

Liliana Selva

Program Manager, Italy

Program Manager at Six Seconds, the Emotional Intelligence Network.

Consultant and People Management Senior Trainer with Bachelor in History of Art and Master in HR Management.

Liliana's area of expertise includes:

- Training in Emotional Intelligence and Change Management
- Recruiting and assessment
- HR processes
- Personal Development
- Sales & Negotiation
- Customer Experience



Liliana manages EQ Assessor Certifications in Italy, as Six Seconds master trainer. She has also the Six Seconds EQ Practitioner Certification.

Liliana has always been fascinated by what people can do. She studied Art because, in her opinion, it is an extraordinary form of expression of human «imagination». Working in companies she realized that success is often the result of the ability to achieve a «vision» of one or a few leaders. What would happen if each person could fulfill their potential? With 16 years of experience as manager, trainer and consultant, she supports people, families and organizations to find out.

Self awareness is the first step. Thanks to neuroscience, we can better understand how our brain thinks and what our brain feels. Training our talents, it's possible to improve personal effectiveness. We can learn to change.

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