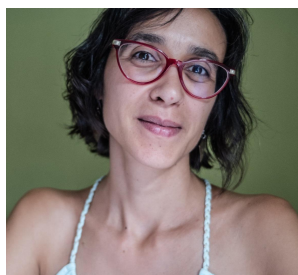


PERSONAL INFORMATION

Ana Carla Rodrigues Afonso



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 ciao@centopercentomestessa.it

 www.centopercentomestessa.it

 Whatsup +351 91 5131783

Sex Female | Date of birth 11/10/1980 | Nationality Portuguese

WORK EXPERIENCE

From 2018 till now

Facilitator, trainer and consultant on gender equality and women's empowerment

Freelance work (Italy)

www.centopercentomestessa.it/associazione

- Co-founder and co-manager of the women-led Association *100% Me Stessa ETS* (100% Myself) based in Cammarata, Sicily.
- Individual and group journeys on self-development and self-esteem.
- Development of trainings, contents and products on women empowerment, gender equality, self-esteem and self-care
- Creation of the self-care set of cards 360°: www.centopercentomestessa.it/carte-360

Business or sector Training, Consultancy and Counselling

From 2011 till now

Trainer and Educational Advisor

Pool of Trainers of the Youth Department of the Council of Europe

www.coe.int/en/web/youth/trainers-pool

- Trainer and facilitator on gender equality: seminar Gender Equality Matters! (June 2016, Strasbourg).
- Educational advisor in international study sessions related to gender equality and women's rights: A gendered approach to youth homelessness (*in progress*), Feminists of the world unite!, ESN Gender check-up, The glass ceiling is not your limit, SAGE - Self-assessment tool on gender equality.

Business or sector Education and Training

February - August 2014

Gender and Project Officer

United Network of Young Peacebuilders (The Netherlands)

unoy.org/en/

- Development of the organisation's gender strategy (update gender toolkit, creation of practical documents on gender mainstreaming, gender dimension of educational activities).
- Trainer and educational advisor on international training activities with young people on social entrepreneurship and peace advocacy.

Business or sector Education and Training

2009-2013

Trainer, facilitator and project coordinator

Centro Internazionale per la Promozione dell'Educazione e lo Sviluppo (Italy)

www.ceipes.org

- Founding member.
- Strategic management of the organisation.
- Trainer with international groups in the field of transversal skills, gender equality, intercultural learning, human rights education and active participation.
- Writing and coordination of international and local projects on the topics listed above.

Business or sector Education and Training

2004-2009 Trainer, facilitator and project coordinator

Centro Sviluppo Creativo 'Danilo Dolci' (Italy)

www.danilodolci.org

- Maieutic workshops in schools with teachers and students.
- Trainer with international groups in the field of transversal skills, peace and nonviolence, conflict transformation, interculturality and active participation.
- Writing and coordination of international and local projects on the topics listed above.

Business or sector Education and Training

EDUCATION AND TRAINING

From January 2022

Masters Degree on Gender Based Violence and Domestic Violence

Universidad Nacional de Educación a Distancia – UNED (Spain)

<https://www.uned.es/universidad/inicio/institucional.html>

- Subjects on gender-based violence and domestic violence: language and oppression, legislation, recovery of victims.

January - December 2021

Mindfulness Training

Positive Psychology

<https://positivepsychology.com/>

- Subjects on mindfulness from a positive psychology perspective: meaning and value of mindfulness, managing emotions, thoughts and judgement as a source of discomfort, how to manage the flow of thoughts, acceptance, how to do guided meditations, meditations and other mindfulness methods.

October 2016 - January 2017

Specialised training course on gender equality

CIEG-ISCSP Lisbon University (Portugal)

www.iscsp.ulisboa.pt/pt

- Theoretical knowledge on gender equality and women's rights related subjects: construction of difference, gender based violence and domestic violence, Portuguese and international legislation and human's rights standards, history of the feminist movement, public policies and equality plans.
- Practical skills on developing equality action plans.

September 2015

Training for trainers (Portuguese official accreditation)

B-Training Consulting (Portugal)

www.b-training.pt

- Theoretical and practical training on adult education: communication, motivation, group dynamics, conflicts, presentation of theoretical contents, creation of a training plan, evaluation, among others.

