

## Mgr. Helena Kosková

### Curriculum Vitae

born in 1979, November 2nd, in Prague, Czech Republic  
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#### Education:

- 1998 – 2002 **Sociology and social politics** – Charles University, bachelor degree
- 2008 – 2011 **Social work with focus on communication and applied psychotherapy** – Prague College of Psychosocial Studies, masters degree
- **Training for Trainers of Nonformal Education** - CNA Youth (3x5 days + realization of training „Inclusion of young people with fewer opportunities to international activities“)
- **Training for Volunteers´ Coordinators** – Hestia (5 days)
- **Essence Training** – Essence Trainingen Nijmegen, Netherlands (5 days)
- **Training for Trainers of V4 countries** focused on cultural diversity and active citizenship – V4NA Youth (3x7 days + realization of training „Training on Ongoing Learning Support for EVS volunteers“)
- **Power of Nonformal Education** – TNA Youth, Turkey (5 days)
- **Feedback** – Užitečný život (3 days)
- **Trauma and Crisis Intervention** – PVŠPS (50 hours); REMEDIUM Praha (16 hours)
- **Coaching gets you** – CNA Youth (7+2 days)
- **Fundraising and Public Relations** – REMEDIUM Praha (8x1 day)
- **Stargate** – school of work with extraordinary states of consciousness – Kayumari, (5x4 days)
- **Rites of Passage** – LPCS (7 days)
- **Transpersonal approaches in youthwork** – Bret Stephenson (3 days)
- **Pesso Boyden System Psychomotor** psychotherapeutic training – REMEDIUM Praha (4 years, 2012 – 2016)
- Number of shorter trainings focused on youthwork, art, personal and community development and methods of working in/with nature.

#### Work:

- 2000 - 2002 **YMCA in Czech Republic** (administratives, grant applications)
- 2001 – 2002 **YMCA DAP** (volunteers´ coordinator, youthworker)
- 2003 - 2006 **YMCA in Czech Republic** (international secretary)
- 2006 – 2013 **REMEDIUM Praha** (manager of community development, fundraiser)
- 2009 – 2013 **Anima** (co-therapist for children from families with addictions)

- 2003 – untill now **free lance trainer** of nonformal education

Profile in SALTO TOY database: <http://www.salto-youth.net/tools/toy/helena-koskova.2131/>

#### **Volunteering:**

- 1996 - 2002 **YMCA Praha, YMCA DAP** (youthworker, cultural animator)
- 2000 - 2003 **H.Z.D.S. Timudej** (integration programmes for pre-school children from different national and ethnic minorities)
- 2001 - 2006 **Olde Vechte Foundation, International Synergy Group** – Netherlands, Greece (co-trainer for youthworkers' trainings)
- 2002 – 2003 **European Voluntary Service** in shelter home for children in Lithuania (9 months full-time volunteering, European Commission Programme „Youth“)
- 2004 – untill now **Čia Čekija** (nonformal group, since 2011 civic association – chairwoman; nonformal education for young people from shelter homes or with difficult family background)

#### **Steering in NGOs:**

- Čia Čekija – chairwoman
- Skalka 22, o.p.s. – chairwoman of managing board

#### **Publication:**

- M. Vybíral, H. Kosková: Methodology of Socio-cultural Skills Training for Foreigners. Prague, Step by Step Czech Republic, 2007.

#### **Languages:**

- **Czech** – mother tongue
- **English** – fluent
- **Lithuanian** – intermediate
- **Spanish** - beginner

#### **Digital Competencies:**

MS Office, Internet, Google applications

#### **Driving Licence:**

B group

March 10th, 2014, in Prague, Czech Republic