

Richárd Kiss



TRAINER — PSYCHOLOGIST — GRAPHIC DESIGNER

I regularly work with young people and youth workers, using non-formal educational methods to foster personal and professional growth. My goal as a trainer is to support young people's and youth worker's mental health in a safe and brave space. Focusing on topics such as resources and resilience, I usually address timely issues like climate anxiety, digital well-being and work engagement.

Holding a degree in psychology, I actively apply my expertise to these projects, sharing knowledge and best practices with participants. I also enjoy incorporating tools enriched with art and drama elements.

Most recently, I have included inclusion and intersectionality in my toolkit, and I am focusing on making non-formal learning methods accessible.

COMPETENCES

* facilitation

planning and implementing non-formal learning processes (in an international and local context)

* group dynamics

creating a safe learning environment, handling sensitive situations

* topics on mental health

applying psychological knowledge and skills in training situations

* inclusion and intercultural learning

supporting diverse groups, encouraging participation

* creative learning tools

incorporating artistic tools into the learning process

* assessment of learning processes

collection and analysis of feedback, structured impact assessment

* digital facilitation

conducting online training courses and webinars, integrating participation tools

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SALTO  

MAIN TOPICS

mental health

mindfulness

self reflection

burnout prevention

resilience

intercultural learning

resources

cooperation

METHODS

* non-formal learning

experience-based, participant-centered approach

* self reflection and mindfulness

self-awareness exercises, strengthening inner focus with introductory and tuning-in exercises

* creative artistic methods

* embodiment and dramatic methods

role-playing games, situational exercises, movement-based learning

* self-directed learning

providing frames for learning according to individual preferences

* enhancing team work and cooperation

mini-projects, creating team products

* tools for developing empathy

* group dynamic activities

icebreakers, energizers, team building

* ensuring accessibility

PROFESSIONAL EXPERIENCES

* international trainings

Visibility in Action: Introduction to Graphic Design

5 – 9 June 2025 – Vienna, Austria
Youth Of European Nationalities / Jugend
Europäischer Volksgruppen (YEN/JEV)

Building Bridges of Inclusion & Accessibility in Youth Work

31 March – 5 April 2025 – Athens, Greece
Youth and Lifelong Learning Foundation (Hellenic
National Agency)

Emotionally Equipped

5 – 13 November 2024 – Enying, Hungary
Youth of Europe Association/ Európa Ifjúsága Egy.

Eco-Warrior Mindset

15 – 23 October 2024 – Enying, Hungary
Youth of Europe Association/ Európa Ifjúsága Egy.

hEUMAN RIGHTS

8 – 16 April 2024 – Enying, Hungary
Youth of Europe Association/ Európa Ifjúsága Egy.

Mind Matters

16 – 24 March 2024 – Enying, Hungary
Youth of Europe Association/ Európa Ifjúsága Egy.

Clear Skies, Clear Minds

October 2023 – Pákozd, Hungary
Youth of Europe Association/ Európa Ifjúsága Egy.

Digital Emotions

20 – 28 March 2023 – Pákozd, Hungary
Youth of Europe Association/ Európa Ifjúsága Egy.

Let Me Join!

18 - 26 October 2022 – Pákozd, Hungary
Youth of Europe Association/ Európa Ifjúsága Egy.

To See What We See

March 2022 – Pákozd, Hungary
Youth of Europe Association/ Európa Ifjúsága Egy.

Psychological First Aid for Youth Workers

April 2019 – Székesfehérvár, Hungary
Open Space Association / Szabad Tér Egyesület

* webinar

A fiatalok mentális egészsége a válságok korában: közösség, reziliencia és segítségnyújtás

Ifjúsági Szolgáltatók Országos Szövetsége (2024)

* panel discussions

Nyitott Ablak (2024)

Falu Kollektíva (2024)

STUDIES

Training of Trainers

SALTO (2024 – 2025)

graphic design

Hollóka Graphic Design Studio (2020 - 2021)

psychology

University of Szeged – MA
counselling and educational psychology (2017)
Károli Gáspár University – BA (2015)

OTHER WORK EXPERIENCES

art communication coordinator

Deák17 Youth Art Gallery
(2022 – 2024)

payroll specialist

Cognizant, Arconic
(2018 – 2021)

LANGUAGES

Hungarian ●●●●●

English ●●●●○

German ●●○○○

EXTRA

graphic design portfolio



volunteering

EUROPEAN VOLUNTARY SERVICE
Tallinna Kuristiku Gümnaasium, Estonia
(2017 – 2018)