

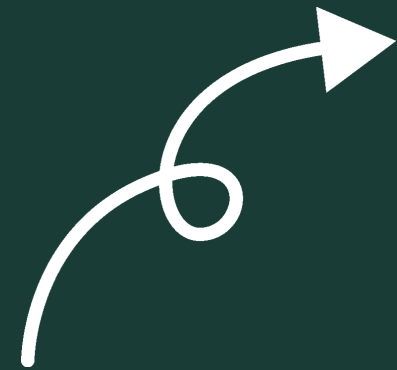


NGO Trainers' Association in Poland

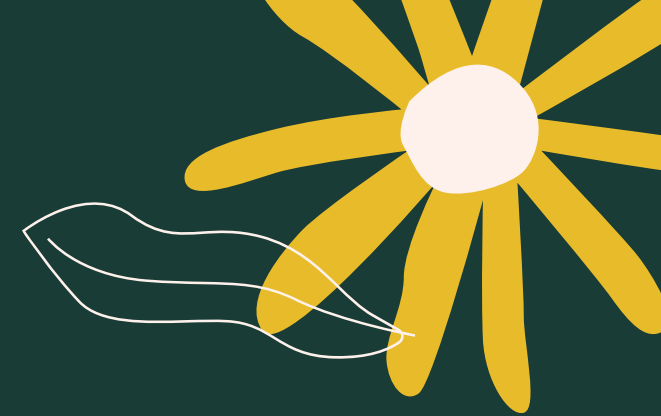
Invites you to...

# Training Courses

for trainers, educators and teachers



scheduled for 2022 and 2023



## WHO WE ARE

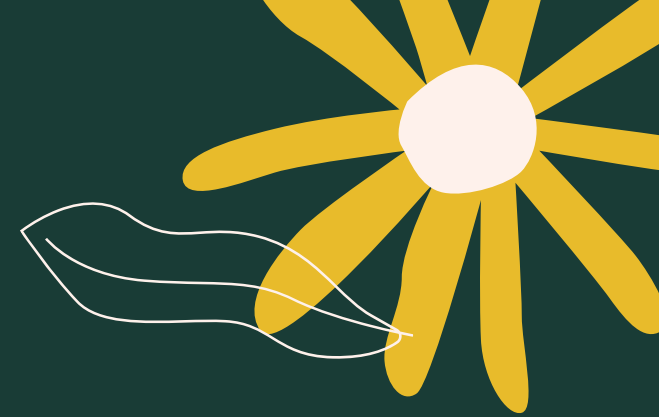
NGO Trainers' Association is a non-governmental organisation uniting over 220 trainers and educators working for change in Poland. We have over 23 years of experience in training trainers and developing their professional qualifications.



# WHAT WE DO

- Schools for trainers/ educators to-be (200 hours each school)
- Courses for professional trainers
- Specialized path of professional development for trainers (e.g. school of group dynamics, a course on games in training, programs for training people with special educational needs)
- Workshops and short courses on various topics
- Supervisions for trainers and facilitators





# OUR MISSION

We support persons, organisations and environments in building open, inclusive and long-life learning societies.

We support trainers and organisations acting for social change in their self-development and search for new solutions.

@ we inspire

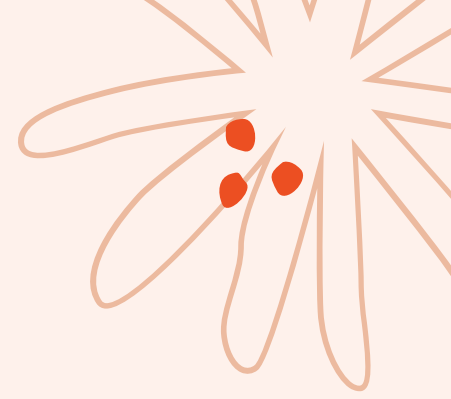
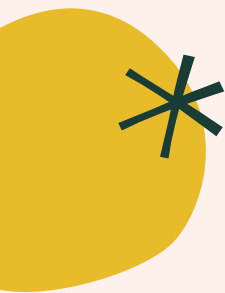
@ we build professional and private relations

@ we care about quality in education and self-development



#sTOP inspires and develops





# TRAINING COURSES FOR 2022-2023

## ME, MYSELF AND I

A 5-day workshop entirely devoted to the topic of self-care where you get to prioritize YOU

14-19.11.2022-confirmed  
15-19.05.2023  
16-20.10.2023

Wilga, near Warsaw

## ICT TEACHING SKILLS

A 5-day course devoted to improving digital skills used in education (formal and informal), in particular in creating videos and PowerPoint presentations.

