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# AUGUSTO D. MELLO

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## ABOUT ME

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I am fully engaged with living a life that for me feels no less than extraordinary and supporting others to do the same; we all have the right to thrive and express ourselves; that is what I am passionate about and what drives me every day.

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## SKILLS

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I am an excellent communicator and able to quickly establish rapport. Being a long term practitioner of mindfulness & meditation helps me to be well organized and efficiently work under pressure, independently or as part of a team.

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## EXPERIENCE

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### FOUNDER – ACTION TO THRIVE

2021 - On going

Actiontothrive.com aims to deliver life coaching, empowerment workshops, consultancy and presentations to individuals, groups and organizations across the UK and abroad.

### MOTIVATIONAL SPEAKER, WORKSHOP FACILITATOR, CONSULTANT - FREELANCE

2007 – On going

Recovery and wellbeing workshops, consultancy and motivational presentations to individuals, groups and leading organizations including Rethink, Mind, Slam, the NHS, Metropolitan Police, St Mungo's, Havas, Freemantle Media, Getty Images, UCL and the University of Porto,

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## EDUCATION

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### BA SOCIAL COMMUNICATION

Escola Superior de Propaganda e Marketing . Brazil

### DIPLOMA CREATIVE COMMUNICATION

Escola Panamericana de Artes . Brazil  
Honorable Mention

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## OTHER CERTIFICATIONS

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### CERTIFIED PERSONAL MEDICINE COACH (CPMC)

Pat Deegan PHD & Associates . US

### MENTAL HEALTH FIRST AID (ADULTS & YOUTH)

MHFA England . UK

### HAPPINESS FACILITATOR

Museum of Happiness . UK

### CERTIFIED LAUGHTER YOGA LEADER

Laughter Yoga International University . UK

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