



NGO Trainers' Association in Poland

Invites you to...



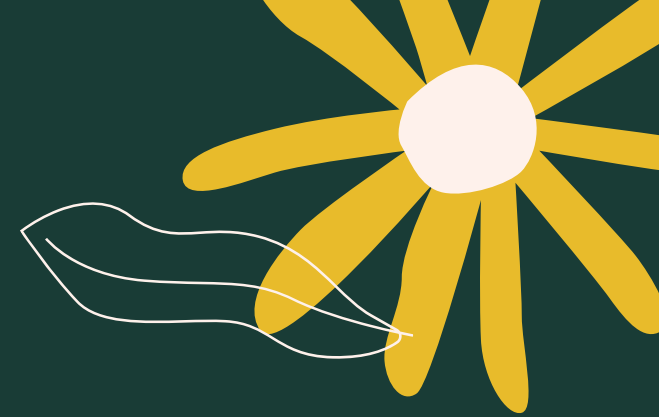
WHO WE ARE

NGO Trainers' Association is a non-governmental organisation uniting over 220 trainers and educators working for change in Poland. We have over 23 years of experience in training trainers and developing their professional qualifications.

WHAT WE DO

- Schools for trainers/ educators to-be (200 hours each school)
- Courses for professional trainers
- Specialized path of professional development for trainers (e.g. school of group dynamics, a course on games in training, programs for training people with special educational needs)
- Workshops and short courses on various topics
- Supervisions for trainers and facilitators





OUR MISSION

We support persons, organisations and environments in building open, inclusive and long-life learning societies.

We support trainers and organisations acting for social change in their self-development and search for new solutions.

@ we inspire

@ we build professional and private relations

@ we care about quality in education and self-development



#sTOP inspires and develops



ME, MYSELF AND I

14-19.11.2022- confirmed

15-19.05.2023

16-20.10.2023

Wilga, near Warsaw, Poland

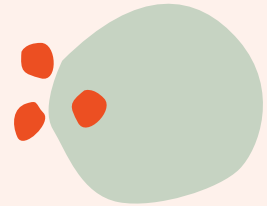


[REGISTER FOR THE COURSE](#)



Me, Myself and I

self-care workshop



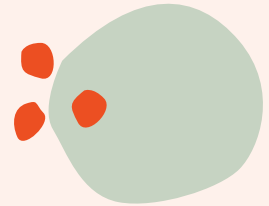
WHO IS IT FOR

- If you feel you devote so much time to educating and supporting others and you tend to forget about "filling in your own cup" this workshop is for you!
- If you feel that you run out of ideas on how to regenerate after long hours of f2f teaching or online work, this workshop is also for you
- If you feel that the group work in a safe and creative atmosphere, sharing experiences and supporting each other, is a way of taking care of your self-care.



Me, Myself and I

self-care workshop



DURING THIS 5-DAY JOURNEY YOU WILL GET A CHANCE TO:

- Learn various perspectives on self-care and what we need to nourish and energize our body and mind
- Understand better your emotions - how to approach and process them in a way that benefits your well-being
- Get more skilful in noticing your levels of energy, stress and emotions so that you can decide what to do with them instead of reacting to it
- Experience and practice different tools and methods helpful in taking care of your mind and body so that you have a toolbox to choose from when you need it



Trainers

Me, Myself and I

MARTA SYKUT

Trainer, facilitator, psychologist, coach. She works with adults: groups, teams and individuals. Her passion is unlocking people's potential. To do that, she chooses methods that engage her participants - their bodies, emotions and mind- to maximize the potential for real and long-lasting change.



MAŁGORZATA WINIAREK - KOŁUCKA

Psychologist, educator, drama trainer, facilitator. Her passion is opening people and society to important topics, finding solutions for social problems and developing interpersonal skills using body, emotions and thinking. She works with adults and youth.

CONTACT ME

EMAIL

anna.skocz@stowarzyszeniestop.pl

WEBSITE

www.stowarzyszeniestop.pl

