



Kristiana Stoyanova

Nationality: Bulgarian | **Phone number:** (+359) 897915276 (Mobile) | **Email address:** stoyanovakrist@gmail.com |

LinkedIn: <https://www.linkedin.com/in/kristianast/> | **Address:** Rue du Noyer 26, 1030, Brussels, Belgium (Home)

● ABOUT ME

Trainer and facilitator dedicated to fostering youth empowerment and systemic change. I am committed to advancing democratic values, human rights, and environmental sustainability while providing impactful training and facilitation services that align with the goals of youth development and active participation.

● WORK EXPERIENCE

20/01/2023 – CURRENT Sofia, Bulgaria

CONSULTANT, TRAINER AND FACILITATOR (HYBRID) KRS CONSULTING

- Design and delivery of online and in-person workshops and trainings using participatory design methods on various topics related to human rights such as sustainability, youth and women's empowerment, conflict transformation, and inclusive leadership.
- Co-designed and co-facilitated a 3-day Green Youth Academy in 2023 event that involved 30 young people from different corners of Bulgaria and different understandings of climate change and eco-literacy. The participants learned about systems thinking and sustainability and how to influence the decision-making processes in Bulgaria so that we could attain an equitable and prosperous future for all.
- Designed and facilitated a series of Women in Leadership workshops in 2023 and 2024, empowering over 50 women from diverse backgrounds to build leadership skills and foster personal growth. The trainings focused on key areas such as self-awareness, effective communication, and strategic decision-making, providing participants with the tools to lead with confidence and purpose.
- Co-designed and co-facilitated three 3-day long women empowerment events in 2023-2024. Through interactive sessions and group discussions, participants explored gender equality, advocacy, and how to overcome barriers in leadership roles. The program emphasized creating supportive networks and equipping women with the knowledge and skills needed to influence decision-making processes in their communities and to empower them to make a positive change in their environment and the world.

01/09/2019 – CURRENT Brussels, Belgium

TRAINER AND FACILITATOR IN THE EDUK8 POOL OF TRAINERS ERASMUS STUDENT NETWORK

- Facilitated 50+ workshops on key topics such as intercultural communication, leadership, project management, and soft skills development tailored to the needs of ESN volunteers and international students.
- Mentored and supported new members of the Eduk8 Pool of Trainers in 2023/2024 in developing their skills as future trainers and leaders, ensuring knowledge transfer and capacity building within the organization.
- Designed and delivered interactive training sessions for volunteers of the Erasmus Student Network (ESN) the Netherlands, ESN Utrecht and ESN international from 2018 onwards, focusing on personal and professional development.
- A highlight here is that I was part of the team facilitating the 3 day National Board Training in 2022 where 120+ volunteers of ESN National Organisations could deepen their professional and personal skills on topics such as inclusive leadership and organisational strategic development.
- Created learner-centred training programs such as the 5-day Study Session "We Choose PEACE" that together with 4 co-facilitators we delivered in EYCB using non-formal education methodologies to encourage active participation, collaboration, and peer learning in the field of peace and conflict transformation.

01/09/2020 – 19/08/2021 Sofia, Bulgaria

TEACHER FOR ENGLISH AS A SECOND LANGUAGE HRISTO BOTEV PRIMARY SCHOOL / TEACH FOR BULGARIA

- Taught English Language to children aged 7-14 in a public school, designing and delivering engaging lessons that catered to diverse learning styles and abilities.
- Developed personalized teaching strategies to address individual learning needs, fostering a supportive and inclusive classroom environment that encouraged active participation and growth.

- Advocated for inclusive education by promoting equal learning opportunities, ensuring that students from various socio-economic backgrounds had access to the resources and support they needed to succeed.
- Collaborated with school staff and parents to identify and overcome barriers to learning, while integrating inclusive practices that enhanced educational equity for all students.

30/09/2019 – 29/02/2020 Brussels, Belgium

BLUEBOOK TRAINEESHIP EUROPEAN COMMISSION, DIRECTORATE GENERAL "EDUCATION, YOUTH, CULTURE AND SPORT"

- Actively participated in high-level events and facilitated the coordination of meetings, supporting Directorate C's efforts in advancing educational and research policy across member states.
- Engaged with key stakeholders to promote innovative approaches to EU educational policy development.
- Drafted briefings, notes, and policy analyses, contributing to the formulation of strategic initiatives in higher education, research, and innovation.
- Ensured the efficient flow of information and supported the development of policies and programmes.

● **VOLUNTEERING**

01/08/2023 – CURRENT Online

Programme Coordinator ESN Eduk8

- Led the strategic development and implementation of Eduk8, the internal learning and development programme of the Erasmus Student Network (ESN). Responsible for shaping the programme's long-term vision, setting priorities, and aligning initiatives with the organization's broader educational and leadership objectives.
- Developed the yearly plan and report, overseeing the programme's progress, impact evaluation, and continuous improvement. Ensured that learning and development activities were effectively tailored to meet the diverse needs of ESN's international community.
- Managed and coordinated a cross-functional team, guiding the successful implementation of the Learning & Development work programme. Facilitated collaboration and fostered innovation in delivering high-quality training and development experiences for ESN members across Europe.

