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PERSONAL PROFILE

I'm a multilingual and versatile professional with a degree in international relations and with wide-ranging background in various areas and across different countries. Experienced trainer and facilitator, passionate about personal development and non-formal education/experiential learning, especially related to intercultural understanding and diversity.

RELEVANT WORK EXPERIENCE

Intercultural and Skills Trainer / Freelance / International 03/2017 - Present

- Designing and delivering dynamic training programs, workshops, and knowledge sharing sessions in English & Spanish, both for NGOs and international companies – please find the relevant project experience on the next page.
- Specialities: intercultural training (both from national and organizational culture point of view), train the trainers, facilitation, team dynamics, Erasmus+ training programmes (from design to delivery), non-formal and experiential training methods, experience in virtual training
- Memberships: Society of Intercultural Education, Training and Research (SIETAR), Spanish chapter, Spanish Erasmus+ National Agency (INJUVE)'s pool of trainers, Network of Climate Coaches of EIT Climate-KIC

Project Manager / AENOR / Madrid, Spain 06/2021 – Present

- Coordination and daily management of the e-Enforcement Academy project: organising a wide range of knowledge sharing activities, such as webinars, masterclasses, e-learning courses and training for enforcement authorities on EU level. 25 virtual and face-to-face events and courses organised, with over 750 participants in total.
- Coordination of suppliers, various reporting and administrative tasks (including budget control), online community management of a platform of 700+ users.

Office Coordinator / Frontier Economics / Madrid, Spain 12/2017 – 06/2021

A high-stakes position overseeing administrative procedures at a consultancy. Coordinating all organizational components of day-to-day operations within a small office of 20 staff.

Learning and development related responsibilities:

- Orchestrating company-wide Learning & Development initiatives that encourage growth and career development of employees (periodic reviews and creation of new programmes).
- Directing all aspects of a series of dynamic courses that nurture the communication and interpersonal skills among staff (both face to face and online).
- Training coordination for the Madrid office: needs assessment, planning, organising, budget control.

Erasmus+ (EVS) Volunteer / Ecocompartimos / Illescas, Spain 09/2014 – 07/2015

- Organise weekly English classes and bi-weekly intercultural chats for locals. Occasional events in collaboration with the local library.
- Advocate for Erasmus+ programs: blogging, promotional activities (2 radio interviews in the local radio, chats and presentations), assistance of people with preparing their CV and motivation letter for the program and also the organization with preparing a project for a youth exchange.

Bid Manager & Team Leader for Benelux / IBM / Budapest, Hungary 07/2012 – 12/2013

- Coordination of the daily work of a team of 5 people, liaising with the sales reps and other departments for process improvements, coaching and training of team members
- Liaison with sales to create pricing, proposal and internal documentation of various projects with different complexities. Over 500 cases handled with a 95% satisfaction rate.

Member / AIESEC / Budapest, Hungary & Brussels, Belgium 09/2004 – 07/2009

- Local leader and founding member of the chapter at the Budapest University of Technology, responsible for all recruitment and induction activities for new members, trainings.
- Local leader at ICHEC in Brussels: recruitment and preparation of students participating at AIESEC's international internship program, national trainings

LANGUAGES

Hungarian – native

English – fluent

Spanish – fluent

French – fluent

EDUCATION & COURSES

BA and MA International Relations 2004 – 2010

Corvinus University of Budapest, Hungary

Major in Diplomacy, minor in Social and Economic Psychology

Global DISC & Growth Zone Licensed Practitioner 2021

ICQ Global

Deep Culture Learning 2020

Japan Intercultural Institute

Mental Health First Aider 2020

MHFA England

Developing Intercultural Training Skills 2017

LTS Training and Consulting Ltd, Bath, England

Youth Trainers' Academy 2016

European Train the Trainers focusing on experiential learning by Zero Generation, Vilnius, Lithuania

TECHNICAL SKILLS

Good command of:

- MS Office (Word, Excel, PowerPoint, Outlook)
- MailChimp
- Atlassian Confluence
- Camtasia
- Canva
- Conferencing platforms: Zoom, MS Teams

RELEVANT TRAINING AND PROJECT EXPERIENCE

Improv(is)e IVS / Lage Vuursche, Netherlands

August 2022 – January 2022

Erasmus+ funded training project focusing on improving the quality of International Volunteering Service projects, by equipping youth workers with innovative improv skills, mindset and creative project/problem solving tools (such as design thinking).

