

**Biographies of experts involved in the X-Honours inspiration session 'Help, I still have to network!'**  
**- March 16, 2022**

Below you find some short biographies from participating professionals for the inspiration session of March 16. Cyrilo will introduce you to the art of networking and then you can meet at least two of the five professionals below to talk about networking. They are happy to share tips with you, inspire you or help you out. A low-barrier occasion to actually bring your networking skills into practice! They look forward to meeting you!

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**Cyrilo Helmus (speaker)**

Cyrilo is a Creative Business Manager. A true jack of all trades, but specialized in media production and digital branding. Cymatics, Semiotics, A.I. and Media Communications. Years of experience in the creative industry as a recording artist, songwriter and co-producer, working with partners and clients internationally. Currently active as creative director on different multi-media projects at SAVARI studios. Cyrilo has been connected with MentorProgramma Friesland for many years, both as a mentee and as a studentmentor.



**John Vernooij**

John Vernooij is CEO at Omrin. Omrin is the most sustainable company in the Netherlands. They collect and process waste and are passionately committed to circularity. They do everything they can to turn waste into a resource. This includes preparing waste for recycling, reuse and upcycling, as well as producing renewable energy. Their high-tech waste processing facilities are located in the north of the Netherlands. John is passionate about circularity, biodiversity and inclusion. John's opinion is that students are capable of more than they think.



**Steven van Griethuijsen**

Steven is an experienced lending expert, as business consultant, product owner and product manager, focused on process optimisation, responsible and sustainable lending. He has a proven 25-years track record and extensive knowledge of complex lending eco systems to aid brands, from start ups to established banks and specialised lenders to grow and improve their business in their drive to build better lending experiences for their customers and modernise Lending eco-systems. Steven's vision is to implement responsible instant lending, to make lending easy for a wide audience. Steven has been mentor at MentorProgramma Friesland for several years.

**Fonny Krol-Postma**

Fonny is a lawyer for ten years. She is specialized in administrative law. She handles cases about environmental law and construction law. She is especially interested in the combination of law and sustainability. Fonny worked for a mid-large office, but since one year she has her own lawfirm. She has a network with lawyers, but also with many other entrepreneurs, like in brand companies but also entrepreneurs in real estate. Also she has various board positions in cultural institutions, like Keunstwurk. Fonny has been mentor at MentorProgramma Friesland for many years.

**Wim Dijkman**

Wim is a (young) European professional. He works at the municipality of Leeuwarden as an advisor on Economic Affairs. He focuses on internationalisation of the region, the recognition of talent and developing European projects. As a linking-pin between governments, knowledge institutions and entrepreneurs, he feels most comfortable. Wim's network consists out of policy-makers, funding experts and innovators. With his drive and enthusiasm, he's challenging others to reach their full potential. His motto is Kaizen, which is roughly translated as 'every little step counts'.



**Prepare yourself**

In preparation of this session, we ask you to think about your own ambitions, and come up with at least one learning question you bring to the table that is related to networking. Do some research about the experts on LinkedIn or other websites. They make their precious time available especially for you. Make sure to make the most out of it!

**MentorProgramma Friesland**

MentorProgramma Friesland provides additional guidance to young people in vocational and higher education. It matches young people with mentors from the world of work and follow-up studies, based on the learning goal of students and the unique life-, school- and work experience of mentors.  
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