

ERASMUS+
KA1 – Learning Mobility of Individuals
Mobility of staff in adult education



Learning from Nature

October 31st to November 4th, 2016
Calabria, South Italy

Introduction and Aims

“Transform Yourself - Learning from Nature” workshop is an experiential five days workshop about your Self perceptions, that are determined by its relations with other phenomena and that are changed by the very act of observation.

The fundamental longing of humans is to connect ourselves with our own essence. It is not about how to act with more rational knowledge, but to create a bridge between your rational mind and your inner wisdom, developing the necessary emotional strength and spiritual power.

The workshop will take place from October 31st to November 4th, 2016 in Tropea, Calabria, South Italy.

The magic of nature and the beauty can deliver you the peace, the love, the intuitions and the calm you need in challenging chaotic times.



Context

Isoropia started implementing a two-year project within the European program Erasmus+ titled "Living Authentically - Learning Mobility of individuals" in 2015. The "Living Authentically" project is implemented in partnership with [Visionautik Akademie](#) - Germany and [Aura Sviluppo Sostenibile](#) - Italy.

<http://livingauthentically.wixsite.com/home>

Isoropia provides support to individuals and organizations in two ways. One way is to organize workshops that discover the strengths, dreams and ways how to create a person's and collective's desired future (neither fixing deficiencies nor solving problems). The second kind of support is to provide training programs for the new competences needed for efficient collaborations in network organizations.

The "Transform Yourself - Learning from Nature" workshop is co-running with our Italian partner Ms. Elena Franzini, Ph.D. (Aura Sviluppo Sostenibile /Aura Sustainable Development).

This workshop is the result of the European Grundtvig Learning Partnership "Enhancing systemic transformation and learning in times of chaos and crisis", 2012-2014.



Objectives

The objectives of the workshop "Transform Yourself - Learning from Nature" are:

Starting transformational process

To create the field and open the space for transformation, redirect your attention from outside to inside, practice the listening to yourself and experience the deep breath of life that is breathing within you. The path from outside to inside. The quality of your inner space.

Ensoul your perception

Change your perceptions, experience the wonder of an ensouled world. Create your symbols, discover your mirrors, create your metaphors from your experience with nature. Add transpersonal spiritual energies. Develop your ability to sense. Trust your sensibility and trust your intuition. Use imagination.

Live Sustaining Transformation

Love yourself, improve your self-esteem, rehearse presence, develop imagination, live harmonious life during your systemic transformation.

Come back from inside to outside

Act with your roots in your soul. Explore the future from within. Letting go, letting come. Authenticity and the courage to speak with your voice. Show yourself. The U movement.

Share and harvest

The key lies in transforming both our capacity to see and sense, and our capacity to create.

Be whole, be connected

Build your capacity to see that no longer separate the observer from what's observed; a new capacity for stillness that no longer fragments who we really are from what's emerging.

Explore the future from within

And a new capacity to create alternative realities that no longer fragments the wisdom of your head, heart and hand. A synthesis of all different facets of a single way of being.

Methods

With the use of observation, imagination, visualisation, storytelling, silence and mindfulness techniques you discover nature as an inspiration for your own life and a way of living authentic together.

Silent observation and experiential and mindful connection with nature and self are especially emphasized throughout the course.

The development and use of your own metaphors for an authentic life and living together will be enhanced, learning from nature.

Through meditation and visualisation and mirroring participants will learn from each other, develop the connection and open communication within the group.

Thus the training course will include elements from storytelling, improvisation, authentic movement or bodywork.

Additionally short theoretical inputs and exercises for coloring and visualizations will be used.



Target Groups

The workshop is created for adults whose capacity to live life fully and authentically significantly influence other people's wellbeing: teachers, facilitators, innovators and change makers. We invite also those people that learn by living, people that want to live more authentic and proactive, balanced lives, will gain better reference point, internationally developed course and possibility to get involved in long-term program that would support their transformations.

Participants will gain international experience, may strengthen their international professional relations, play an active role in the professional communities and gained organizational knowledge in organizations with the best reputation in adult education for new, sustainable economy and authentic living and collaborating.



Preparation

We invite you to be fully present during all the course dates: engaging in activities, being on time for sessions and committing fully to learning, sharing and exploring the topic.

The main theme of this course is exploration of yourself in relation to the nature. We will use embodiment, meditation, opening activities - like Deep dive into yourself - Mindfulness practices - Learning lab practices - as parts of our daily program, thus be ready to host yourself and prepare your body (and clothes) for active and engaging presence.

Daily “soul check-in”, journaling on your role in life, inner conversations, sharing and listening in coaching circles, taking inspiration from nature and transpersonal experiences are essential parts of the workshop.

What to bring?

Comfortable clothes and shoes for indoors and outdoors activities; raincoat or waterproof jacket.

