

# TRAINER PROFILE

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## Fields of Expertise & Interest

1. Sexual Reproductive Health and Rights
2. Life coaching and personal development
3. LGBTIQ Rights - Gender Issues

Also interested in "Human Rights and Social Inclusion", "Peace and Global Education" and "Theater and Arts"

## Experience

My experience in Sexual and Reproductive Rights (SRR) dates back to 2005, primarily through collaboration with the Cyprus Family Planning Association (CFPA), initially as Officer, subsequently as a member and Chair of the Board of Directors, and throughout the years as a volunteer, aiming to promote SRR and Comprehensive Sexuality Education. I have contributed as coordinator and trainer in several actions and trainings for volunteers, youth, parents, teachers, professionals, collaborated in programs targeting decision makers (MEP candidates, the European Parliament, the House of Representatives, Ministries and public authorities), conducted presentations, and studies. I also participated in European Youth Networks on SRR. In the context of the University of Cyprus Non Formal Learning Program, I organized the NFL Summer School "Let's Talk About Sex!". My involvement with SRR brought me in contact with gender issues and LGBT rights. I collaborated in research and training programs on gender, especially gender based violence with the Mediterranean Institute of Gender Studies. I am a founding member of Accept-LGBT Cyprus, and contributed toward securing and implementing research and advocacy programs, organized conferences, academic presentations, authored reports and articles. I have been an advisor to the Campaign (now a registered NGO) "Shield Against Homophobia in Education".

As Psychological Support Officer at the University of Cyprus over the past four years, I routinely organize and facilitate seminar and workshop series on issues pertaining to student and youth mental health and personal development (applying Non Formal Learning methods), such as stress and time management, emotions, communication, relationships, with growing student interest and participation.

## Brief bio

**EN** Apart from a passionate activist and Non Formal Trainer, Margarita Kapsou is a Licenced Psychologist who provides counseling to students at the University of Cyprus. She has been active with Civil Society, especially through the Cyprus Family Planning Association since 2005 as a trainer, consultant and researcher. She found herself involved in setting up other NGOs such as Accept-LGBT Cyprus and Shield Against Homophobia in Education, but she cannot resist collaborating with many others, particularly when it concerns gender, sexual rights, health and personal development. She has also collaborated in academic research, and training projects with academic institutions, public authorities, and the Youth Board of Cyprus.

**ΕΛ** Πέρα από ενθουσιώδης ακτιβίστρια και Εκπαιδύτρια Μη Τυπικής Μάθησης, η Μαργαρίτα Καψού είναι Εγγεγραμμένη Ψυχολόγος και παρέχει συμβουλευτική σε φοιτητές στο Πανεπιστήμιο Κύπρου. Είναι ενεργή με την κοινωνία των πολιτών και κυρίως με τον Κυπριακό Σύνδεσμο Οικογενειακού Προγραμματισμού από το 2005, ως εκπαιδύτρια, σύμβουλος και ερευνήτρια. Στην πορεία, βρήκε τον εαυτό της να «μπλέκεται» με τη δημιουργία και νέων ΜΚΟ, όπως η Accept-ΛΟΑΤ Κύπρου και η «Ασπίδα Κατά της Ομοφοβίας στην Εκπαίδευση», δεν μπορεί όμως να αντισταθεί συνεργασίες με πολλές άλλες οργανώσεις, ιδιαίτερα όταν αφορούν θέματα φύλου, σεξουαλικά δικαιώματα, υγεία και προσωπική ανάπτυξη. Έχει επίσης συνεργαστεί με πανεπιστήμια, δημόσιους φορείς και τον Οργανισμό Νεολαίας Κύπρου για έρευνες και εκπαιδεύσεις.

## Working Languages

Greek / Ελληνικά, English / Αγγλικά

## My motto

Κι από την ανάποδη φοριέται η φαντασία και σε όλα τα μεγέθη της...