

Adarsh Sitapati - CV

Coaching

Work

Main Focus – Authentic Self Academy – authenticself.academy – Zurich, Switzerland

Since 2022 – Business Training for Coaches – Authentic Self Academy Service

Since 2020 – Meditation Classes – Freelancer

Since 2019 – Individual Life Coaching – Authentic Self Academy Service

Since 2019 – Faculty Member – Synthesis Coaching Associates

Certificates / Trainings

2021 – Certified Professional Facilitator – Supriya' Life Coaching Centre

2020 - 05.2026 Associate Certified Coach – International Coaching Federation

2019 – Coaching Workout – Synthesis Coaching Associates

2019 – Certified Member – International Coaching Federation

2019 – Certified Psychosynthesis Life Coach – Synthesis Coaching Associates

Teaching

Work

Since 2022 – Project Manager – Technology and Informatic Weeks in IngCH

2021 – Chemistry Teacher Substitution – Kantonale Mittelschule Uri

2021 – Chemistry Teacher Substitution – Literargymnasium Rämibühl

2021 – Chemistry Teacher Substitution – Realgymnasium Rämibühl

Since 2018 – Course instructor – Life Science Learning Center Zürich

Since 2018 – Learning Strategies Workshops – Freelancer

2016 - 2017 – Guide & Technical Assistant – Anthropology Museum University of Zürich

2017 – Biology Teacher Substitution – Liceo Locarno

2015 – Biology Teacher Substitution – Liceo Locarno

2015 – Science Teacher Substitution – Scuole Medie Barbengo

Certificates / Trainings

2025 – Teacher Degree in Biology and Chemistry for High Schools – University of Zürich

2019 – Master of Science in Biology and Chemistry – University of Zürich

2014 – Bachelor of Science in Molecular Biology – University of Basel

Life

2022 – Shaolin Summer Camp – Shaolin Temple Europe

2022 – 80 km Day March – Siech22

2021 – 195 km Bike Day Trip – Zürich - Bellinzona, Self Organized

2020 – 195 km Bike Day Trip – Zürich - Bellinzona, Self Organized

2017 – Fieldwork with Vervet monkey – Inkawu Vervet Project South Africa

2017 – Swiss Delegation Assistant – Special Olympics Switzerland 2011 -

2018 – Summer Integrated Camp Leader – Atgabbes, Ticino

2010 - 2011 – Military Service – Swiss Army

2010 – Abitur (High School Diploma) – Liceo Locarno

22.03.1991 born in Locarno Switzerland

Language Skills

German C2

Italian C2 (mother tongue)

French C1

English C2

Spanish A1