



SUN ZHIWEI

23 NOV. 1994

Mindfulness Facilitator/
Life Coach / Designer

STATEMENT

I've lived in Italy for 8 years and have gone through numerous difficult moments. Yet, thanks to inner exploration and practice, I managed to rise again and again, step by step.

On this journey, I learned to listen to my inner voice and to see myself with clarity. Today, I want to bring this strength to more people.

LANGUAGES

Mandarin Chinese:

Native

English:

Proficient

Italian:

Proficient

CONTACT



mind_sustain



+39-3665081419



sun8854035@gmail.com



https://www.linkedin.com/
in/zhiwei-sun-75926b172

EXPERIENCE

Owner 09.2024-Now

MindSustain

Design and manage my website while maintaining active social media accounts on platforms like Instagram, Facebook and Rednote by crafting engaging content.

www.mindsustain.com mind.sustain mindsustain

Mindfulness Facilitator 09/2025-Now

Facilitated mindfulness sessions to enhance clients' self-awareness, stress management, and emotional balance.

Life Coach 12.2024-Now

Delivered ICF-based Coaching sessions, fostering clarity, resilience, and sustainable personal development.

Product & Communication designer 07/2020-now

SEALENCE S.p.A

PRODUCT DESIGN, UI&UX DESIGN, VIDEO PRODUCTION ,3D ANIMATION, GRAPHIC DESIGN

Design Teacher (part-time) 01/2019-10/2022

IVIVA art studio

Interpreter (freelancer) 01/2019-now

Facilitating business communication between Chinese clients and foreign companies.

EDUCATION

Coaching:



Professional Coaching Program
09/2024-12/2024

Mentor Coaching ACC-ICF
05/2025-now



6-hour Coaching Training Course
11/2024

Mindfulness:



Facilitator in Mindfulness
05/2022-01/2023

Advanced Mindfulness
Professional Teacher Training
09/2022-04/2023



Meditation Planet
Mindfulness Centre
冥想星球正念中心

Mindfulness Meditation
Guiding Skills Training Program
06/2025-12/2025

Design:



POLITECNICO
MILANO 1863

Master's degree
Integrated Product Design
2017-2019



大连交通大学
DALIAN JIAOTONG UNIVERSITY

Bachelor's degree
Product Design
2013-2017



Conservatorio
di Milano

Vocal Chamber Music
2019-2020



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PROFILO PERSONALE

Vivo in Italia da 8 anni e ho affrontato numerosi momenti difficili.

Attraverso l'esplorazione interiore e la pratica, sono riuscito a rialzarmi passo dopo passo.

In questo percorso ho imparato ad ascoltare la mia voce interiore e a vedere me stesso con chiarezza.

Oggi desidero portare questa forza a più persone.

LINGUE

Cinese mandarino:

Madrelingua

Inglese:

Avanzato

Italiano:

Avanzato

CONTACT



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ESPERIENZA

Fondatore 09.2024-Presente

MindSustain

Progettazione e gestione del sito web e dei canali social (Instagram, Facebook, Rednote) attraverso la creazione di contenuti coinvolgenti.



www.mindsustain.com



[mind.sustain](https://www.instagram.com/mind.sustain)



[mindsustain](https://www.xiaohongshu.com/mindsustain)

Facilitatore di Mindfulness 09/2025-Presente

Conduzione di sessioni di mindfulness per migliorare la consapevolezza, la gestione dello stress e l'equilibrio emotivo dei clienti.

Life Coach 12.2024-Presente

Conduzione di sessioni di Coaching basate sugli standard ICF, favorendo chiarezza, resilienza e sviluppo personale sostenibile.

Product & Communication designer 07/2020-Presente

SEALENCE S.p.A

PRODUCT DESIGN, UI&UX DESIGN, VIDEO PRODUCTION, 3D ANIMATION, GRAPHIC DESIGN

Design Teacher (part-time) 01/2019-10/2022

IVIVA art studio

Interprete (freelancer) 01/2019-Presente

Facilitazione della comunicazione aziendale tra clienti cinesi e aziende estere.

FORMAZIONE

Coaching:



Professional Coaching Program

09/2024-12/2024

Mentor Coaching ACC-ICF

05/2025-now



6-hour Coaching Training Course

11/2024

Mindfulness:



Facilitator in Mindfulness

05/2022-01/2023

Advanced Mindfulness Professional Teacher Training

09/2022-04/2023



Meditation Planet
Mindfulness Centre
冥想星球正念中心

Mindfulness Meditation Guiding Skills Training Program

06/2025-12/2025

Design:



POLITECNICO
MILANO 1863

Laurea Magistrale

Integrated Product Design

2017-2019



大连交通大学
DALIAN JIAOTONG UNIVERSITY

Laurea Triennale

Product Design

2013-2017



Conservatorio
di Milano

Musica Vocale da Camera

2019-2020