



 Adriana Mockovčáková

## EDUCATION

### IB Diploma Program (2016-18)

Jura Hronca High School

### Bachelor's degree (2018-21)

Erasmus University Rotterdam

Psychology

### Master's degree (2021-23)

Erasmus University Rotterdam

Educational Psychology

## TRAINING

Psychological First Aid

Non-Violent Communication

People's Assembly facilitation

Level 1 Meditation x Attachment

## SKILLS

Communications skills

Active & Empathic Listening

Facilitation & space holding

Conflict management

Collaboration & Networking

Community Engagement

Project coordination

Time-management & Patience

Event management

Research and Data Analytics

Digital skills

## LANGUAGES

English

French

Czech

Slovak

## HOBBIES

Playing guitar, creative arts, dance, hiking, gardening, massage therapy

# Adriana Mockovčáková

(she/they)

*Summary: A recently graduated enthusiastic educational psychologist with 8 years of experience working in communications. Passionate about and now keen to apply holistic environmental communication, to support others in their engagement with the climate crisis.*

## EXPERIENCE

### Communications Manager, Extraordinary Life & Erasmus Choir (2019-20)

Extraordinary Life is non-profit foundation that empowers people to live successful and impactful lives. I established a student network and partnerships and facilitated wellbeing-focused workshops on, for example, eco-anxiety, meditation, sex-positivity, or psychedelics.

### Babysitter, (2020)

Along with tutoring of the English language for three Dutch children, aged 7, 10, and 12.

### Research and Teaching assistant, Erasmus University Rotterdam (2020-22)

For "Sustainability Transitions" minor implementing transformative learning theory. I supported with scheduling and planning, communicated with lecturers, designed and facilitated emotional reflection sessions. I also collected and analysed qualitative and quantitative data.

### Coordinator, Extinction Rebellion Netherlands (2020-2023)

Extinction Rebellion is a global environmental movement with the aim of using nonviolent civil disobedience to compel government action. I facilitated emotional debriefs and sharing circles, guided meditations, and mentored new members. I coordinated first-aid, wellbeing, and de-escalation teams. I also co-founded End Fossil Occupy EUR and helped organize two university occupations.

### Intern, Design Impact Transition Platform, (2022)

The DIT collective aimed to support the sustainable transition of the university. I helped develop the student wellbeing Microlab, took part in the Sustainability in Education working group, and co-wrote a paper on transformative education. I also supported the launch of the Inner Development Goals and helped develop a university general assembly.

### Project Manager, Partners for Democratic Change Slovakia, (2024)

Partners for Democratic Change Slovakia is a non-profit organization aimed at social dialogue, non-violence, and civic participation. I support various projects, primarily project PROTEUS with the local aim of supporting civil society organizations in Slovakia and funded by the European Union.

## EXPERIENCE - other

Tutor, Jura Hronca High School, (2016-17) for IB History.

Tour Guide, Bratislava, (2016-18) for visiting international students.

Volunteer, Bratislava student-led Anti-Corruption protests, (2017-18).

Facilitator, *Horný Turček*, (2019) at nature summer camp for ages 7-17.  
Student representative, *EUR*, (2019-21) for student- coordinator relations.  
Events coordinator, *Stay Rotterdam*, (2020) for literature-related online events to tackle loneliness during the pandemic.  
Mentor, *Erasmus University Rotterdam*, (2020-21) for psychology students.  
Volunteer, *Progetto Gaia Terra Ecovillage*, (2023) through the European Solidarity Corps.