understanding of the intricacies of our nervous system and incorporating the utilization of somatic channels and techniques aimed at inducing tranquility within our neurophysiological framework, I have significantly expanded my knowledge and expertise over the course of an 8-week educational program.

## Manevi Fine Gifting

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### Founder Designer

- Creating a brand from scratch (generate a corporate identity, e-commerce website, applying a foreign business strategy, gifting services, into Turkey's business environment, building up a creative equipe)
- Reaching out to large scaled corporate firms and closing deals about their gifting services. Creating specified gifting strategy by occasion, event etc.
- Developing a brand strategy; such as opening a pop up store in specific locations and seasonal festival areas, creating an e-commerce website, advertising on specific mediums as magazines, social media, specific stack holders
- Creating a know-how network from large scale manufacturers to small scale unique product producers
- Finding local brands and making alliances with their products and also to provide employment
- Producing Manevi branded materials such as; printed materials (notebooks, bags), candles, scents, self-care cosmetics (bath salt, body scrub, soaps, closet scents), glass objects, wooden objects, cocktail kits etc.
- Learning accounting, checking current accounts, preparing price proposals, financial audit, stocktaking and control
- Creating business relations with organization companies about presenting them a variations of wedding gift ideas. Making sure the gifts are in place at the wedding ceremonies

## **Professional Florist Education**

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Certificate Program - Student - Çiçek Tasarım Okulu

- Creating and designing flower bouquets, tags, arrangements
- Color schemes and their usage for specific events and occasions
- Finding local flower wholesalers and floral supplies markets
- Learning flower names, species, families and their floral care
- Basic accounting and budgeting for an artisan flower shop

## **Fashion Photography Education**

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Certificate Program - Student - UAL Central St. Martins

- Creating a composition, mood boards and specified creative themes
- Learning every kind of studio equipments and usage of the equipment according to the mood, brand, set, product and concept
- Working with harmony between models, make up artists, hair dressers, stylists and videographers, basically all kind of service industry employees and founders
- Inspired by natural materials, everyday occasions and spaces, spiritual topics

## **Arts and Crafts**

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Glass Blowing, Wooden Works, Woven & Braiding, Jewelry Design, Ceramics, Illustration, Mosaic, Painting

- Working with different type of materials, combining materials with different kind of themes and each others in one media
- Creating a both 2D and 3D products for daily usage or specific work

## **Cooking, Baking and Artisan Bread**

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Certificate Program - Student - MSA

- Learning folding, fermenting and baking techniques for every type of bread

- Learning different types of breads (focaccia, baguette, brioche, simit, bagel, pita, sour dough, toast, epi, fougasse etc.) and their origins
  - Learning sourdough bread making and its chemistry, fermenting, folding and baking process and its origin
  - Professional kitchen equipments and their usage
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## Home-cook and Baking

- Professional cakes design, creating recipes, simply playing with aromas and ingredients with love
- Producing artisan ingredients instead of buying them from the market
- Preparing main dishes to loved ones with joy and creating new tastes with classic Anatolian foods and foreign flavors and recipes.

## Foreign Trade

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### Certificate Program - Student - Türk Dış Ticaret Vakfı

- Terminology, accounting, insurance, export and import process and their documentation process, international marketing, financing tools, foreign currency deposits, customs legislation, shipping and logistics and case studies

## Vogue

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### Intern in Vogue Tr and Conquering Youtube Certificate Program at Vogue UK

- Editing and uploading fashion based news [vogue.com.tr](http://vogue.com.tr) and if needed translating some news from the global site ([vogue.com](http://vogue.com))
- Being a part of both advertorial and editorial photo shoot
- Organizing clothes in the cabinet according to their usage and brands
- Delivering clothes to places and being responsible from them
- Learning how youtube will affect fashion industry in the next century
- Attending Vogue UK's 100th Years Celebrations in London, meeting worldly known designers, observing the process of fashion industry, visiting an exhibition about Vogue UK covers since the first one up until today.

## Advertising Agency Experiences

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Communication Designer and Graphic Designer Internship

- Learning basic graphic design programs, elements and their daily usage
- Taking part in creative conversations with clients, learning their brand strategies and proposing them advertising ideas
- Managing customer relations

## Series Set

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Director Trainee Internship - Öyle Bir Geçer Zaman Ki

- Learning every kind of studio equipments in a plato and usage of the equipment according to the script
- Working with harmony between artists, casts, make up artists, hair dressers, stylists, videographers and directors

## Playing Musical Instruments

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Piano and Violin - Student

- Being a responsible person
- Learning the music theory and how to read musical sheets, chords and scales. Famous composers, their lives and their pieces
- Basic composing, harmony
- Giving concert to a specific crowd every year for ten years, both as solo and guest
- Qualifying for a music theory 5th degree certificate from The Associated Board of Royal Schools of Music UK.

## Things I like!

- Both domestic and abroad; visiting fairs, museums
- Traveling, discovering and inspiring
- To discover new artists, accounts, brands, people and creating mood boards
- Trying and exploring new recipes lately including sugar free one's.

- To produce something, anything on my spare times
- Attending to the activities that will increase my creativity; concerts, musicals, theaters and so on

## About Me!

I am kind of a person; who likes to get the job done, takes responsibility in difficult times, grasps quickly and takes firm steps, takes every aspect while making decisions, values equally both the heart and the mind which sometimes makes me emotional from time to time and but more often realistic, knows exactly where and when to use my social networks, gets along well with elder people and connect with them easily without an effort, attaches importance to business ethics, tries to benefit my loved ones by try to heal, listen, by being empathetic, understand and care them. Also I am always well-intentioned and I can analyze the environment well and know how to behave accordingly. Lately I have been discovering my role in this world and by the help of all techniques that I learned and still continuing, I am close to the point where I decide that my life purpose is helping people heal both in body and in mind.

In a nutshell; I am a nearly 30-years-old woman, who is always supported by her family and grew up in an environment where ideas are always taking in consideration with full of love and respect!

***To get in contact please call, e-mail or add me on instagram!***

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