

Trainings, Seminars and Support Delivered

- Training on gender-based discrimination and prevention of sexual and gender-based violence (SGBV)
- Training on reviewing professional practices to implement an inclusive and coherent welcoming approach
- Training on intersectionality for technical leaders
- Training in facilitating intercultural programmes and international volunteer workcamps
- International volunteer gathering
- Training in collective and sustainable cooking
- Facilitation of the Erasmus+ seminar “On Inclusion”
- Training “Being an activist board member” at Solidarités Jeunesses, with a focus on understanding sociocracy

Methodes

- Non-formal education approaches, games and role-playing activities
- Participatory workshops
- Debates, peer exchange and collaborative learning
- Thematic learning pathways and reflective practice analysis

Education and participation in trainings

2025: Mental Health First Aid Training, 2 days

2024: Training on Facilitating Collective Intelligence with Visual Facilitation, 3 days

2023: Erasmus+ Intersectional Solidarity Network Training, 10 days

2021: Technical, Pedagogical and Social Supervisors Training, 5 days

2021: Training on Supporting Food Access for People in Precarious Situations, 2 days

2018: Facilitator Training, 2 days

2018: Collective and Sustainable Cooking Training, 2 days

2018: Training on Facilitating Collective Intelligence, 5 days

2017: Nonviolent Communication Training, 5 days

2016: Bachelor's Degree in Sociology, Masaryk University, Brno, Czech Republic

2012: Equivalent of General Baccalaureate, Holešov, Czech Republic

Professional Experience

January 2023 – Present

- **Trainer and Facilitator**, self-employed
- **Content Creation** – Developing programs, activities, games, and exercises tailored to diverse audiences and themes (inclusion, interculturality, inclusive cooking, welcoming and knowledge sharing, prevention of gender-based and sexual violence).
- **Development and Updating of Educational Materials** – Producing a variety of learning resources (sheets, presentations, practical guides, interactive tools) to support experiential and collaborative learning.
- **Facilitation and Workshop Delivery** – Leading workshops, seminars, and participatory activities that promote engagement, reflection, and co-construction of knowledge.
- **Evaluation and Monitoring of Training Modules** – Collecting and analyzing feedback to improve quality, inclusion, and pedagogical effectiveness.
- **Professional Development and Pedagogical Innovation** – Keeping up with emerging practices, tools, and innovative teaching methods, and adapting them to the specific needs of participants.

April 2020 – October 2022

Site Manager, Villages des Jeunes, Vaunières, France

- Supporting volunteers (European Solidarity Corps and SC) throughout their volunteer journey
- Managing administrative and financial tasks
- Maintaining relationships with clients and partners
- Ensuring compliance with rules and safety of participants
- Coordinating the staff team
- Facilitating smooth operation of the Social and Professional Integration activities

March – October 2019

Volunteer and Reception Coordinator, Villages des Jeunes, La ferme du Fai, France

- Supporting volunteers throughout their volunteer journey
- Coordinating activities related to accommodation, logistics, and supply management

Sept 16 – Août 2017 et Jan – Oct 2018 :

European Voluntary Service, Villages des Jeunes, (12 months) and **Civic Service**, Solidarités Jeunesses, (10 months)

- Local Development Contributor through Workcamps and Facilitation