

# TRAINER PROFILE

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## Fields of Expertise & Interest

1. Life Coaching and Personal Development; Leadership Development
2. Career Coaching and Professional Development
3. Peace and Global Education

Also interested in: Entrepreneurship, Employability & Innovation, Environment & Ecology.

## Experience

I am a Career & Life Coach by profession, so I focus on the personal and professional development of my clients, whether 1:1 or in groups. I've ran many workshops and given lectures on topics such as successful CVs & interviews, professional online networking, stress management, building self-confidence, positive living, etc. Entrepreneurship, Employability & Innovation are strongly linked to career management, especially in the post-crisis global and local labour market. Regarding Peace and Global Education, through my personal commitment to active citizenship and lifelong learning, I have trained through non-formal and informal education and I've worked as a youth trainer delivering workshops and facilitating trainings pertaining to these areas. Also: Through my radio show 'Emerging Voices' at the online community radio (MYCYradio) for the past 2+ years, I have had the opportunity to learn about a lot of topics relevant to my selected areas of interest and to network with key agents who are active in these areas, both in Cyprus and abroad.

## Brief bio

**EN** As a Career & Life Coach, Christina Demetriades empowers and guides people in their personal and professional development. She first volunteered at the CYC in 2012, (1) as a specialist advisor on the CYC's policy paper on Careers Guidance and (2) as a trainer in the campaign 'Active Inactive Youth' during the financial crisis and the high rates of youth unemployment. As a member of the Pool of Trainers, she supports the Cypriot youth in their various challenges and opportunities for growth. A successful action which she suggested was 'Career Days', organised in 4 cities across Cyprus. Christina is an activist on various issues - peace, environment, human rights, etc.

**ΕΛ** Η Χριστίνα Δημητριάδου, ως Σύμβουλος Καριέρας και Ζωής, ενδυναμώνει και καθοδηγεί άτομα στην προσωπική και την επαγγελματική τους ανάπτυξη. Η πρώτη της εθελοντική προσφορά στο ΣυΝΚ ήταν το 2012, (1) ως ειδική σύμβουλος για το έγγραφο πολιτικής για τον Επαγγελματικό Προσανατολισμό και (2) ως εκπαιδευτρια στην εκστρατεία 'Ένεργός Άνεργος Νέος', κατά την οικονομική κρίση και την πολύ υψηλή ανεργία των νέων. Ως μέλος της Ομάδα Εκπαιδευτών, στηρίζει τη νεολαία στις διάφορες προκλήσεις και ευκαιρίες μάθησης κι ανάπτυξης. Μια πετυχημένη δράση του ΣυΝΚ που πρότεινε ήταν οι 'Ημέρες Καριέρας', που διοργανώθηκαν σε 4 πόλεις στην Κύπρο. Η Χριστίνα είναι ακτιβίστρια για διάφορα θέματα - ειρήνη, περιβάλλον, ανθρώπινα δικαιώματα, κλπ.

## Working Languages

Greek / Ελληνικά, English / Αγγλικά

## My motto

True change starts within. If we each take responsibility for our own self today, tomorrow we will wake up to a much better world!