

ILZE JĒČE

Trainer



Country: Latvia

Contact information: Jece.ilze@gmail.com

Education: Law degree, holistic bodyworker

Fields/topics you work in: Personal development, conflict and communication, embodied learning, environmental protection and ecology

Experience as a trainer: Great amount of various training courses in Latvia and across Europe. Have also worked continuously in collaboration with organizations like British Council, homo ecos;, IYNF, Room of Fulfilled Dreams

WHY DID YOU BECOME A TRAINER?

I became a trainer because I saw education as a great tool to expose people to different views and experiences, especially concerning green living and ecological thinking. After having done my EVS in 2004, I started to work for National Agency's pool of trainers, leading EVS orientation trainings. However my first training jobs on international level started on 2005 in cooperation with Cooperation and Development Network Eastern Europe.

WHAT IS YOUR FAVOURITE PART ABOUT BEING A TRAINER?

Seeing the transformation of attitudes and actions of participants, essentially because of the experience created in the training course. It is also incredibly gratifying to receive letters years after the training, reading about the impact that the course has created for the lives of many.

I also just love to present and run sessions on my favourite subjects, because I truly trust that this knowledge will benefit others, and also because I keep learning from different perspectives and opinions myself.

DO YOU CONSIDER YOURSELF AN ENVIRONMENTALLY-FRIENDLY TRAINER?

Yes, certainly. One of the main reasons, I started to work for IYNF, was a strong call to create and promote guidelines for sustainable projects and organisational management. Thus we created Green Tool-box. During all my training career since

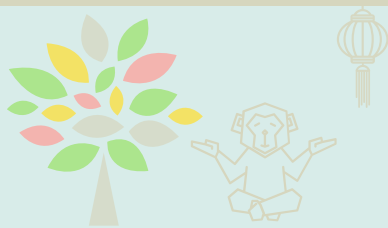
2004 up until now, I have been actively engaged in discussion and practice of creating more sustainable learning spaces, in terms of venues chosen, materials bought, food eaten etc. It is completely essential for me to work with integrity, to know that with my work we contribute to solutions, rather than create more problems.

HOW DID YOU BECOME A TRAINER? WHAT DID YOU DO TO START WORKING AS A TRAINER?

Back in 2004. I had been working for various NGO's since 1999 and had already attained experience running initiatives and working with young people. In 2004, I ran my first work camp and since then was very confident that I can create a holistic learning spaces. Certainly, when I started training there were no computers or fancy materials, thus my work has changed a lot.

WHAT ARE THE CHALLENGES OF BEING A TRAINER?

Just like in any relationship- synergy and common rhythm is important. Thus if the rhythm is off and synergy is missing within the group, it may be challenging to relate to the group and adjust facilitation style. It is also challenging to deal with the fact that many people come to Erasmus programmes out of wish to travel for free and are unmotivated to fully participate and do work for a better world. Thus I wish that more participants would understand that it is an immense privilege to participate in



such a programme and would feel obliged to pass their knowledge forward to communities back home.

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

I'd suggest gaining as much experience working for various NGO's as possible. The trainer's job might sound just amazing; you stand there in front of people, make jokes and say something wise and intelligent. But in fact, it is a very complicated process, all the way from designing inclusive learning process to holding a group and individuals in complex situations. Thus gaining as much experience working with people, working in groups and organizations is obligatory pre-requisite to become a good trainer.

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

I'd wish that I could shadow someone and learn from the ways they hold groups and processes. When I started, I did something that was very intuitive and made sense for me, but was not really given much opportunity to learn side by side with very experienced trainers. It is also very essential to get supervision from experienced group facilitator, therapist or any other person knowing psychology of people and groups. I would have definitely progressed more quickly in my path as a trainer, if I would have had a chance to express my ups and downs in facilitation work and had got mentoring.



WHAT MOTIVATES YOU IN YOUR WORK AS A TRAINER?

Working together with amazing colleagues, which give inspiring input and serve as motivators for my own work. It uplifts me also when I read that participants have changed their daily habits, become vegetarians or started some community actions etc.

HOW DO YOU PREPARE FOR FACILITATING A TRAINING COURSE?

Through the years, I have compiled quite many materials, so often I look for methods and approaches in my old reports. But I constantly educate myself in order to be updated with topics, so that I can better inform and inspire participants.

HOW DO YOU PROMOTE YOURSELF AS A TRAINER?

That's an interesting question. I had never thought about promoting myself since most of the work proposals came from the people that know me or have heard of my work. As well as I never thought of a trainer's work as a career, but rather as a tool to create a social change.

But in the past two years, slowly switching to non NGO work, I have been more actively establishing my webpage www.ecobodywork.com and updating my Salto trainer's profile. But in reality it is almost always that I get job proposals through people that know me or that know people that know me. Still, I think that the work that is done and the recommendations from participants are the best ways to ensure that "your brand" is strong and people- interested to employ you.

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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Funders:



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