September 2014 - May 2015

Master on outdoor experiential learning

International Academy for Experiential Education (Lithuania, Belgium, Italy)

www.viaexperientia.net/

- Experiential training aimed at personal and professional development in the framework of outdoor experiential education.
- Skills in the design and implementation of outdoor activities.

February - June 2010

Training of trainers for human rights education with young people

Directorate of Youth and Sports of the Council of Europe, European Youth Centre Budapest

www.coe.int/en/web/human-rights-education-youth/tothre-2017

- Human rights education related themes: human rights, human rights education, group facilitation.

- Competences on human rights education based educational programmes.

April 2005

Training on conflict transformation in multicultural youth work

Directorate of Youth and Sports of the Council of Europe, European Youth Centre Strasbourg

- Subjects and skills related with conflict, conflict transformation and gender in multicultural contexts.

October 1998-September 2003

Bachelor Degree in Psychology

University of Lisbon (Portugal)

www.psicologia.ulisboa.pt/

- Theoretical and practical subjects related to general psychology and systemic psychology.
- Nine month internship at the Family Support Center of the 'Santa Casa da Misericórdia de Lisboa' where I developed and implemented prevention programmes with youth and families.
- Ability to design educational and prevention programmes.
- Ability to conduct individual psychological assessments and counseling.

PERSONAL SKILLS

Mother tongue(s)

Portuguese

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
Italian	C2	C2	C2	C2	C2
N/A – I have lived in Italy since 2014 and I've learned the language independently.					
English	C2	C2	C2	C2	C2
IELTS – 8.0					
Spanish	C1	C1	C1	C1	C1
N/A – I've learned Spanish as my second language while growing, plus I did my Erasmus in Spain.					
French	B1	B1	B1	B1	A2
N/A – I've learned French at school for three years.					

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
Common European Framework of Reference for Languages

Communication skills

- Strong social skills.
- Great empathic ability and ability to understand different points of view.
- Excellent intercultural communication skills.

Organisational / managerial skills

- Solid organisational, managerial, leadership and strategic skills.

Job-related skills

- Theoretical and practical knowledge on gender related themes acquired in self-directed learning and through professional practice.
- Ability to design and facilitate non-formal learning processes based on the target group needs and interests, and within a specific institutional context.
- Experience in methodologies used in facilitating interactive learning processes with large numbers of participants.
- Creative and flexible attitude, capacity to find solutions and to adapt to emerging needs.
- Understanding and appreciation of the importance of diversity.
- Capacity and willingness to work in a team and also very independent.
- Capacity to working under pressure and ability to respond to timeframes and deadlines with pace.

Digital skills

SELF-ASSESSMENT

Information processing	Communication	Content creation	Safety	Problem solving
Independent	Independent	Independent	Independent	Independent

Levels: Basic user - Independent user - Proficient user

[Digital competences - Self-assessment grid](#)

Replace with name of ICT-certificates

Other skills

- Excellent capacity to translate theoretical contents into learning activities. I have developed an interactive card game on self-care and personal development. Carte 360°: www.centopercentomestessa.it/carte-360
- I have also developed two personal development programmes for women with different learning modules: Love Revolution (self-esteem) and Essere Donna (general self-development)

Driving licence

B

ADDITIONAL INFORMATION

Publications
Presentations
Projects
Conferences
Seminars
Honours and awards
Memberships
References
Citations
Courses
Certifications

- Afonso, Ana. "Youth social participation: Learning context, challenges and opportunities." *Democracy in Crisis: The Dynamics of Civil Protest and Civil Resistance*. Bert Preiss & Claudia Brunner. Viena: LIT, 2013, 207-232.
- Co-founded the *Association 100% Me Stessa E.T.S.* (June 2020) with another woman friend. So far it has grown into a twelve member organisation and a community of +150 members on FB and locally.
- Blog on gender related themes (now on standby): woman2womannetworking.wordpress.com/
- Guide on "Gender approach to social entrepreneurship projects" (2014). (Available under request.)
- Guidelines on how to mainstream gender on training activities with youth (2014). (Internal strategic document of UNOY Peacebuilders, available under request.)

ANNEXES

- Certified copy of university degree.
- Copy of personal identification document (passport).
- *Solicitud de admisión* (ref. 12144-431824).

Palermo, 25 January 2022

Ana Afonso

