

BARBARA FÖLDI

Trainer



Country: Hungary

Contact information: <https://www.salto-youth.net/tools/toy/profile/>

Education: ELTE PPK (HU) Adult Education, ELTE TÓK (HU) Youth Work

Fields/topics you work in: Sustainability, Entrepreneurship, Soft Skills development, Personal Development

Experience as a trainer:

CEO at ReCreativity Social Enterprise

Method development – Creative recycling

TC: Greenspiration (CZ), Cycle Up (GE), Advertising the Change (HU), etc

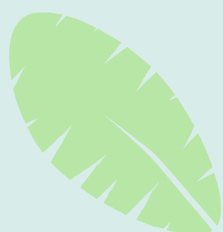
WHY DID YOU BECOME A TRAINER?

I was always fascinated by working with people, especially young people. It gives me a lot of inspiration and I can also inspire others. I love to share knowledge and I believe that we can change the world by collaboration, sharing and common growth. I believe education is the only way to change our world where we live and by supporting each other and sharing knowledge we can make a difference.

WHAT IS YOUR FAVOURITE PART ABOUT BEING A TRAINER?

I truly enjoy the preparation phase of the program, when I have time to prepare the content and choose the program elements – and after having a group in front of me and change it according to their needs and questions. I love the flexibility in it.

Also I love when I see that participants are taking actions in their daily or professional life and they use the new knowledge that they gained.



The very best part is being a trainer recognizing some impact what I might have given after many years by reading a letter, an article.

DO YOU CONSIDER YOURSELF AN ENVIRONMENTALLY-FRIENDLY TRAINER?

I am totally engaged towards sustainability. Over the years we have developed several best practises how to make a program sustainable. One method I use during my training courses is called: creative recycling. I use waste material in order to do something useful out of it.

The purpose is not only the upcycling technique itself but also how I use it to develop group dynamics or practice soft skills.

Also I always use as little paper as possible and we have a mug project. On each program what I ask participants is to create their own mugs that they will use during the program and after they can also take home. In this way we avoid using plastic cups, or washing too many cups daily.

Last but not least, as a trainer and program coordinator I have a huge responsibility by choosing the venue of the program and choosing the menu as well.

HOW DID YOU BECOME A TRAINER?

I started as a volunteer in a local NGO. I did my first international program 12 years ago. Since then I have never stopped. I have formal educational recognition, but what I know and use as a trainer is what I learnt by doing.

I had the opportunity for many years to travel across Europe and work with many different types of trainers, topics in various places.

I worked with personal development, with dance as a tool in personal development. It was a long way till I have found my own voice and style as a trainer but all experience counts and made me who I am today as trainer.

It has been 5 years that I am working as a trainer – but I always work in a team as I want to give back the same opportunity to others that I got when I was a junior trainer or assistant.

WHAT ARE THE CHALLENGES OF BEING A TRAINER?

In the beginning what I found challenging – but now I guess I got used to it – was the uncertainty. I hardly know for more than 6-8 months before what I am going to do and where I will work.

On the other hand if I want to be honest with myself – challenges keep me motivated and I like to find solutions and new ways.

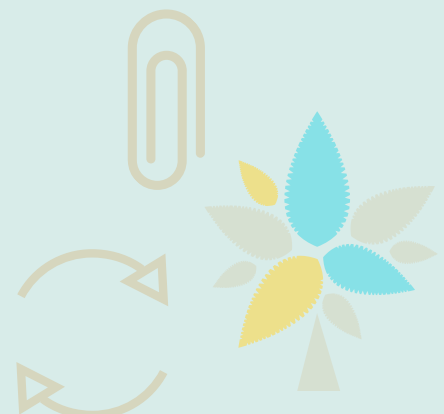
DO YOU HAVE SOME TIPS FOR YOUNG PEOPLE WHO WANT TO BECOME TRAINERS?

My suggestion is to invest time in yourself – do personal development, listen inside and of course invest time as well and travel as much as you can. Search for people who inspire you and go to assist them in programs – because this is how you can learn the most.



WHAT DO YOU WISH SOMEBODY TOLD YOU WHEN YOU WERE STARTING AS A TRAINER?

I would have said the following to myself. “Listen, sometimes it will be hard and you will not know how will it be. Do not doubt yourself, just listen to your inner voice! Treat people how you would treat yourself, and always remember it is a gift to work with people and with great power comes great responsibility. Do not forget to recharge, to take care of yourself and always invest into your further education, new methods and training courses because this is how you can grow as a person and as a trainer! Making mistakes is human, never be busy with the past, just take the maximum out of it and note to yourself what will you do differently! ”



WHAT MOTIVATES YOU IN YOUR WORK AS A TRAINER?

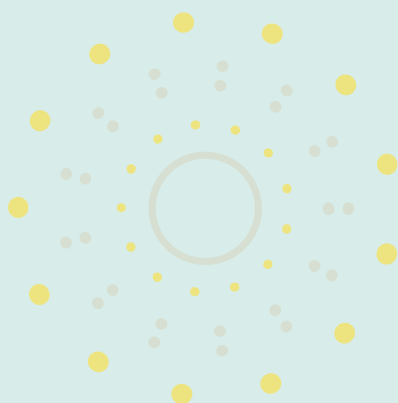
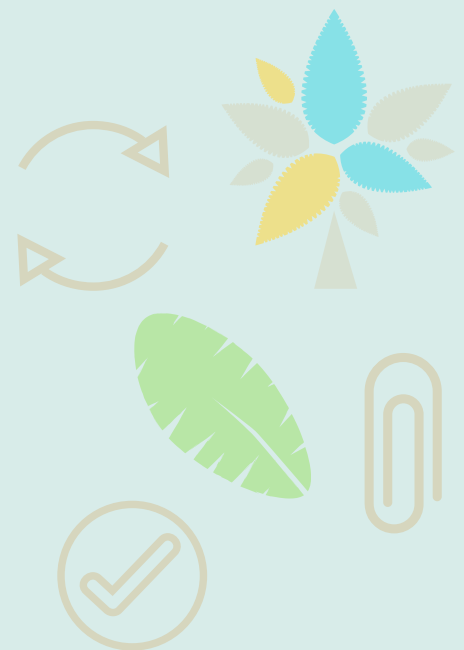
My main motivations are the people who join the program. Lately I have started to work with integrated groups where I work with participants with special needs. Only looking at them and the care what they create it gives me huge motivation and reassurance that I do something valuable.

HOW DO YOU PREPARE FOR FACILITATING A TRAINING COURSE?

I have topics in which I am more involved, so whatever I find in a book, internet or magazine I just save. So I have a huge resource system. Before a program I just check everything what I have and I make a selection. I am not only preparing content wise but also I prepare myself with meditation, sport and yoga.

HOW DO YOU PROMOTE YOURSELF?

I have my SALTO profile and also I am on LinkedIn. I am usually invited according to personal connections – someone who knows my work/style/values. As this profession has a really important personal factor I guess it is hard to make yourself visible online but I know there are great tools for it. In the future I plan to make some videos and maybe a website as well.



The project **“Meet your Trainer”** was created by Youth and Environment Europe for young people who would like to become trainers in non-formal educational field.



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