

# Ricardo Monis

Sociologist / Author / Public Speaker

I am a motivated, dedicated and enthusiastic problem solver. I love new challenges and I'm not a quitter. I have a neuromuscular disease, which has confined me to a wheelchair all my life, but it doesn't stop me from achieving my goals!



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## Work experience

### Author

Ricky – Children's book

12/2021 – Present

*Brief details of the project:*

🇵🇹 Lisboa, Portugal

Author of the book, Ricky. Children's book, written and released together with Lucas Chipenda, where the main character is me, a book with the aim of making the little **ones** aware of the possible differences of each one of us (focusing on the person with a disability) in a subtle and fun way.

#### Tasks/Skills:

- Produced an original story in an efficient and timely manner;
- Collaborated with artist/illustrator to complete the project on tight deadlines;
- Clearly communicated updates and concerns to editors.
- Story edited and proofread to ensure the highest writing quality;
- I developed skills in the area of sales and direct contact with the customer, having sold more than 1000 copies;
- I established an online presence through my website ([www.ricardomonis.com](http://www.ricardomonis.com)), Facebook, Instagram and LinkedIn.

*Contact:* Rui Marques/ Forum Estudante

### Internship – Talent Strategy & PMO

Accenture

01/2023 – 02/2024

*Brief details of the project:*

🇵🇹 Lisboa, Portugal

In my capacity as a Talent Strategy professional, I spearheaded initiatives aimed at fostering diversity, inclusion, and talent development within the organization. My role involved the development and implementation of comprehensive strategies to create an inclusive work environment, ensuring that the organization's workforce reflects a diverse range of backgrounds and perspectives. Additionally, I played a key role as a Project Management Office (PMO), where I contributed to the ideation and establishment of a robust PMO framework. This involved developing and refining project management processes, overseeing project portfolios, and ensuring alignment with organizational goals. My work in this dual capacity allowed me to integrate talent strategy and project management principles, ultimately contributing to the overall success and growth of the organization.

*Contact:* Marta Jana/ Accenture

## Skills

#### Personality:

- Dedicated.
- Motivated.
- Problem Solver.
- I learn easily.
- Work well with others.
- Good oral and written communication skills.
- Sense of organization and responsibility of competences and rigour;
- Creativity and dynamics in carrying out activities.
- Good organizational skills.

#### Digital skills:

- Social Networks
- Microsoft Office
- Microsoft Office Word
- Google
- Gmail
- Microsoft Office PowerPoint
- Outlook
- Whatsapp
- Social networks Instagram and Facebook
- PDF
- Office
- Skype
- Youtube
- ZOOM
- Use of the Internet as a research and research tool
- I understand tests security and privacy

## Achievements

Children's Book Launch (12/2021)

<https://osetubalense.com/local/palmela/2022/03/15/primos-de-pinhal-novo-e-setubal-lancam-livro-para-desmontar-preconceitos-com-deficientes/>

Academia fale menos comunique mais (08/2020)

<https://carlarocha.pt>

Bachelor degree in Sociology (07/2022)

<https://www.iscte-iul.pt>

## Languages

English

*Native or Bilingual Proficiency*

Portuguese

*Native or Bilingual Proficiency*

## Interventions/presentations

06/2020 – Present

 Portugal

Following the book project, I had the opportunity to participate in some events, social actions. I address topics such as: inclusion, disability issues, motivation and happiness.

### Participations

- SIC, Casa Feliz (janeiro, 2022) - <https://www.facebook.com/rickmonisofficial/posts/pfbid02HKjScALK6hGhXFrFsBEevNWfx3DYBR3LZDkhaZ8XS5zLDzzV7Tc2hubuh5nGvt58l>
- Canal S+, Pura Vida (fevereiro, 2022) - <https://www.facebook.com/rickmonisofficial/videos/709024573586554>
- Faculdade de Medicina da Universidade de Lisboa, Seminário Medicina+Inclusiva (março, 2022) - <https://www.aefml.pt/eventos/2022/2/21/seminrio-medicinainclusiva-inscries>
- Centro Cultural de Belem, Cuidar em Sociedade na Atrofia Muscular Espinhal (Maio, 2022) - <https://www.youtube.com/watch?v=zdmM7KF-hSA>
- Escola Secundária do Pinhal Novo, O Ricky Volta à Escola e Leva os Amigos (março, 2022)
- TVI, Goucha (setembro, 2022) <https://tviplayer.iol.pt/programa/goucha/5fe21c220cf2ec6e471a5d6b/video/631a0ece0cf26256cd34b379>
- Turista por um dia...em Esposende (dezembro, 2022) - [https://www.municipio.esposende.pt/pages/702?news\\_id=6278](https://www.municipio.esposende.pt/pages/702?news_id=6278)
- Julia (Maio, 2023) <https://sic.pt/programas/julia/de-historia-de-vida-a-historia-de-livro-infantil-ricardo-desconstro-a-deficiencia-e-um-projeto-muito-especial-para-mim/>

## Internship – Human Resources

Agência para o Desenvolvimento & Coesão

02/2022 – 06/2022

 Lisboa, Portugal

The internship took place at the human resources management center (NGRH), of the institutional management unit (UGI).

Brief details of the project:

Elaboration of one of the human resources management instruments – the 2021 Social Report. This instrument consists of a characterization of the organizational and social context of AD&C, contemplating all the moments of a work nature that took place between January 1st and December 31st, 2021, (for example: the Social Report includes a characterization of employees, their movement, charges, accidents at work, professional training, among others). For this purpose, we collected and processed quantitative information on human resources.

### Tasks/Skills:

- Manage the human resources of the Agency, I.P;
- Promoting the application of standards on safety, hygiene and health at work;
- Ensuring the coordination and development of performance assessment processes;
- Drawing up the social report and annual training plans and reports.

Contact: Carla Rocha / AD&C

<https://www.adcoesao.pt>

## Education

### Sociology

ISCTE – Instituto Universitário de Lisboa

09/2019 – 06/2022

Portugal

 Lisboa,

### Academia Fale Menos Comunique Mais

"Communication, Public Speaking, Presentation Techniques, Influential Communication, Storytelling, Branding Storytelling, Oratory, Conflict Management, and Negotiation"

08/2020 – 12/2020

Portugal

 Lisboa,

10 individual trainina sessions to enhance communication

### High School - Economics Course

Escola Secundária do Pinhal Novo

09/2016 – 06/2019

Portugal

 Pinhal Novo,