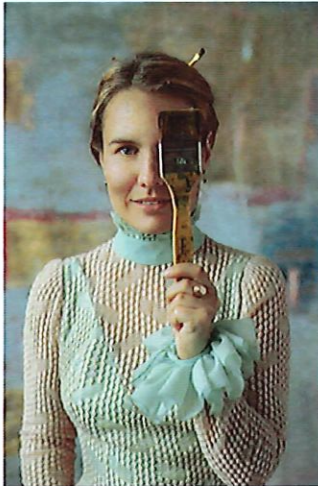


PERSONAL INFORMATION **Ance Gricmane**

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www.emotionlaborg.com

WORK EXPERIENCE

2021. - now **CEO Emotion lab**
Social enterprise
• Coach, therapeutic art lecturer
Social Enterprise (www.emotionlaborg.com)
Pedagogy, art therapy, mentoring

01.02.2019.- now **Docent**
University of Applied Sciences (www.eka.lv)
▪ Lecturer "Project management", "Management of Culture"
Pedagogy

05.01.-01.08.2018. **Project "RIBOCA Youth days" in collaboration with Union "Maize"**
I Riga International Biennale of Contemporary Art (www.riboca.lv)
▪ Project "RIBOCA Youth days" development, estimate
Project management

2016.- 2018. **Teacher**
School of Arts in Baldone, Latvia (www.baldonemaksia.lv)
▪ Art teacher for youth
Pedagogy

2016.- **Consultant in self development (youth, children, adults)**
▪ Entrepreneur
Pedagogy, Psychology, Art therapy

EDUCATION AND TRAINING

2021. **Academy of Psychology V.Katskevich**
Moscow, Russia
Psychology, art therapy techniques and coaching

2018. –2019. **Rīga Stradiņš University, Faculty of Rehabilitation, Art therapy**
 Dzirclema iela 16, Rīga, LV-1007, Latvia
 Psychology, art therapy techniques and ethics
- 2013.-
PhD studies/ development of dissertation
 Art Academy of Latvia, Kalpaka bulvāris 13, Rīga, LV – 1867, Latvija
 Art history
- 2011.-2013.
Master degree/ Master of Arts degree in the Humanities
 Art Academy of Latvia, Kalpaka bulvāris 13, Rīga, LV – 1867, Latvija
 Humanities, Fine Arts (painting, drawing, digital arts, video arts), Art history
 Art Pedagogy and Methodology – 6 ECTS; Actual processes of Art Education – 3 ECTS

PERSONAL SKILLS

Mother tongue(s) Latvian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	47%	80%	83%	-	81%
Nr.2006/22138000003 High school certificate					
Russian	-	-	-	-	-
B1					

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
[Common European Framework of Reference for Languages](#)

Communication skills

Good communication skills.
 ▪ good communication skills gained through my experience making international art projects in Latvia and Belarus, collaborating on an educational and academical level with professors from the Universities of Tartu (Ee) un Greifswald (Ge) in the last 5 years.

Organisational / managerial skills

Good organisational / managerial skills.
 ▪ I have managed 8 solo shows, 3 of those in international level (BY)

Job-related skills

Pedagogy working with different social and age groups.
 ▪ Self development courses as a service "emotion_lab" based at the creative incubator of Latvian Investment and Development Agency, Latvia
 ▪ Art teacher as a professional teacher at Baldone art school – group ages 6 – 16 years; freelance consultant in therapeutic arts.

Digital skills

	SELF-ASSESSMENT				
	Information processing	Communication	Content creation	Safety	Problem solving
	9	8	8	7	7

Levels: Basic user - Independent user - Proficient user
[Digital competences - Self-assessment grid](#)

Replace with name of ICT-certificates

- good command of office suite (Microsoft office programs, Corel draw)
- good command of photo editing software gained as an amateur photographer (Photoshop C3)

Other skills

- Professional painter (monumental, miniature), drawing, art therapy techniques, interior design development, design for visual materials.

Driving licence B

ADDITIONAL INFORMATION

Projects

2022. "Emotional Resilience", organiser, lecturer in collaboration with British Council Latvia, Radisson Blu Daugava, Latvia

2021. International Social Entrepreneurship Accelerator New Door, has built a company "Emotion lab", teaching online masterclasses in self – development, making team building for other companies.

2018.01.10.-2019.01.05. Latvian Investment and Development Agency, project "Emotion_lab", Latvia (guest lecturer, workshops in Vitebsk, Minsk; BY); Centre of Youth resources; The Children's Hospital foundation.

Conference
2020.04.23.-24. International Scientific Conference "Emerging Trends in Economics, Culture and Humanities (eIECH)" online; Rīga, University of Applied Sciences, Latvia

2019.24.-26.09. University of Vitebsk, conference with a paper "Art making process as an art therapy in four case studies", Vitebsk, Belarus, published

2016.29.09.-2.10. Open Fields conference, organizers "RIXC", with paper "Seeing the sound – synesthesia – the phenomenon as source of inspiration." Riga, Latvia, published

Seminars
2014.08.09.-28.10. Baltic Borderlands, paper "Altar paintings in Lutheran and Catholic churches made after the fall of Iron Curtain", Greifswald, Germany

Honours and awards
2018. Painters prize of Žanis Sūniņš, Latvia

Memberships
2016.01.01. Artists' Union of Latvia

2016.01.01. Union of Latvian Young Scientists

Guest researcher
2019.01.04. Guest lecturer "Projective training in art therapy" ("Proektivni tehniki art – terapi"), Obrazovakeļni Centr "Propilei", Minsk, Belarus

2016.05.01.-08.01. University of Tartu (ERASMUS+)

2014.08.09.-28.10. International Training group: Baltic Borderlands. University of Greifswald, Germany
2012.-2013. Aristotle University of Thessaloniki, Greece (ERASMUS)

Creative work
2020.20.08.- 20.12. Solo show "Music of Marc Chagall", Riga Ghetto museum, Latvia

2019.06.03.- 31.03. Solo show „sacred_abstraction" Museum of History of Minsk, Gallery M.Savicki, BY

2019.25.01.- 25.02. Solo show "sacred_abstraction" Museum of Marc Chagall in Vitebsk, BY

2018.24.06.- 8.07. International plenary of Marc Chagall in Vitebsk, BY

2018.06.01.- 15.02. Exposition „Contemporary landscape", Latvian Academy of Sciences, Latvia

2018.11.01. – 11.02. Solo show „Dialogue", Contemporary art centre of Vitebsk, BY

2017.09.06.- 10.01. Solo show „sacred_abstraction" City Museum of Jurmala, Latvia

2017.01.01. - 1.02. Exposition at the bank Rigensis, Latvia

2015.19.06.-19.07. Solo show „Ego", Gallery of Bank Rietumu, Latvia

2012.10.10.- 2013.14.01. Students' of Latvian Academy of Arts exhibition "Migration", Brussels, Belgium

2012.07.18.- 16.08. Solo show "Mine", Gallery of Artists' Union of Latvia, 11. Novembra krastmala, Latvia

2007.01.20. - 02.20. Group exhibition "Latvian graphics" Gallery of Mary Ola Florida, USA

CEO at “Emotion lab”. “Emotion lab” is a business platform that provides specific auditory services of self development practices through the instruments of therapeutic art , painting + drawing classes for women under 30, youth, children. “Emotion lab” has provided courses for youngsters with addictions collaborating with The Children’s hospital foundation and Ресурсный центр для подростков, Riga, Latvia; Self development workshops for Consular department employees in Vitebsk, Belarus and Students of University of Applied Sciences, Riga.