



Miłosz Bałdyga

Trainer, Juggler, Entrepreneur

Summary

I help young people and adults to learn, build self-confidence, plan and achieve their goals in education, sport and business. I specialize in designing and leading brain games and training programs based on movement, gamification and neuroscience.

Professional Experience

Trainer - Learning To Learn (Szkoła w Chmurze) **2022 - currently**

Trainer - Psychomotorics (ARPS Ferajna) **2022 - currently**

Trainer - Neuroplasticity (MOK Józefów) **2021 - currently**

Trainer, Facilitator, Project Manager **2021 - currently**
(NGO: Pracownia Inspiracji Społecznych / Odkocznia Studio)

Trainer, Freelancer (Juggling With Benefits) **2015 - currently**

International Projects Manager **2017 - 2019**
(NGO: Foundation For Supporting Youth Initiatives 4YOUth)

Animator, Juggler (event agency Femme Events) **2012 - 2018**

International Experience & Non-Formal Education

Trainer, Facilitator - Erasmus Plus **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 working for Association Ballade - Strasbourg, France)

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

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

- 10 Youth Exchanges in 4 different countries

Participant - Youth in Action, Erasmus Plus **2012 - 2023**

- over 30 international trainings, including Trainings for Trainers
- participation confirmed by YouthPass certificates

Formal 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)
- 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 Akademia Rozwoju Poprzez Sport Ferajna

Reviews

facebook.com/
jugglingwithbenefits/reviews

Contact

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