



Wings of Change

STORIES OF SOULFUL TRANSFORMATION



Co-funded by
the European Union

Overview

Wings of Change is an **educational podcast** developed within the **Erasmus+ project “From Caterpillar to Butterfly,”** focusing on **eco-soulcentric human development in youth work**. The podcast collects and amplifies **authentic voices and personal narratives of transformation, growth, and self-discovery, serving as a tool to inspire reflection, resilience, and a deeper connection with self and community.**

Project Context

This tool was developed during a **two-year Erasmus+ Small Scale Partnership (KA210)** co-funded by the European Union and implemented by the following organizations:

- VulcanicaMente APS (Italy) – coordinating organization
- Actions for Change (Romania)
- Inspiration Path (Cyprus)

The project engaged youth workers and young adults in experiential learning processes grounded in nature-based practices, embodiment, and personal storytelling. The podcast emerged as a result of this work and aims to provide continuity, visibility, and wider impact for the project’s outcomes.

Educational Purpose

Wings of Change is intended as a pedagogical tool for:

- Supporting personal development and self-reflection among youth
- Stimulating intergenerational dialogue and storytelling

- Fostering emotional literacy and eco-connection
- Encouraging authenticity, courage, and a sense of purpose

Structure and Use

The podcast consists of **8 episodes, each featuring a different participant sharing their transformative experience through deep conversation with the host.** Topics explored include **identity, creativity, trauma healing, embodiment, community, and faith.**

The podcast can be used in non-formal educational settings, including:

- Youth exchanges and mobility activities
- Training courses for youth workers
- Community storytelling events
- Personal development workshops
- Digital tools for outreach and engagement

Learning Outcomes

By engaging with this podcast, learners are encouraged to:

- Reflect on their own life transitions and values
- Develop empathy through listening to diverse life paths
- Explore new models of growth that integrate body, mind, and nature
- Recognize storytelling as a tool for healing and empowerment

Episode List

Each episode of Wings of Change is a deep dive into a unique story of transformation, resilience, and rebirth.

• Episode 1: Ode to the Imagination – Interview with Valentina Calcò

Valentina, a teacher and philologist of the psyche, shares her journey from the visible and invisible islands of her origins to the rediscovery of poetry, imagination, and a sense of belonging.

• Episode 2: To Be Human Is to Be Visible – Interview with Christopher Solaman

Christopher explores the power of identity, the significance of naming oneself, and the art of reinvention through change.

• Episode 3: No Artist Is Ever Pleased – Interview with Andreea Blaga

Andreea shares her experience with inner voices and the ongoing struggle to show up authentically in the world.

• Episode 4: Radiant and Raw – Interview with Signa Schiavo Campo

Signa reflects on the power of embodiment, art, and spirituality in the personal journey of transformation.

- **Episode 5: The Ability to Respond to Life – Interview with Balázs Daradics aka Balu**

Balu shares his inner journey and his relationship with the magic of life, facing shadows and cultivating faith in mystery.

- **Episode 6: Falling in Love with Transformation – Interview with Agnes Balazsi**

Agnes tells how she left the academic world to follow her inner calling toward guidance, intuition, and connection with nature.

- **Episode 7: Listen to the Soul's Whisper – Interview with Ema Alexandrescu**

Ema invites us to connect with the soul's whisper through therapeutic photography, ecopsychology, and somatic practices.

- **Episode 8: Freedom in Commitment – Interview with Valentina Barraco**

Valentina explores the paradox between freedom and commitment, and how connection with community and nature nourishes a deep sense of authenticity.

Host and Production

Wings of Change is hosted by **Sara Marzo, youth worker, trainer, and ecosomatic coach**, who was involved in the project as trainer and facilitator. The podcast is produced by **VulcanicaMente** and published through its **Spotify podcast channel, Volcanic Minds**.

Accessibility

All 8 episodes are available publicly on Spotify via the Volcanic Minds educational podcast channel. **The episodes are in English and range from 50-60 minutes in length.**