

## Giuliana Salmaso

Program Manager, Italy

Giuliana is a mother, architect, well-being design coach and Emotional Intelligence assessor.

Giuliana has worked in the field of architecture and design for over 20 years.

She is Co-Creative Director of 1+1=1 architects, the design studio she founded with her partner in work and life, Claudio Silvestrin.



In 2009, after the birth of her first son, Giotto, she became interested in Early Years Development and passionate about Emotional Intelligence as a means of living with attention, intention and purpose.

She taught at Politecnico di Milano from 2004 to 2009, and in 2012 was awarded the Città Impresa Prize, a prestigious award given to innovative Italian talents.

Alongside her architectural work, Giuliana is Six Seconds' Network Leader Coordinator for Italy. She has developed a genuine and positive connection working closely with Ilaria, Lorenzo, and the awesome team of Network Leaders, to spread the awareness and practice of Emotional Intelligence throughout the country.

Her goal is to bring well-being in people's lives by creating clean, calming and contemporary spaces designed to lower stress, promote serenity, activate a sense of inner connection, and increase vitality - all of which helps people to reach a state of true well-being that enables them to thrive.

She is driven by creativity, innovation and passion with the long-standing desire to be an agent of positive change. Her two sons, Giotto and Galileo, inspire her every day to live a life of unconditional love and connection to her truest, most authentic self.

To contact Giuliana at the Six Seconds EQ Network:

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