

Ana Rodrigues Afonso

Trainer & Facilitator

Be the change you want to see in the world.

Value Proposition



I am a woman with a strong creative drive and I engage in foundation processes with my whole heart, head and hands. I am passionate about non-formal education and I believe in its key role in people's empowerment, self-fulfilment and freedom.

I have thirteen years of experience as project manager in the international development field and as a trainer in non-formal education and I have developed a great sensitiveness to diversity and inclusion. I have co-founded several initiatives, being the most recent *Educação para a Liberdade* and *Impact Hub Lisbon*.

I believe in the holistic dimension of learning and in the importance of connecting learning to oneself and to identity. I prefer to close a learning process with good questions instead of many answers.

Contacts

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Certifications

CCP F636223/2015

IELTS 8.0

Skills

Communication	*****
Resilience	*****
Adaptation	*****
Team player	*****
Independence	*****
Leadership	*****
Group dynamics	*****
Group facilitation	*****
Management	*****
Microsoft Office	*****

Languages

Portuguese	N a t i v e
English	*****
Italian	*****
Spanish	*****
French	*****

Values Passion & Enthusiasm,
Coherence, Honesty, Open-
mindedness, Commitment, Respect,
Self-awareness, Authenticity

Interests Writing, reading, music,
sports, travelling, cinema, friends,
learning, arts and culture

Experience

Educação para a Liberdade | Founder | Sept 2014-now | Portugal

Design, implement and evaluate training programmes, Networking, Develop organisation strategy

Pool of Trainers Council of Europe | Freelance trainer | 2011-now | France-Hungary

Design, implement and evaluate international trainings in multicultural teams

Impact Hub Lisbon | Community Manager & Co-founder | Jan 2016-Mar 2017 | Portugal

Build the community, Organise +30 events, Partnership development, Networking, Develop organisational culture and strategy

UNOY Peacebuilders | Gender & Project Officer | Feb-Aug 2014 | Netherlands

Develop the organisation's gender strategy, Educational advisor, Prepare and implement international trainings in multicultural teams

CEIPES | Co-founder | 2009-2013 | Italy

Manage the organisation, Design, implement and evaluate +30 international trainings in multicultural teams, Manage +20 international cooperation projects

Centro Sviluppo Creativo 'Danilo Dolci' | Project Manager & Trainer | 2004-2008 | Italy

Design, implement and evaluate +10 international trainings, Manage +10 international cooperation projects

Education

Curso de Formação Especializada em Igualdade de Género | CIEG-ISCSPP
Universidade de Lisboa | Oct 2016-Jan 2017 | Portugal

Training of trainers in experiential learning | International Academy for
Experiential Education | Sept 2014-May 2015 | Lithuania-Belgium-Italy

Training of trainers for human rights education | Directorate of Youth and
Sports of the Council of Europe | Feb-Jun 2010 | Hungary

Bachelor Degree in Psychology | University of Lisbon | 1998-2003 | Portugal

Publications & Media

📄 Youth social participation: Learning context, challenges and opportunities |
<http://www.aspr.peacecastle.eu/conferences-meetings-activities/state-of-peace-conference/archive/details.php?id=3>

📄 Seed of Change | <https://www.youtube.com/watch?v=AcUuYO2-ycz>

📄 Woman2WomanNetworking | <https://woman2womannetworking.wordpress.com>

My Trainer's Portfolio

Training is about learning for life.

Previous training courses (sample)

Gender Equality Matters | Youth Department of the Council of Europe | France, 2016 | 35 participants from gender related organisations from Council of Europe countries | subject: gender equality and quality standards for youth activities

YOU.CO.DE Young Community Developers | Erasmus+ Programme | Italy, 2015-2016 | 60 young people from EU countries and Eastern Europe | subject: community development, project management and personal skills development

Maior Empregabilidade | IPAV | Portugal, 2015-2016 | 3 training sessions with 40 young people | Subject: employability

LiderFem | Educação para a Liberdade | Portugal, 2015 | 10 women participants | subject: leadership, gender and personal development

Dare to Change | Erasmus+ Programme | Italy, 2015 | 30 young people from EU countries and MENA region | subject: social entrepreneurship

Mobilising YOUth | Youth in Action Programme | Germany-Nigeria-Netherlands, 2014 | 50 young people from EU and African countries | subject: social entrepreneurship, peace and gender equality

Storytelling for Youth Peace Advocacy | Youth in Action Programme | Netherlands, 2014 | 25 young people from EU countries and MENA region | subject: peace, advocacy and storytelling

Cyber World, Our World | European Youth Foundation | Italy, 2013 | 25 young people from Council of Europe countries | subject: human rights, freedom of speech, hate speech and advocacy

Human Library: Fostering Dialogue to Combat Discrimination and Promote Diversity | European Youth Foundation | Italy, 2013 | 25 young people from Council of Europe countries | subject: human rights, inclusion and living library

Women2Woman | Grundtvig Programme | Italy, 2013 | 20 women from EU countries | subject: gender, gender equality and advocacy

Women & Work | Grundtvig Programme | Italy-Turkey, 2011 and 2013 | 40 women from EU countries | subject: gender, gender equality and employability skills

My trainer's magic-box!*

Arts	*****
Group dynamics	*****
Simulations	*****
Brainstorming	*****
Human Library	*****
Forum Theatre	*****
Image Theatre	*****
World café	*****
OST	*****
Storytelling	*****
Hiking	*****
High ropes	*****

* Frequency of usage.

My recipe for change:

- + Challenging-meaningful experiences and activities
- + Reflective atmosphere
- + Appropriate reflection moments
- + Love and connection
- + Mutual trust and respect
- + Acceptance
- + Ownership
- + Responsibility
- + Authenticity and truth
- + Delaying gratification
- + Time
- + Self-discipline
- + Inner readiness

What people say about me...

"Ana is a passionate, open, gender and culture sensitive, studious and professional trainer. She has a lot of experience within the non-formal and youth sector, she especially good in (co-)creating an open and safe learning environment for all the participants and staff involved in the training."

Imre Veeneman, Project Coordinator at UNOY Peacebuilders (Netherlands)

"Such an inspiring workshop! I had never done such a workshop before and I really enjoyed thinking differently. Ana is a great facilitator! I am on the way to find my professional dream."

Delphine Fournet, participant in the workshop 'I have a dream!' (Netherlands)

"Ana has the passion for her work and would do everything for better results."

Odeny Edwyn, Vice Chairman at Dove Springs Savings And Credit Cooperative Society (Kenya)

"I really enjoyed the trekking and the physical challenge and I really think that you could continue like this. I liked the flow and the interaction with the group, although it is a personal work."

Elena Champi, participant in the workshop 'I have a dream!' (Netherlands)