

# Cultivating Human Nature

**training course in Poland**

**22nd - 30th of August**



**Cultivating Human Nature** is a seven days training course organized by Center for International Initiatives Horizons (CIM Horyzonty) from Poland bringing together human workers who are willing to explore and develop their inner resources in order to create meaningful experiences, support the authentic growth and embracement of a eco-centric lifestyle for all young people they work with.

In this 7 day intensive program participants will explore the Nature-based Map of the Human Psyche, an education approach based on the revolutionary and interdisciplinary concept of psychology inspired by nature and the human potential and soul. The concept focuses on the ability of humans to be whole. Wholeness is the ability of a person to be fully themselves, acknowledging their unique inner and outer resources, potential, skills, competences, gifts, charisma, purpose and using them soulfully for their own self-development as well as the development of the young people and the community.

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 training, 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.

## **During the training participants will discover:**

- how to recognize and consciously cultivate the four facets of the Self — innate human wholeness;
- how to identify the subpersonalities that were supportive in childhood and adolescence to adapt to the challenges of family and social life, but ultimately became barriers to access full and authentic humanity;
- practices and guidelines for cultivating relationships between the Self and subpersonalities, enabling to heal subpersonalities, discover their gifts, and foster Self-actualization;
- create a commUNITY of heart-minded, dedicated people who create transformational learning environments in order to support and guide the authentic growth of young people they work with.

## Start of the process

Our intention is to start the learning journey that will not end with the training, but will be continued by participants in their local environments. Thus we expect them to bring the experience to their communities and share it through different activities. After that we will meet again in one-time meeting online to share the stories from the individual work and see what are the fruits of the training in late October (the date will be announced after the training via e-mail).



## The core team:

**Sandra Horea** – a human development guide and mentor who creatively and heart-fully invites people to the 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 10 years of experience in working with youth and adults, facilitating spaces of personal and community transformation. She is studying within Animas Valley Institute from USA and graduated the Wild Mind Program.

**Bogdan Romanică** – 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.

**Boguslawa Garus (Bogu)** – freelance educator and translator as well as project coordinator at CIM Horyzonty. Fascinated with Non-Formal Education and personal development, she has started facilitator/trainer journey in 2012 with Training of Trainers on anti-biased education, exploring other areas and methods in following years. The coordinator of this training course.

## Practical information:

This 7-day intensive training is co-funded by the European Union and organized by Center for International Initiatives Horizons from Poznan, Poland ([CIM Horyzonty](#))

## 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 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 **Poland, Romania, Turkey, Italy, Armenia, Greece, Cyprus and Spain** (this is requirement of the European Commission based on the partnership proposal that was approved).

## What are the costs?

Materials, activities, accommodation and food are 100% covered by European Union.

The travelling costs (plane, train, bus) are also covered by European Union and will be reimbursed after the training up to the limit given below:

Spain 360,00 EUR per person

Cyprus 360,00 EUR per person

Greece 275,00 EUR per person

Italy 275,00 EUR per person

Romania 275,00 per person

Turkey 275,00 EUR per person + visa costs

Armenia 360,00 EUR per person + visa costs

Poland - 23,00 EUR per person (green travel, meaning no plane)

## When and Where?

**Dates:** from 22<sup>nd</sup> to 30<sup>th</sup> of August (including travel days)

22<sup>nd</sup> August arrival day to Poznan, Poland and travelling to the location;

23<sup>rd</sup> to 29<sup>th</sup> August – the training course (7 full days);

30<sup>th</sup> August – departure day

**Location:** Mikuszewo in Poland, located 70 km from Poznan.

## Application procedure and deadline:

If you want to participate in this training, please fill in the application form in the following link: <https://forms.gle/mVPEDgR86UvMd5oQZ>

The **deadline** for application submission is **13<sup>th</sup> of July 2022**.

The selection results will be announced on 17<sup>th</sup> of July.

## Contact info:

For further information, please contact Boguslawa Garus (project coordinator) via e-mail: [bogu.garus@gmail.com](mailto:bogu.garus@gmail.com)