Feel free to innovate and cocreate with us the workshop contents. Bring your favorite music (instruments), games, inspirations for others, etc...

Trainers

Program will be facilitated by Elena Franzini and Jasenka Gojšić, supported by Mare Šuljak.



Elena is a senior facilitator and trainer in personal and collective transformation and creates and facilitates learning experiences inspired by nature. Elena has a Ph.D. In Agricultural Meteorology and a M.Sc. In Agriculture of the University of Agriculture in Vienna, Austria. She is counselor in psychosynthesis, and has a national and international experience as senior trainer and facilitator in the field of personal development, inner path of consciousness and inspirational work in nature. She is specialized in personal transformation and in social transformation processes in times of chaos and crisis, and Open Space and World Café methodologies. She is visionary and is particularly skilled in creating and developing pioneering projects.



Jasenka is a facilitator of transformational learning. She has 23 years of experience in leadership and management, always focused on the growth of people involved in an endeavor. As a mentor, teacher and trainer, she supports transformation by experiential learning. Jasenka has master of telecommunication and informatics earned at Faculty of electrical Engineering and Computing of University of Zagreb, Croatia, and MBA and Master of Science in Management achieved at IEDC School of Management, Bled, Slovenia.



Mare is a visual artist, working as a freelancer. She is longtime associate of Isoropia in making visual materials for different projects. She was also a member of Grundvig Learning Partnership Project "Enhancing Transformation in Time of Chaos and Crises", as an associates of DIM NGOs. As an artist she uses drawing techniques and teaches attendees to look at the object of interest and its transformation resulting from the change in perspective.

Venue - Calabria, South Italy

Date	October 31 st to November 4 th , 2016 (Monday-Friday)
Venue	Calabria, South Italy (organic farm Priscopio, Ciaramiti di Ricadi) (4 km from Tropea)
Arrival Airport	Lamezia Terme
Info	franzini@elenafranzini.com www.aurasostenibile.wordpress.com +39-349-1963178

The training course will take place in Calabria, South Italy. It is located in the quiet place, close to the sea.



Finances

Costs 60€/person/day food and accommodation
(double or triple bedroom)

Participation fee
individuals, NGO and associations 350€
(could be fully funded with Erasmus+ Mobility)
corporate 700€

Workshop is supported by Erasmus + Mobility Program
KA1 - Learning Mobility of Individuals - Mobility of staff in adult
education

EC Project Number: 2014-1-HR01-KA104-000352
National Project Number: 080611319
Project title: Living authentically
PIC Number: 946156528

Participant registration for “Transform Yourself - Learning
from Nature” workshop, October 31st to November 4th, 2016,
Calabria, South Italy is available on link below.

[http://livingauthentically.wixsite.com/home/participant-
registration](http://livingauthentically.wixsite.com/home/participant-registration)



Contact & Partners

This workshop is part of the project "Living Authentically", coordinated by Isoropia d.o.o. from Croatia and run in cooperation with Aura Sviluppo Sostenibile (www.piepildi.org) Italy. More about "Living Authentically" project is available here <http://livingauthentically.wixsite.com/home>.

Isoropia d.o.o. is a privately held company, established in 2007 to enable a balanced career for its owner and to promote an authentic way of living and working among those who seek their own way or are passing major transformational points in their lives. The company provides support in personal, organizational and community transformations by training, facilitating, consulting, and participating in projects which fulfill the deepest desires of individuals and groups of people.

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Aura Sviluppo Sostenibile is an international network of trainers, counselors, coaches, business consultants, entrepreneurs and professionals, whose mission is to support the awareness of the leaders in their ability to experience the world around us and within us.

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Draft programme

Breakfast: 08:30
Lunch: 13:00
Dinner: 19:00

Please note that the program might be a subject to changes.

Monday October 31st **Exploring Your Attitude Toward Nature**

08:00 Morning Meditation
10:00 Opening Circle - check-in
11:00 Barefoot Soil Walk
15:00 Coaching Circle
16:00 Connect Yourself and Nature

Tuesday November 1st **Ensoul your perception**

08:00 Morning Meditation
10:00 Harvesting Circle
11:00 Framing Your Presence
15:00 Coaching circle
21:00 Night hike

Wednesday November 2nd **Live Sustaining Transformation**

08:00 Morning Meditation
10:00 Harvesting Circle
11:00 Step in a Wather
15:00 Coaching circle
16:00 Connect Yourself and Nature

Thursday November 3rd **The path back from inside to outside**

08:00 Morning Meditation
10:00 Harvesting Circle
11:00 Voice Walk
15:00 Coaching Circle
16:00 Visiting Tropea

Friday November 4th **Taking Inspiration from Nature for Rest of Your Life**

08:00 Morning Meditation
10:00 Harvesting Circle
11:00 Explore the Future from Within
15:00 Coaching Circle
16:00 Title of a Book of My Life