

KAT ANTONAKOU

TRAINER | YOUTH WORKER

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in [Katerina Antonakou](#)

📄 [Training Log](#)



“A passionate trainer who believes in the power of non-formal and the change it can bring to the world. With the motto "Trust the process" and motivation as guides, there are no barriers.”

EDUCATION

Nov, 2023 - present
ADULT EDUCATION
EKEK ATHENA & EKEKA

Sep, 2023 - present
HR BOOTCAMP
WORKEARLY

Sep, 2022 - Mar, 2023
PROJECT MANAGEMENT
Google's Certificate

May, - Sep, 2022
PROJECT COORDINATOR
Scholarship gained via selection by Women4IT & Crethidev

Sep, 2018 - present
ANIMAL SCIENCE AND AQUACULTURE
Agricultural University of Athens

WORK EXPERIENCE

Oct, - Dec, 2023
INTERN VIA BRITISH COUNCIL
Erasmus+ promotion, fundings, session preparation at ELIX.

Feb - Jul, 2022
ACTIVITIES FACILITATOR
Facilitating activities for children, event planning & communication with the parents in "Paixnidourgo" company.

Nov, 2022 - Mar, 2023
SENIOR TRAINER - CO-OPERATION YOUTH VOTE (KA2)
Session preparation & facilitation, team building games, the energiser moderation & reporting for 2 5-day trainings.

SKILLS

Leadership	Crisis Management
Adaptability	Time Management
Problems Solving	Creative
Team Spirit	Events Management
Canva	Facilitation

ERASMUS STUDENT NETWORK

INTERNATIONAL LEVEL

Junior Trainer

More than 130 hours of facilitation (online & physical), experience in feedbacking, mentoring, needs analysis, content & agenda creation for events up to 5 days long at the local, national and international levels.

Events Manager of Eduk8 Team, Feb - Jul, 2023

Responsible for the logistical organisation of the non-formal education Trainings for Trainers of the ESN. Grant Writing, stakeholder management, project planning, strategic planning.

NATIONAL LEVEL

President of ESN Greece 2023/24

External Representation, National Board, Presidents' Community & Meetings Management, ESN Greece's Stakeholders Management & Development (Greek Ministry of Education, the Erasmus+ National Agencies, the Greek Higher Education Institutions, European Commission, etc) for improving the Erasmus+ programme in Greece.

Sections' Coordinator of The Crete Trip 2022

Team coordination of up to 39 people, info flow management between the organising committee & the local volunteers, co-organiser of the check-in procedure for a 6-days event with approximately 1000 participants.

Winter National Assembly 2021 Head of the Organising Committee

Team coordination of up to 11 people, deadlines' timetable management, communication with stakeholders, partners & sponsors for a 3-days event.

LOCAL LEVEL

President of ESN AUA Athens 2020/21 & 2021/22

Team coordination of up to 25 people, local board management, agenda creation & meeting facilitation, external representation, and communication with stakeholders & the Erasmus students.

TRAINING FOR TRAINERS

Eduk8 Starter 2021, Online

Basic training for Trainers organised by Erasmus Student Network in cooperation with the Council of Europe's European Youth Foundation.

Eduk8 Forward 2022, Jindřichův Hradec

Advanced training for Trainers organised by Erasmus Student Network in cooperation with the Council of Europe's European Youth Foundation.

YOCOMO, Online & Vilnius

A training which aimed to bring trainers' work to the next level and help them learn how to reach a more significant impact through training courses on youth work competences.