



Miłosz Bałdyga

Mental & Physical Performance Trainer

Summary

10+ years of international experience,
2000+ training hours for 7000+ people.
I help youngsters and adults improve
their mental and physical abilities to
achieve personal and professional goals
in sports, business and education.

Professional Experience

Soft Skills Trainer - Szkoła w Chmurze 2022 - currently

- growth mindset, learning to learn, logical thinking, creativity

Trainer - Growth Through Sports Academy Ferajna 2022 - 2023

- mental strength in sports: focus, confidence, cooperation

Brain Fitness Trainer - Culture Centre Józefów 2021 - currently

- balance, hand-eye coordination, mental & physical health

Trainer & Project Manager - Odkoczna Studio 2021 - currently

- circus pedagogy, cross-generational education

Freelance Trainer - Juggling With Benefits 2015 - currently

- team building, interpersonal communication, problem solving

European projects manager - 4YOUth Foundation 2017 - 2019

- partnership building & recruitment for international projects

Animator, Juggler - Femme Events 2012 - 2018

International Experience & Volunteering

Trainer, Facilitator - Erasmus Plus projects 2015 - currently

- co-designing and leading Training Courses for youth workers
- topics: learning to learn, neuroplasticity, team work, creativity

Volunteer - European Solidarity Corps 2020 - 2021

(10 months with Association Ballade in Strasbourg, France)

- designing and leading workshops for youth & adults
- topic: social inclusion through arts (circus & music)

Erasmus Scholarship for International Studies 2015 - 2016

- Università degli studi di Verona (1 semester)

Group Leader - Youth in Action, Erasmus Plus 2013 - 2023

- 10 Youth Exchanges in 4 different countries

Participant - Youth in Action, Erasmus Plus 2012 - 2025

- 30+ international trainings, including following topics: NVC, Training for Trainers, Basic Synergy, Coaching & Leadership
- participation confirmed by YouthPass certificates

Education

Master's Degree - University of Warsaw 2018 - 2020

- Pedagogy (Specialization: Non-Formal Education of Adults)
- Master Thesis: "Juggling in life and education of adults"

Bachelor's Degree - University of Warsaw 2013 - 2017

- Economics (Specialization: Business Economics)

Competencies

- Creativity
- Proactivity
- Team work
- Problem solving
- Public speaking
- Self-organisation
- Building relations
- Leading trainings (online & stationary)
- Communication (NVC)
- MS Office (Word, Excel)

Passions

- Juggling
- Travelling
- Biking (MTB)
- Calisthenics
- Neuroscience
- DIY / Upcycling
- Premier League
- Percussion instruments
- Non-formal education

Languages

Polish - native
English - advanced
French - fluent
Italian - communicative
Spanish - basic

Certificates

- First Aid Course
- Driving Licence (cat. B)
- Training for Sport Trainers at Growth Through Sports Academy Ferajna

Reviews

facebook.com/
jugglingwithbenefits/reviews

Contact

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I hereby give consent for my personal data to be processed for the purpose of conducting recruitment for the position for which I am applying.

I also consent to processing of my personal data for the purposes of any future recruitment processes.