

## Trainer's profile Lenka Uhrová

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**Multilingual teacher-trainer since 1999, improving cultural and learning skills of people from 5 – 50 years of age mainly in Central and Northern Europe.  
Proven leader and facilitator of voluntary and professional working groups.**

### **Training and working experience:**

I've been involved in NGO sector since my University time (1997), where I worked on various cultural and social projects. I started working as a trainer in 2007, soon after I finished my year of voluntary experience in Iceland (2005/2006). As a trainer, I've been working mainly on trainings related to developing soft skills, as well as learning to learn competence.

Member of the trainers' pool of [Czech National Agency](#) since **2007**

Member of the trainers' pool of [Icelandic National Agency](#) since **2009**

Apart from regular training cycles delivered for both above mentioned agencies, I also co-organize and co-create trainings for international NGOs on various topics such as potential of conflicts, mentorship, learning, etc.

Specific focus in my trainer's work started lying in exploring a **concept of learning** as such. Since I've been introduced to the concept of **Self-directed learning**, I've been exploring pros and cons and ways of its implementation both, in formal and non-formal education.

When I don't train, then I facilitate projects connected to **community development** in Iceland, where I live. They're mainly focused on education or sustainable development within tourism and are carried out through my company called [Rökstólar samvinnumiðstöð](#).

The company focuses on activities in the fields of **education, sustainability and cooperation.**

I completed a training cycle called [ToT](#) in June 2011, which was extremely enriching, both personally and professionally and implanted a lot of ideas for further projects which I've been developing since then.

### **Education:**

#### Formal:

**Masters degree in tourism** at the Faculty of Economics, University of Matej Bel, **Slovakia**

3 exchange stays abroad during my University study:

International People's College (IPC) [www.ipc.dk](http://www.ipc.dk), **Denmark**

Cracow University of Economics, **Poland**

Summer University, **Kosovo**

#### Non-formal:

A number of national and international trainings for trainers in non-formal education.

To name a few:

2010-2011 **Training of trainers - ToT** organized by SALTO Youth

2008-2009 **Training for trainers** of V4 countries

2007 Training of **trainers and facilitators** organized by ICYE network

2006 Advanced training for **future leaders** organized by ALTEMUS ([www.altemus.org](http://www.altemus.org))



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## Trainings organized in the last 5 years:

- **For the Icelandic National Agency:**  
EVS trainings (On-arrival trainings, Mid-term meetings)
- **For the Czech National Agency**  
EVS trainings (Pre-departure trainings, On Arrival trainings, Mid-term meetings, Evaluation meetings for Ex-EVS)
- A series of **educational trainings** as a part of the Youth in Action tools introduction for youth workers and municipality representatives in Iceland
- **International Training: Tools for EVS** organized under TCP scheme
- A series of **educational seminars** as a part of the Global Education for Secondary Grammar Schools in the Czech Republic
- **International training: Potential of conflicts** organized for the organisation ICYE
- **International training for EVS Mentors** organized as a part of ToT learning cycle

**Comfortable to train in the following languages:** English, Czech, Slovak, trainer's assistant in Icelandic (with very good understanding level of Icelandic)

## Fields of Training Expertise

I'm particularly interested in the concept of **Self-directed learning** and its use within trainings on various topics. I enjoy working with participants' experience and making sure that they can bridge the learnt during the trainings in their every day lives and take very concrete results out of the trainings into their realities.

**Topics I can train:** facilitation, volunteering, communication skills and active listening, cooperation, team work, non-formal education, potential of conflicts, self-directed learning, youth worker trainings, coaching, global education, open space technology, intercultural learning, personal development and empowerment.

*trainings on other topics possible upon request: [lenka.uhrova@gmail.com](mailto:lenka.uhrova@gmail.com)*

## References:

**Lene O. Mogensen, leadership and organisational consultant**

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**Pétur Björgvín Þórsteinsson, deacon and freelance trainer**

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