

# TRAINER PROFILE

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## Fields of Expertise & Interest

1. Life coaching & personal development
2. Human Rights – Social Inclusion
3. Politics : Democracy, Diplomacy and Youth Policy



## Experience

I have participated in various workshops. In most of them I was part of the team for scratch as project manager and trainer. These have included:

- 2014: - Facilitator and trainer on the training course “Non Violent Activism”, Friends of the Earth Cyprus  
- Participant on the training course “Strategic partnerships plus” in Bucharest Rumania, Salto and Cyprus National Agency  
- Trainer on European project YIA ‘A European Young Citizens Initiative’  
- Facilitator and Trainer on the international training course ‘A European Young Citizens Initiative’, Dorea Educational Centre
- 2013: - Project Manager for European Youth in action programs (Action 1.2) Youth Initiatives  
- Facilitator and trainer on the two day workshop tool fair non-formal education technique, Cyprus Youth Council  
- Project Manager for European Youth In Action Programs ( Action 1.2) Youth Initiatives  
- Facilitator and trainer of the two day workshop on Ecological Footprint-Sustainable Development, Friends of the Earth Cyprus  
- Project manager for European Youth in action programs ( Action 4.3) training course  
- Facilitator and trainer of the training course on European and Active Citizenship, Friends of the Earth Cyprus  
- Lectures in cooperation with parents associations of public schools through the whole year, Preparation and presentation of the lectures on ‘the strong willed child’  
- Participant in Janus Seminar in London, UK, Salto and Cyprus National Agency  
- Participant on Outdoor brings more in Bohinj, Slovenia, Salto and Cyprus National Agency
- 2012: - Project manager on a youth initiative with Youth Board of Cyprus, Facilitator and trainer of the two day workshop Lets use Non Formal Education, Youth for exchange and understanding  
- Trainer for one day workshop on Youth and Local Government - a structured dialogue, Eurodesk and Youth Board of Cyprus  
- Trainer on human rights manual ‘Compasito’, Training the teachers on how to use Compasito in the school class

## Brief bio

**EN** Eirini (Bsc Psychology, MA Educational, Developmental & Cognitive Psychology, PSTP on cognitive behavioural therapy & Systemic psychotherapy) has been working as a psychotherapist and a trainer since 2009. She is involved with children and adults by implementing intervention programs on improving children’s life skills, working on diversity and emotional intelligence. She has co-ordinate various workshops on non-formal education techniques, European citizenship, social exclusion, volunteerism and activism through European co-funding programmes. She enjoys outdoor activities and she has participated and implemented activities on orienteering and hiking with outdoor groups in Cyprus Mountains. You can find her somewhere in the nature or on the dance floor ‘twisting again’.

**ΕΛ** Η Ειρήνη ( Bsc Ψυχολογία , Ma Εκπαιδευτική , Εξελικτική και Γνωστική Ψυχολογία , PSTP στην γνωστική συμπεριφορική θεραπεία και Συστημική ψυχοθεραπεία) εργάζεται ως ψυχοθεραπεύτρια και εκπαιδεύτρια από το 2009. Ασχολείται με τα παιδιά και τους ενήλικες, με την εφαρμογή προγραμμάτων παρέμβασης για τη βελτίωση των δεξιοτήτων ζωής των παιδιών που εργάζονται για την πολυμορφία και τη συναισθηματική νοημοσύνη. Έχει συντονίσει διάφορα εργαστήρια για τη προώθηση των Μη Τυπικών τεχνικών εκπαίδευσης, της ευρωπαϊκής πολιτότητας, του κοινωνικού αποκλεισμού, τον εθελοντισμό και τον ακτιβισμό μέσω ευρωπαϊκών προγραμμάτων συγχρηματοδότησης. Απολαμβάνει τις υπαίθριες δραστηριότητες και το χορό.

## Working Languages

Greek / Ελληνικά

## My motto

Γίνε η αλλαγή που θέλεις να δεις στον κόσμο