

# Re-Source

cultivating inner resources for  
a soulcentric life

training course in Romania  
7th - 15th September



## ‘Re-Source’ - cultivating inner resources for a soulcentric life

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‘**Re-Source** - cultivating inner resources for a soulcentric life’ is a seven days training course organized by Actions for Change from Romania bringing together human workers who are **willing to explore and develop their inner resources** in order to create transformational experiences, support the authentic growth and embracement of a soulcentric life-style for all young people, including the ones who are facing mental challenges.

Based on Bill Plotkin’s book, *Wild Mind: A Field Guide to the Human Psyche*, this 7-day intensive program is going to be an experiential exploration of our human psyche as unique expressions of the universal forces and patterns of nature. We will work with what we call **the Nature-Based Map of the Human Psyche**, which identifies and describes the capacities of the human wholeness.

Our wild minds, as Bill Plotkin describes, possess astonishing resources, untapped potentials and depths that we might not even know exist until we discover how to access them, cultivate their powers, and eventually integrate them into our everyday lives. In this intensive, we’ll access these depths and potentials – which we call the four facets of the Self, or the four dimensions of our innate human wholeness – and also the four sets of fragmented or wounded subpersonalities that form during childhood.



Participants will be guided on a journey to reconnect with their inner self, body, mind and emotions, to express openly and creatively, and by being invited to get out of their comfort zone to cultivate trust, openness and connection with themselves, others and nature as the foundation for becoming a source of heart-based positive transformation for the community.

### During the training course we intend to:

- discover **the 4 facets connected to the 4 directions of the human psyche** based on the model of The Nature based Map of the Human Psyche in order to live our life from wholeness.
- explore **the inner soul gifts and resources** based on a soulcentric way of life in order to find our place in the World and manifest the soul-gifts.
- **bring to life the hidden resources** of the human self through nature-based practices.
- **create a commUNITY** of heart-minded, dedicated people who create transformational learning environments in order to support and guide the authentic growth of all young people, including the ones facing emotional difficulties.

### Entering the realm of the experience

The participation in this training requires a preparation phase. Those who will be accepted in the training should follow an online learning process (reading different materials, articles, watching videos) related to the topic of the training.

The participants will receive several suggestions for personal work before coming to the program (e.g. journaling on certain questions, self-time in nature and several other invitations).

Applying to this program requires also the commitment to follow the preparation process.



## **Soul-based work**

During the training we wish to create profound experiences. Knowledge, information and facts are very important and will be provided within the training, but what moves us, what drives us to create a long-lasting impact in our field of activity is the joined elements of both intellectual understanding and deep experience processes.

We'll explore the landscape of the psyche through a variety of practices, including creative expression, self-designed ceremony, solo exercises while wandering on the land, group work, embodiment, movement, voice dialogue, journaling, and deep imagery work.

## **A Vision with a Task**

After the training course we want to pay special attention to the dissemination activities, which will contribute to a learning journey and inner growth of youth work. This phase will be as important as the training itself. We want to create a powerful impact through our project. As a continuation of the experience each participant will have to implement at least one ACTION in their own community.



## **The guiding trainers:**

### **Sandra Horea**

Sandra is a human development guide and mentor who creatively and heart-fully invites people to be in intimate and meaningful conversations with their Soul. She calls humans to fall in love with nature, metaphor, symbol, feeling and therefore with themselves and live their bigger lives delivering their gift to the hungry world. As a guide, she creates purposeful spaces of self-discovery incorporating in her work her experience regarding depth psychology and soul-based practices, eco-centric development, embodiment, storytelling, poetry and deep imagination. She has a wide experience of 10 years in working with youth and adults in facilitating spaces of personal and community transformation. At the moment she is studying within Animas Valley Institute from USA and graduated the Wild Mind Program.

### **Bogdan Romanică**

Bogdan is a human development guide, trainer and mentor, from Romania. In his work, he is intuitively combining elements of psychology, nature connection, experiential learning, outdoor education, storytelling and art. He loves exploring nature and the human soul. He feels in his element when inspiring and empowering people to become the best versions of themselves. He has worked locally and internationally in the field of human development since 2010. He graduated the Wild Mind Program within Animas Valley Institute from USA.



## **Practical information:**

This 7-day intensive training is part of an Erasmus+ project. (Erasmus+ is a Programme coordinated by the European Commission of the European Union).

The European Union's Erasmus+ programme is a funding scheme to support activities in the fields of Education, Training, Youth and Sport.

### **Who can participate?**

Human workers, youth workers, trainers, educators, NGO leaders and workers who are willing to explore and develop themselves and after that to resourcefully inspire their community in a nurturing and generating life enhancing way.

The participants must be over 18 years and have a good level of English.

Participants can apply to this training if they a legal residency in **Romania, Italy, Spain, Netherlands, Poland, United Kingdom, Bulgaria, Ireland and Sweden.**

### **What are the costs?**

Materials, activities, accommodation and food are 100% covered by the Erasmus+ grant.

We are inviting you to contribute to Actions for Change's future local projects by making a donation from 40 to 80 Euros based on personal financial possibilities.

The traveling costs (plane, train, bus) are also covered and will be reimbursed to the participants after the course up to this limit:

Romania 20 Euros/ person

Bulgaria 180 Euros/ person

Italy, Netherlands, Poland, United Kingdom, Sweden 275 Euros/ person

Ireland, Spain 360 Euros/ person

## When and Where?

Dates: **from 7th to 15th September 2021**

7st September- arrival day in Cluj-Napoca and travelling to the location;

8th - 14th September - the training course (7 full days);

15th September - departure day

The training course will take place in Apuseni Mountains in Romania, at 40 km from Cluj-Napoca.

### **Application procedure and deadline:**

If you want to participate in this training you have to fill in the application form available at this link and wait for the selection results:

<https://forms.gle/LMpLuhinBVLX5FtM8>

**The deadline for applications submission is 15th of July 2021 (included).**

The selections results will be published on 25th of July.

Contact:

For further details and questions you can contact:

[sandra.horea@gmail.com](mailto:sandra.horea@gmail.com) - Sandra Horea (project coordinator and guide)

Thank you!