



SALOMÉ LETRAS  
*Home & Life Design*

Your Heart, Your Temple, Your Home

Hi!

I CREATE HEALTHY SPACES  
FOR PEOPLE TO LIVE, LOVE  
AND GROW.

## PROFILE



Name Salomé Letras



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## LANGUAGE



Portuguese

English

## INTERESTS

- ✓ Self studies on Neuroscience, Biology, Psychology, Self-Development, Art & Design, NLP, Quantum Physics, Education, Sustainability, Nutrition, Children Development
- ✓ Volunteering for Animals
- ✓ Volunteering for Homeless
- ✓ Art, Paiting, design, music, dance, opera, cinema
- ✓ Sports and Fitness

## EDUCATION

- 1998-2004 **Master's Degree 5y Set & Costume Design**  
Lisbon Theatre and Film School  
(expertise on costume design, set design, architecture, interior design, props)
- 2004-2004 **Scholarship- Set & Costume Design Theatre in Romania**  
by Leonardo da Vinci programme  
International Headquarters of Theatre with Unesco Chair II.
- 2015-2016 **House-Coach Institute Diploma**  
certified trainer, Denmark by Kirsten Steno
- 2010-2011 **Pedagogical Aptitude training course**  
IEFP certified trainer (CAP)
- 2002-2008 **Academic Drawing and Colour Expertise**  
4years National Society of Fine Arts Lisbon
- 2007-2009 **Illustration Diploma**  
Course at College of Fine Arts of Lisbon

## COMPLEMENTARY

- 2018-2019 **L.I.F.E System- The Mindset & Methodologies to Scale Your Business**  
Course by Allen Brouwer II
- 2019-2019 **Lifebook**  
Course by John Butcher, Mindvalley
- 2017-2017 **Unleash the Power Within**  
Seminar by **Tony Robbins**, London
- 2017-2017 **Biology of Belief**  
by Biologist Dr. Bruce Lipton, Hay House
- 2016-2019 **The Motivation Manifesto**  
Course by Brendon Burchard

## COMPLEMENTARY

2016-2019 **4 Gates to Lasting Change  
Persuasion  
Mastery Productivity  
Habit builder**  
Courses by Brendon Burchard

2017-2017 **Unlocking the Power of  
Meditation**  
Course by Craig Hamilton,  
Laboratory of  
Evolution, Evolving Wisdom

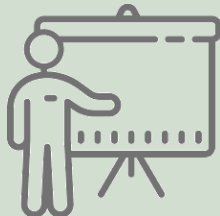
2017-2017 **The Conversations with  
God**  
Course by Neale Donald  
Walsh, Evolving Wisdom

2015-2016 **Unlock Your Quantum  
Powers**  
Course by PH.D. Jean Houston  
extra seminars by Deepak  
Chopra, Jack Canfield,  
Byron Katie, Marianne  
Williamson

2016-2016 **Art of Love Series**  
Course by PH.D. Claire  
Zammit, Arielle Ford

## TRAININGS

- **Teacher invited-2017/2018  
Production & Interior Design of  
Backstage** with Ingrid Berger  
Lisbon University, ISCTE



- **Teacher- Workshops:**  
Interior Design  
How to Plan a Kitchen  
How to Play with Light  
The Importance of Textiles  
How to Organize  
How to plan Children's Space

## EXPERIENCE

2019-2019 **Interior Designer**  
IKEA Malaysia- Penang  
Build Up New Store

1998-2019 **Interior Design & Furniture Design**  
Private houses, public spaces  
Concept, storyboard, project, managing

2004-2018 **Interior Design Backstage & Artists  
Assistant  
Production & Coordination**  
Backstage ROCK IN RIO festival  
support artists at Dressing rooms and stage  
(recommendation letter 2004)  
Projects, Implementation and coordination

2004 Project Design for The Rolling Stones

2008 Project Design for Elton John

2004 Interior Design Assistant of Paul McCartney's  
Dressing Rooms and stage Costume assistant

2018-2018 **Interior Designer**  
IKEA Australia- Richmond  
Planning New Rooms for Store Implementation  
2015 IKEA Australia- Canberra  
Planning New Rooms and Home for new Store

2018-2018 **Interior Designer**  
IKEA Thailand- Bang Yai  
Build Up New Store

2017-2017 **Interior Designer**  
IKEA Malaysia- Tebrau  
Build Up New Store

2014-2014 **Interior Designer**  
IKEA Russia- St. Petersburg  
Planning New Kitchen System METHOD

2009-2015 **Interior Designer**  
IKEA Portugal, store  
PLANNING & IMPLEMENTING projects *HFB2,  
CHIP, BEDROOM, FIRST FIVE, METHOD, SISAN,  
BATHROOM*  
*Core areas of responsibility:* home office,  
Children, living room, kitchen, bedroom, SS.

2007-2010 **Communication & Editor Assistant**  
TIME OUT Magazine

2004-2004 **Set & Costume Design**  
BULANDRA THEATRE, Bucarest, Romania