28.11-02.12.2022-confirmed  
17-21.07.2023  
27.11-1.12.2023

Wrocław

## DESIGNING LONG EDUCATIONAL CYCLES

A 5-day course for those who want to learn how to develop a longer course and benefit from the group process.

17-21.04.2023  
18-22.09.2023

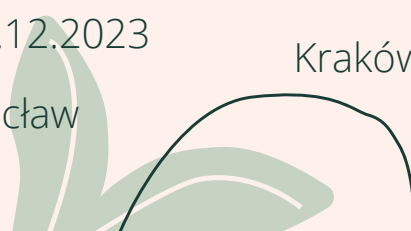
Kraków or Warsaw

## PRINCIPLES OF EFFECTIVE LEARNING ENVIRONMENT FOR ADULTS

A 5-day workshop on how you can create an engaging and effective educational process for adult learners, based on neuroscience discoveries and key theories.

20-24.03.2023  
21-25.08.2023

Warsaw





# ME, MYSELF AND I

14-19.11.2022- confirmed

15-19.05.2023

16-20.10.2023

Wilga, near Warsaw, Poland

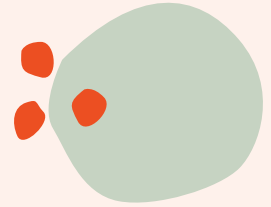


[REGISTER FOR THE COURSE](#)



# Me, Myself and I

self-care workshop



## WHO IS IT FOR

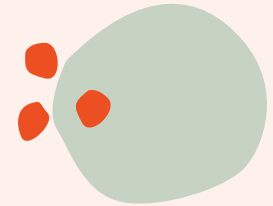
- If you feel you devote so much time to educating and supporting others and you tend to forget about "filling in your own cup" this workshop is for you!
- If you feel that you run out of ideas on how to regenerate after long hours of f2f teaching or online work, this workshop is also for you
- If you feel that the group work in a safe and creative atmosphere, sharing experiences and supporting each other, is a way of taking care of your self-care.





# Me, Myself and I

self-care workshop



DURING THIS 5-DAY JOURNEY YOU WILL GET A CHANCE TO:

- Learn various perspectives on self-care and what we need to nourish and energize our body and mind
- Understand better your emotions - how to approach and process them in a way that benefits your well-being
- Get more skilful in noticing your levels of energy, stress and emotions so that you can decide what to do with them instead of reacting to it
- Experience and practice different tools and methods helpful in taking care of your mind and body so that you have a toolbox to choose from when you need it



# Trainers

Me, Myself and I

## MARTA SYKUT

Trainer, facilitator, psychologist, coach. She works with adults: groups, teams and individuals. Her passion is unlocking people's potential. To do that, she chooses methods that engage her participants - their bodies, emotions and mind- to maximize the potential for real and long-lasting change.



## MAŁGORZATA WINIAREK - KOŁUCKA

Psychologist, educator, drama trainer, facilitator. Her passion is opening people and society to important topics, finding solutions for social problems and developing interpersonal skills using body, emotions and thinking. She works with adults and youth.





# ICT TEACHING SKILLS

28.11-02.12.2022- confirmed

17-21.07.2023

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Wrocław, Poland

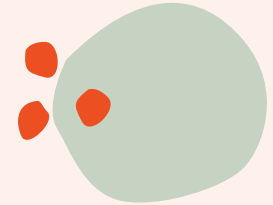


[REGISTER FOR THE COURSE](#)



# ICT teaching skills

digital competences - course for beginners



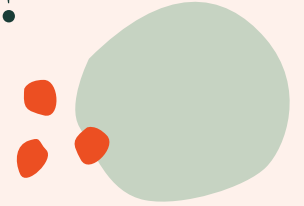
## WHAT IS IT ABOUT?