30/06/2020 – 16/12/2021 Bulgaria and UN HQ, New York, USA

Bulgarian Youth Delegate to the United Nations (UN)

- Deepened my understanding of the UN system and policies at both national and international levels, focusing on youth engagement, human rights, and sustainable development.
- Represented Bulgarian youth in intergovernmental meetings as part of the official national delegation, contributing to discussions on global policies and advocating for youth perspectives on key international issues.
- Cultivated strong relationships with youth representatives and stakeholders across local, national, and international platforms, fostering collaboration and advancing youth-led initiatives.
- Prepared comprehensive reports with policy recommendations on youth issues, while also drafting articles and speeches to influence national and global discussions on youth empowerment, education, and participation.
- Created engaging content, including blogs and videos, to document and share my experiences, aiming to inspire broader youth involvement in international policy and decision-making processes.

Links <https://www.youtube.com/watch?v=MznmUSRKimM> | https://www.youtube.com/watch?v=DBniC_3cqTQ | https://www.youtube.com/watch?v=jm5lcgH807E&list=PLP76ZK6Z_RWPIYK-rN4HM6eMuGCndUC6

30/06/2017 – 23/05/2020 ESN the Netherlands

President of ESN Utrecht / ESN the Netherlands

- Together with my teams, we enriched the lives of thousands of international students in the Netherlands, creating an inclusive and supportive environment that upheld their rights to education, well-being, and cultural integration—a "home away from home"
- Enhanced my public speaking and presentation skills by advocating for students' rights and sustainable living practices, presenting to diverse audiences, including educational institutions and advocacy groups, to foster a culture of inclusion
- Developed strategic leadership capabilities by identifying organisational priorities, setting agendas, creating yearly action plans, and evaluating progress to ensure that initiatives aligned with student well-being and sustainable development goals framework (SDGs)
- Learned to work effectively in a diverse, multicultural team, developing methods to motivate individuals and delegate tasks in ways that maximized both human potential and environmental consciousness, fostering a team culture that balanced inclusivity with responsibility for the environment
- Became familiar with the advocacy landscape surrounding youth rights, education, and sustainability in the Netherlands and across the EU, engaging in policy discussions to advance student rights and environmental stewardship on both national and international levels.

Link <https://esn-nl.org/alumni>

● EDUCATION AND TRAINING

20/03/2023 – CURRENT Strasbourg, France

TRAINING FOR TRAINERS PROGRAMME 2023-2024 (TRAYCE II) Council of Europe

Website <https://www.coe.int/en/web/youth/trayce-ii>

11/06/2024 – 14/06/2024 Karlskrona, Sweden

ART OF HOSTING AND HARVESTING CONVERSATIONS THAT MATTER TRAINING Art of Hosting
Community of Practice

Website <https://aohkarlskrona.weebly.com/>

16/08/2023 – 01/06/2024 Karlskrona, Sweden

MASTER'S DEGREE IN STRATEGIC LEADERSHIP TOWARDS SUSTAINABILITY Blekinge Institute of
Technology

Website <https://www.msls.se/>

19/01/2020 – 21/01/2020 Brussels, Belgium

PARTICIPATORY LEADERSHIP DG HR in the European Commission

Website <https://artofhosting.org/>

04/08/2019 – 14/08/2019 Czechia

TRAINING FOR TRAINERS (FORWARD AND STARTER - ADVANCED AND BEGINNERS) Erasmus Student
Network

Website <https://esn.org/>

01/09/2017 – 13/09/2018 Utrecht, Netherlands

MASTER'S INTERNATIONAL RELATIONS IN HISTORICAL PERSPECTIVE Utrecht University

03/10/2015 – 13/07/2017 Sofia , Bulgaria

MASTER'S "CRISIS, CONFLICTS AND DIPLOMACY" Sofia University

30/09/2016 – 09/03/2017 Foligno, Italy

ERASMUS+ TRAINEESHIP EXCHANGE EGINA

31/08/2015 – 29/02/2016 Porto , Portugal

ERASMUS+ TRAINEESHIP EXCHANGE University of Porto

06/10/2014 – 09/03/2015 Rome , Italy

ERASMUS+ STUDENT EXCHANGE Link Campus

09/09/2013 – 09/02/2014 Prague , Czechia

ERASMUS+ STUDENT EXCHANGE Charles University

01/10/2011 – 06/06/2015 Sofia , Bulgaria

BACHELOR'S DEGREE IN HISTORY Sofia University

● LANGUAGE SKILLS

Mother tongue(s): **BULGARIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1
DUTCH	B2	B2	B1	B1	B1
ITALIAN	A2	A2	A1	A1	A1
FRENCH	A2	A2	A1	A2	A1
PORTUGUESE	A1	A1	A1	A1	A1
SPANISH	A2	A2	A1	A1	A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● **DIGITAL SKILLS**

Digital skills

Microsoft Office | Google Drive | Google Docs | Microsoft Teams | Microsoft Word | Microsoft Excel | Outlook | Zoom | Microsoft Powerpoint | Gmail

Social media

Social Media | Facebook | Instagram | Twitter | LinkedIn

Transferable skills

Good listener and communicator | Organization and facilitation of workshops | Digital Facilitation | Team-work oriented | Leadership and management skills | Policy and advocacy skills | Written and Verbal skills | Conflict resolution | Strategic Planning | Creativity

● **HOBBIES AND INTERESTS**

Yoga

Reading

Learning about new cultures and travelling
