



INFORMAÇÃO PESSOAL



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Sexo Masculino | **Data de nascimento** 05/04/1980 | **Nacionalidade** Portuguesa

EXPERIÊNCIA PROFISSIONAL

21/06/2016–Presente

Soccer Coach

Tianjin Teda Football Club, Tianjin (China)

Head Coach U14

01/10/2015–31/05/2016

District Soccer Coach

Associação Futebol de Braga, Braga (Portugal)

Head Coach

01/09/2007–02/09/2015

Soccer Coach

SC Braga, Futebol SAD, Braga (Portugal)

Head Coach of the Junior A Team (Under 19)

1ª National League

Season 2012-13, 2013-14, 2014-15 and 2015-16

National Championship Winner/Champion (Under 19) Season 2013-14

Head Coach Junior C (Sub.15) Season 2011-12
National League;

Head Coach Junior C (Sub.14) season 2010-11
District League;

Assistant Coach - Junior C (Sub.15) Season 2009-10
National League;

Head Coach Junior D (Sub.13) Seasons 2007-08 and 2008-09
District League;

01/09/2007–30/07/2012

Football Coach

Associação de Futebol de Braga, Braga (Portugal)

Responsible for Women's Football

Responsible for Men's Football

- 01/09/2008–03/06/2010 **Professor**
Escola D.Diogo de Sousa, Braga (Portugal)
Professor at FutEscola Soccer school
Coach / Educator;
- 01/09/2006–30/06/2007 **Football Coach**
Arsenal Clube da Devesa, Braga (Portugal)
Head Coach - Junior B
Season 2005-06
- 01/07/2004–30/06/2005 **Professional Football Player**
Sport Clube Dragões Sandinenses, Gaia (Portugal)
Professional Football Player
- 01/07/1999–06/06/2004 **Professional Football Player**
SC Braga, Futebol SAD, Braga (Portugal)
Professional Football Player
- 01/08/1990–30/07/2004 **Soccer Player at youth level**
SC Braga, Braga (Portugal)
Soccer athlete at youth teams
Representation of E, D, C, B and A Teams

EDUCAÇÃO E FORMAÇÃO

- 22/05/2017–30/06/2017 **UEFA Coaches Course- PRO/ Grau III** UEFA PRO
Portuguese Football Federation, UEFA, Quaios (Portugal)
- 01/10/2013–Presente **UEFA Coaches Course - "Advanced" / Grade III** UEFA "Advanced"
Portuguese Football Federation, UEFA, Porto, Lisboa (Portugal)
- 01/09/2011–Presente **Master for Teaching Physical Education in Primary and Secondary Education**
FADEUP - Faculdade de Desporto da Universidade do Porto, Porto (Portugal)
- 18/02/2013–21/02/2013
UEFA, Madrid (Espanha)

Participation in the UEFA Study Group Scheme

- 01/09/2006–11/06/2011 **Degree in Sports Management**
ISMAI- Instituto Superior da Maia, Maia (Portugal)
- 09/10/2009–27/10/2009 **Pedagogical Training of Trainers**
Instituto Português da Juventude, Braga (Portugal)

Initial Pedagogical Training of Trainers
- 16/02/2009–12/07/2009

Municipality of Braga, Sports Recreation Office, Braga (Portugal)

Curricular stage
- 26/05/2008–27/05/2008 **Certificate of Participation**
UEFA, Braga (Portugal)

Coerver Coaching Training Camp
- 12/03/2008–24/05/2008 **Coach UEFA B Licence** UEFA B
Portuguese Football Federation, Braga Football Association, Braga (Portugal)
- 04/2008–04/2013 **Certificate of Participation**
ISMAI - Instituto Superior da Maia, Maia (Portugal)

Participation in the International Football Congress
- 16/04/2007–14/06/2007 **Soccer Coach Course Level 1 - District** Level 1 District
Portuguese Football Federation, Football Association of Barga, Braga (Portugal)

COMPETÊNCIAS PESSOAIS

Língua materna Português

Outras línguas

	COMPREENDER		FALAR		ESCREVER
	Compreensão oral	Leitura	Interação oral	Produção oral	
inglês	B2	B1	B2	B1	A2
espanhol	B2	B2	B2	B1	A2

Níveis: A1 e A2: Utilizador básico - B1 e B2: Utilizador independente - C1 e C2: Utilizador avançado
Quadro Europeu Comum de Referência para as Línguas

Competências de comunicação

Interaction with others in formal and informal contexts;
Good communication skills;

Team spirit

Verbal skills appropriate to different social situations;

Shows ability to adapt to new contexts whether are them social, personal or professional, giving a positive response to the demands placed upon it.

Particularly likes to stimulate discussion groups, encouraging others to express their views and discuss the differences considering the exhibition of logical arguments and presenting possible scenarios for resolving problems.

Competências de organização

Good ability to coordinate a project.

Good results in managing human and material resources.

Good relation with work team, always trying to solve problems through conversation.

Regular participation in planning and organizing activities for youth players.

Daily contact with the recipients;

Agree with partnerships and the establishment of contacts between institutions, something that try to promote wherever possible, on behalf of project success and well - being of the recipients;

Always try to encourage dialogue in his groups, whether in formal or informal context.

Ability to outline strategies

Competências digitais

Good knowledge of popular computer software, Microsoft Excel, Word, PowerPoint, etc.