- During the workshop, you will learn about tools and techniques to be used in education (formal and informal) and thanks to this your classes with students will be more dynamic, attractive and effective.
- You will learn how to create short educational movies using video and photo content.
- You will learn how to prepare PowerPoint presentations efficiently, conveniently and effectively.
- You will learn how to effectively deliver learning using videos, presentations and additional applications.
- You will discover Wrocław, a city of modernity and history with more than 100 bridges.



# Who are we looking for?

ICT teaching skills



- teachers and educators of any educational levels
- teachers and educators who want to learn in action and teach in action
- teachers and educators of basic ICT skills

# What will you need?

- smartphone with Android or IOS system with the ability to take photos and record video
- laptop with Windows 10 (or higher) or IOS system with a web browser and internet connection
- PowerPoint 2013 or higher



# Trainers

**GRZEGORZ IDZIAK**


ICT Teaching skills

Trainer of social skills and digital competences. Owner, director and trainer of the Non-Public Teacher Development Center PERCEPTI EDUKACJA specialising in training for the staff of schools and kindergartens. He conducts training for teachers in the field of communication and management, use of digital technologies, the development of key competences, evaluation of educational processes and effective learning.



**MARCIN SOBASZEK**

Owner of a training company, since 2000 a trainer who trains NGOs, local authorities, informal groups, youth, and people at risk of exclusion. President of the Images Without Borders Foundation, which combines culture and education. Producer of promotional and advertising films.



# DESIGNING LONG EDUCATIONAL CYCLES

17-21.04.2023

18-22.09.2023

Kraków or Warsaw, Poland

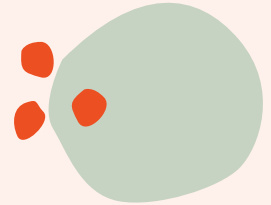


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# Designing long educational cycles



It is an opportunity for NGO trainers, educators, facilitators and teachers who face the challenge of designing and developing an educational cycle for one group, which is more complex and more prolonged than two meetings.

During the course, one will learn how to design a weekly training/educational programme, what active methods and a Kolb cycle are and how to involve a group process in the process of education consciously and successfully.



# Trainers

Designing long educational cycles

## AGNIESZKA BOREK


As a president of STOP, an evaluator and a real fan of long-term educational processes, Agnieszka brings her expertise in managing long-term courses for 3 000 Polish teachers and covers the topics of how adults learn. She also brings a practical approach to diagnosing participants' needs and training results.



## ANNA SKOCZ

Experienced in the development and implementation of training events for young adults, youth workers, teachers and educators, she brings in the practical expertise of a group process and project adequate planning helping to track down gaps and hot points before they arrive.





# PRINCIPLES OF AN EFFECTIVE LEARNING ENVIRONMENT FOR ADULTS

20-24.03.2023

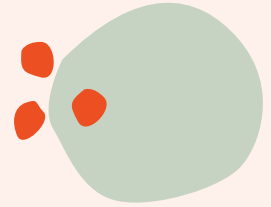
21-25.08.2023

Warsaw

[REGISTER FOR THE COURSE](#)



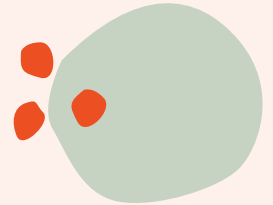
# The course is for people who:



- Already have experience working with groups - trainers, educators (formal and informal learning), and change-makers.
- Are interested in experimenting with a variety of different active methods that can be used in adults' training.
- Want to broaden their knowledge about principles of adult learning and how to create training that brings results.
- Have a good command of English.



# During 5 days you will:



- learn the principles of adult education and learning through experience,
- broaden your knowledge of how to create a good learning environment;
- experience a variety of different methods and activities that work well with adult learners,
- exchange experiences in an international group of adult education practitioners,
- develop a critical approach to the methodology used so far through meta-level analysis and peer review.



# Trainers

Principles of effective learning environment for adults

## MARTA SYKUT

Trainer, facilitator, psychologist, coach. She works with adults: groups, teams and individuals. Her passion is unlocking people's potential. To do that, she chooses methods that engage her participants - their bodies, emotions and mind- to maximize the potential for real and long-lasting change.



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# CONTACT ME

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## WEBSITE

[www.stowarzyszeniestop.pl](http://www.stowarzyszeniestop.pl)

