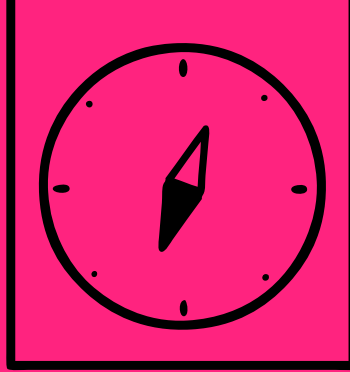


COUPLE CV & PORTFOLIO

NAME A & NAME B



THE COUPLE PROFILE

We are ...

COUPLE'S SKILLS

- skill
- skill
- skill
- skill
- skill

COUPLE'S LOVE LANGUAGES

- language
- language
- language
- language

COUPLE'S ZONE OF NEXT DEVELOPMENT

- next zone
- next zone
- next zone
- next zone

CONTACT

- Website
- Social Media
- Phone
- Email

VALUES

NAME A

- value 1
- value 2
- value 3
- value 4
- value 5

NAME A

- value 1
- value 2
- value 3
- value 4
- value 5

TRIGGERS

NAME A

- trigger 1
- trigger 2
- trigger 3

NAME A

- trigger 1
- trigger 2
- trigger 3

PORTFOLIO

Project A

City, Country, Duration

- Roles
- Skills Used
- Learned & To Be Learned
- Accomplishments

Project B

City, Country, Duration

- Roles
- Skills Used
- Learned & To Be Learned
- Accomplishments

FAILS

Project Z

City, Country, Duration

- Roles, Skills, Learned, Accomplishments

COUPLE CV & PORTFOLIO

ELLA & LOUIS



THE COUPLE PROFILE

We are two scientists who connect over nerdy stories and innovative application of technology.

There is a lot of fuel between us - which also helps us to burn for the next big thing!

COUPLE'S SKILLS

- hosting brunch
- making DIY projects in home
- finding special vacations
- mutual foot massage
- always laughing during arguments

COUPLE'S LOVE LANGUAGES

- E likes to give & get physical touch
- L keeps physical environment tidy to allow for next event & experience
- L understands that E hopes for anniversary gifts

COUPLE'S

ZONE OF NEXT DEVELOPMENT

- Spiritual Weekend Routine "How to kick off Sundays?"
- Saving 20% of energy for one another at end of day
- Telling the other sooner what you need

CONTACT

- CampingWithEllaAndLouis.com
- [@LouisCookery](https://www.instagram.com/LouisCookery)
- +612 548 8882
- hello@louiscookery.com

VALUES

ELLA

- progress
- learning & education
- social belonging
- new & lasting material
- altruism & doing good

LOUIS

- scientific achievement
- financial stability & more
- making things by hand
- nuclear family first
- playfulness

TRIGGERS

ELLA

- negative atmosphere
- dishonesty
- being excluded

LOUIS

- just doing your job
- wastefulness
- social hyperactivity

PORTFOLIO

Garden Shed

Rotterdam, The Netherlands, 3 weekends spring 2008

- Ella collected repurposed wood, Louis made plan & built it
- Ella's sourcing & vision, Louis engineering
- As a Couple, we can build literally a roof over our head
- A tea house & garden shed that increased value of 1st home

Easter Brunch in Quarantine

Hilversum, The Netherlands, April 2020

- Ella invited family via Video, Louis cooked & prepped brunch
- Ella's social networking, consideration of others, Louis' cooking & playful additions
- You CAN have fun online & feel connected
- A well received gesture for family & friends. Love returns!

FAILS

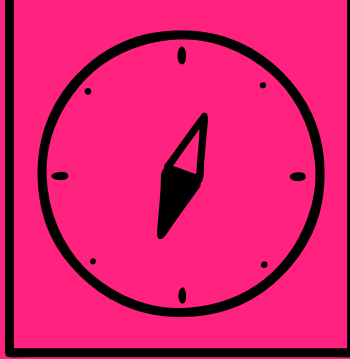
Going Part-Time in Stable Job

Wageningen, The Netherlands, Since Fall 2019

- Not anticipating Corona, we thought more freelance would be a good idea. #whocouldhaveknown

COUPLE CV & PORTFOLIO

&



THE COUPLE PROFILE

We are ...

COUPLE'S SKILLS

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COUPLE'S LOVE LANGUAGES

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COUPLE'S ZONE OF NEXT DEVELOPMENT

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VALUES

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TRIGGERS

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PORTFOLIO

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FAILS

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Appendix

A Curriculum Vitae or rather Curriculum Vitae Postea - the Future Course of Life - for Couples.

The Couple Profile

- Describe yourself as a couple in a succinct blurb. This will require some talking and drafting, to write a good enough blurb about you two. e.g. "We are a rockstar duo that plays at night!"

Couple's Skills

- List your couple joint skills - incl. those that only surface when you are a team at its best.

Couple's Love Languages

- The concept of the 5 Love Languages says that each of us have a preferred way of expressing affection. It can be physical touch, material gifts, or offering quality time. List the sum of your two love expressing languages. Add your own terminology, if needed.

Couple's Zone of Next Development

- Kids thrive when they see older or more advanced kids than themselves in the Zone of Next Development. Describe what is an inspiring zone that you as a couple seek to imitate and learn from. e.g. "We formulated pillars for our wedding, but want to improve future planning."

Values

- Navigating complex social situations is easier when you are clear on what is important to you. Find 5 values just like your fingers on a hand. Values are fairly stable yet can change across periods of time and depending on culture. e.g. "Authenticity, Freedom, Connectedness, Self Realization, Frugality."

Triggers

- Triggers are topics that irk us yet that we are weirdly attracted to. We bring up such trigger topics on the way home from a party as in "Did you see what she did?" It's ok. Nothing goes away until it taught us some thing. Just list them. e.g. "Pinchiness & To-Much-Info Sharing"

Portfolio

- Shine with your pride projects. What have you accomplished together? Who took what role, how was that negotiated? What skills were used? what insights gained. Talk a lot. Then boil it down to 4 bullets. e.g. "Project Founding a company, Amsterdam, NL 2009" or "Raising Kids" or "A memorable party at the Beach"

Fails

- Add your stand-alone fail projects - times when you fucked up together. Like a bad tattoo on your skin. Talk a lot. A project title is then enough. e.g. "Bought Overpriced Car", "Abortion", "No savings for Corona"