



3 DIMENSIONS OF CONNECTION

**Training Course in Poland
24-30th of June 2023**

3 Dimensions of Connection is a training course organized by Center for International Initiatives Horizons (CIM Horyzonty) 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 an eco-centric lifestyle for all young people they work with. It is the answer to an increasing problem of disconnection from the Self, disconnection from other human beings and disconnection from Nature.

In this **7 day** intensive program participants will explore the Nature-based Map of the Human Psyche, an education approach based on the 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 them and integrate them into our lives. In this training, we'll access these depths and potentials – which we call the four facets of the Self – and also the four sets of fragmented or wounded subpersonalities that formed in 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;

Moreover participants will:

- 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.
- reconnect with the authentic Self, Others and Nature

It is just a beginning...

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 September (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 heartfully 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 13 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.

Boguslawa Garus (Bogu) – freelance educator and 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

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. The participants must be over 18 years and have a good level of English. Participants can apply to this training if they have a legal residency in Poland, Romania, Turkey, Latvia, Cyprus, Netherlands, Czech Republic and Spain (this is a requirement of the European Commission based on the partnership proposal that was approved).

What are the costs?

The project is co-funded by the European Union. Materials, activities, accommodation and food are 100% covered and the travel costs (plane, train, bus) are also covered and will be reimbursed after the training up to the limit given below:

Netherlands 320 EUR per person (green travel)
Czech Republic 210 EUR per person (green travel)
Latvia 320 EUR per person (green travel)
Poland 23,00 EUR per person (green travel)
Romania 275,00 per person
Turkey 275,00 EUR per person + visa costs
Cyprus 360,00 EUR per person
Spain 360,00 EUR per person

Note: green travel means no plane used for travel.

When and Where?

Dates: from 23rd of June to 1st of July (including travel days)
23rd of June – arrival day to Poznan, Poland and travelling to the venue;
24-30th June – the training course (7 full days);
1st of July – 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 [link](#).

The deadline for application submission is 27th of April 2023

The selection results will be announced on 1st of May 2023

Contact info:

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

