



community | education | coaching | embodiment

Grow Together

24-25 September, 2022

Olde Vechte Foundation,
Ommen

Grow Together is an event for people who are interested in the topics of community and education. It is a combination of retreat and learning space. We will explore together new approaches toward education and how to facilitate learning experiences where individuals grow in a group context.

It is especially recommended for people who work with people, such as coaches, youth workers, community workers, teachers, managers of teams, etc.

In those two days of *Grow Together* we will exchange know-how, learn, move, and explore our bodies as an active part of the learning process.

We meet in the beautiful city of Ommen, in Olde Vechte Foundation, near the river and the forest. Connection to nature is an important element of the event. We have designed it in a way that learning happens with ease, in a playful way.

Our intention is that everyone who attends *Grow Together* will leave recharged, with a sense of peace and connection, with new skills and learnings.

The event will happen in **Olde Vechte Foundation**, Ommen, the Netherlands

24 & 25 of September

WHERE & WHEN



DAY 1 (24th of September, Saturday)

PROGRAMME



- 10:00 - 11:00 Opening
- 11:00 - 11:20 Tea & Coffee Break
- 11:20 - 12:30 Approaches Toward Education
- 12:30 - 14:30 Home-made lunch
- 14:30 - 18:00 The Body in Learning
- 18:00 - 20:00 Dinner
- 20:30 - 22:00 Systemic Approach to Education

DAY 2 (25th of September, Sunday)

- 8:00 - 11:00 Breakfast
- 11:00 - 13:30 The Element of Connection
- 13:30 - 15:00 Lunch Together
- 15:00 - 17:00 Creative Community
- 17:00 - 17:30 Tea & Coffee Break
- 17:30 - 19:30 Closing the day with open sharing



REGISTRATION

REGISTER HERE

General participation fee*: 120,- Euro

Participation fee for people who have been participating in Olde Vechte's training courses and exchanges: 80,- Euro

The participation fee includes accommodation, meals, participation in all of the sessions, and materials.

*If you have any questions or comments regarding this, please feel free to contact us:



info.oldevechte@gmail.com



FACILITATORS



Joanna Nikolova

Joanna is an educator, youth worker and personal development coach.

Her background is in Cultural Anthropology and Theatre and in the past years she specialized in coaching, systemic work and Nonviolent communication.

She facilitates training courses on Body Awareness, Conflict Resolution, Communication skills and Theatre of the Oppressed.



Gudmundur Haraldsson

Gummi is a learning designer, facilitator, and personal development trainer and coach.

His background is in Cognitive Neuroscience with a primary focus on the role of the body and environment on cognition.

Gummi facilitates programs using an Awareness-Based Systems Change framework, influenced by a range of fields such as embodiment, systems approaches, art and theatre.



Ilze Ozola

Ilze is a transformational coach interested in mental well-being and positive psychology.

Previous experiences include working in NGOs, being a freelance journalist for more than 10 years and volunteering in local queer organisations.

Ilze enjoys using creative writing tools as well as guided meditations, visualisations and elements of Nature.



CONTEXT



This event is inspired and created in the context of the professional development activity "I Hear You(th)". During the event, a group of community workers gathered to explore how to contribute to the development of healthy local communities.

The event was created and hosted by Olde Vechte Foundation. Olde Vechte Foundation is a non-profit organisation, based in Ommen, the Netherlands.

Since 1966 it has been functioning as a training centre with a long experience in non-formal education, coaching, personal development, and social and cultural work. The Foundation is open to everyone and its vision is to create a world that works for each one of us out of love, care and cooperation.

Modern approaches to non-formal learning are used in all the activities of the Foundation. Kinaesthetic, auditory and visual senses are involved, bringing about learning by experiencing and enabling the full participation of the trainees.