The programme consists of:

- 6-day long face to face training course to take place during the second half of August 2022.
- A follow up (2h online seminar) in January 2023.

Culture Act / Bennekom, Netherlands

August 2021 – January 2022

Erasmus+ funded training project focusing on equipping youth workers with innovative improv skills to better facilitate the intercultural learning process during international volunteering.

The programme consisted of:

- 2 half days of virtual session to get to know each other and prepare for the training itself
- 5-day long face to face training course with 19 participants from 6 partner countries. The main training blocks covered facilitation, cross-cultural communication and improv theatre. By the end of the week the participants created their own improv games focusing on topical cross-cultural issues.
- A follow up (2h online seminar) in January 2022.

For the quality preparation and implementation, the project was named as “best practice” by the Dutch National Agency.

Civil Stage / Tbilisi, Georgia & Utrecht, Netherlands

October 2019 – November 2020

Erasmus+ funded, multi-phased educational project with 10 partners countries (from Europe and beyond) that aims to use performative arts in youth work based on the pedagogic principles of human rights education.

The programme consisted of 3 parts:

- An initial 8-day long train the trainers course that took place in Georgia in October 2019 with 25 participants. The main training blocks consisted of facilitation, improvisation theatre, human rights education, forum theatre and putting theory into practice.
- An implementation period locally (with mentoring from the trainers): participants designed and delivered local activities and reached in total 500 people with their efforts
- Virtual evaluation sessions: the first in June 2020 and four more throughout October and November 2020. The first three sessions covered evaluation of the delivered activities, as well as reflection, learning points and recommendations on the methods. The last two sessions were focusing on collaboration, spin-off projects and future activities.

Hungary specific intercultural training / Madrid, Spain

July 2019 – present (on demand)

Various trainings session for corporate clients (4 hours each) on culture and how to handle challenges occurring in multicultural communication with a special focus on Hungary.

Intercultural awareness / Aranjuez, Spain

April 2018

Trainings session (2 hours) for NGO volunteers who are working with immigrants, on what is culture, the different elements of culture and how to handle challenges occurring in multicultural communication.

The Art of Facilitation / Misaktsieli, Georgia & Utrecht, The Netherlands

November 2017 - April 2018

Erasmus+ funded training project with 26 participants from 9 countries on how to use facilitation, improv theatre and forum theatre as tools for youth work.

The programme consisted of 3 parts:

- An initial 7-day long training course taking place in Misaktsieli Georgia with 26 youth workers. The main training blocks consisted of facilitation, improvisation theatre, human rights education, forum theatre and putting theory into practice.
- A 6-month implementation period locally (with trainers mentoring) where participants designed and delivered local activities.
- A 5-day long evaluation seminar in Utrecht, where we evaluated the delivered activities and collected learning points and recommendations. We also evaluated the project as a whole and spent time on focusing on future activities and spin-off projects.

The project had a greater impact than expected (we have reached over 600 people with 210 hours of local activities organised in total), as such it was named as “good practice” by the Dutch National Agency.

Interactive coaching workshop / Madrid, Spain

March, 2017

Short interactive workshop (1 hour) at the LEAP conference for the 150 participants (students of the IE University), focusing on taking action towards finding their passion.

Train the trainers / Madrid, Spain

March 2017

5 day-long train the trainers seminar delivered for 12 psychology students of CEP-PIE (the Spanish branch of EPFSA - European Federation of Psychology Students' Associations). The aim of the programme was the equip them with the needed skills in order to form a pool of trainers for the organisation.

Topics included: adult learning and non-formal education, trainer attitudes, training design and delivery, facilitation, group dynamics and space management. We finished with a half day of practice, where participants prepared short workshops for university students. Methods used were mainly experiential learning and non-formal education activities combined with some theory.

“Create your creativity” training / Vilnius, Lithuania

November 2016

Training (3 hours) for Lithuanian students about increasing creativity. A combination of theoretical models and activities. Delivered as a part of Youth Trainers' Academy.