



Natural Minds

15-22 April 2018, Romania, Răchițele (jud. Cluj)

Training evaluation report

Project coordinated by **Dreams for Life** and implemented with the support of the **Erasmus+** Programme of the European Union.



The following information represents the results of the evaluation process realized at the end of the training course. The participants filled in an on-line evaluation form in the first weeks after the training course.

The content of the report represents qualitative and quantitative data, offered by the participants.

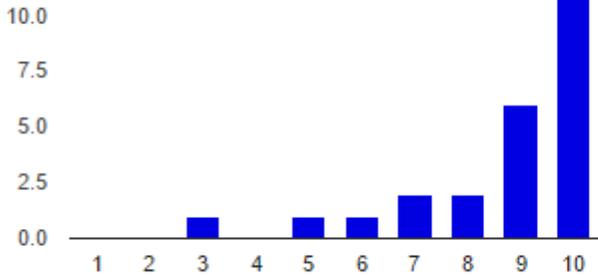
Number of respondents: 24, out of 25 persons.

The evaluation process, data analysis and report compilation was made by **Bogdan Romanică**, the project coordinator and legal representative of Dreams for Life.

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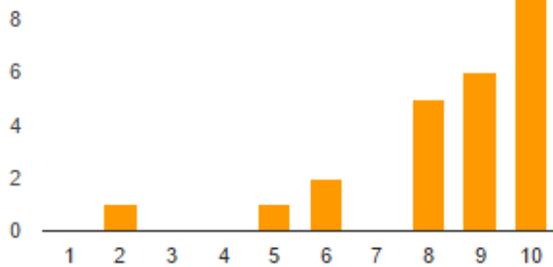
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1. What is your overall feeling about Natural Minds?



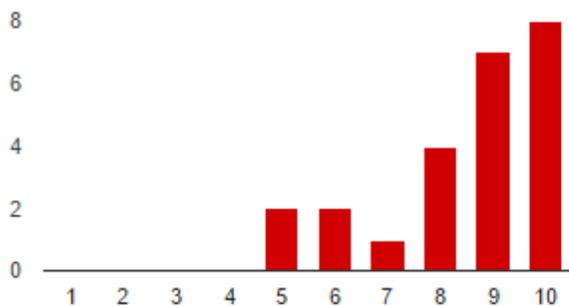
Bad: 1	0	0%
2	0	0%
3	1	4.2%
4	0	0%
5	1	4.2%
6	1	4.2%
7	2	8.3%
8	2	8.3%
9	6	25%
Great: 10	11	45.8%

2. To what extent your personal expectations regarding the course were satisfied?



Not satisfied at all: 1	0	0%
2	1	4.2%
3	0	0%
4	0	0%
5	1	4.2%
6	2	8.3%
7	0	0%
8	5	20.8%
9	6	25%
Completely satisfied : 10	9	37.5%

3. How do you evaluate the atmosphere in the group?



Negative: 1	0	0%
2	0	0%
3	0	0%
4	0	0%
5	2	8.3%
6	2	8.3%
7	1	4.2%
8	4	16.7%
9	7	29.2%
Positive: 10	8	33.3%

4. How do you evaluate the work of the trainers' team? Do you have any suggestions?

- At this point of my life this training was all I needed to get to action. The trainers really inspired me with their examples, stories, way of teaching, encouraging me to listen to my body, being flexible and following their intuition.
- Good planning and structure; diversity of activities and methods used by the trainers;
- Superb. Everything was flawless.
- Team was great - different as personalities, paying attention to different things and from different points of view.
- Very good in terms of splitting your roles in articulating the group needs related to the setting, self-care and process. Very professional and well organized.
- During the program I realized that the group ended the course still in the phase of Forming. This created for some moments disconnection between people especial last days. Also I felt fragmentation of the program (sequence of random activities), lack of Flow and activities based approach. Lack of cohesion between members of the trainers' team (people spoke one over other, interrupted each other, sanded opposite messages etc.).
- Very good! Always super attentive to the group needs and feedback.
- I liked that trainers participate in lot of activities as well, so I felt more connected. Maybe theory part would be more efficient if it be in discussion way.
- I really appreciate Bogdan's work, I think he did a great job organizing the TC, big thanks. Quite disturbing were misunderstandings between trainers, sometimes coming during sessions. I would need more guidance there. We talked about our needs and expectations on the beginning but no actions supported them later. The same with the medicine wheel that was mentioned in the title. If it is about keeping a balance between all four elements of a human being we did not match that, too much spirituality, not enough of other 3 elements. A though I had a day before coming to Romania - why are we using heritage of North America not European? There was a great wisdom in European tribes as well, mentioning the same things but maybe called differently. Maybe I got too many "casual" trainings and got used to a stiff daily structure, some routines like reflection, but I really think it makes the process more efficient and gives it a rhythm. We were staring on this beautiful flag of Earth sometimes forgetting the Earth was underneath our feet, so for me more connection with nature we would get by exploring surroundings, or even visiting this nice Sheppard's village, where these two lovely elderly women who live according to nature's cycle, with no electricity, eating just things they can get around. And I'm sure their wisdom about nature, spiritualism and natural medicine is huge!
- I really appreciate the effort you put to organize the training, however I am afraid that one trainer's lack of language competences made me impossible to understand everything you tried to teach me.
- 10 of 10. I am very glad of them.
- She could have provided clear insights and tools in debriefing activities (it was super nice to have her in the reflection group), but i perceived little space and time were available for her during the sessions, and sometimes men's speech took longer time than needed.
- I apologize in advance for my direct and honest response. I believe the trainers' team (as a whole) could do better. It was clear that there were 2 different approaches within the same team of people. My suggestions derive from my personal and professional needs as a participant, not necessarily from my experience as trainer. Here are my suggestions
- give clear and concrete instructions

- connect the elements of the program at some point
- explain why and how activities are there
- look at things from the youth workers perspective (we are not all psychotherapist and we shouldn't try to be after this training)
- agree beforehand the task and the time given
- give at least in the end more theoretical background (for example why is vulnerability so important? and what were eventually the therapeutically practices?)
- work more on the team cohesion/team building of the group (or state that the whole training will be based on personal level)
- design an 8 days training with sufficient time for "absorbing and digesting" everything that has happened
- encompass the value of being humble and modest.
- You guys did a fantastic job. I felt you were relaxed and immersed in the whole experience, which was a valuable aspect for the whole experience.
- In general I think they did a great job because it seemed that they liked a lot the subject. But, I had the feeling that only one of the trainers was leading without leaving the space to the others to express themselves and show us their skills.
- I liked the cooperation in the team and it would be nice to see all the talents in the team esp.
- Great dynamics and collaboration between the trainers. Each bringing their own expertise and enthusiasm. It appeared to be so well planned and catering for the needs of the groups. It was responsive to the learning and emotional needs.
- I feel the trainers should have a better command of the language as it happened that many times I was not able to understand the point of the stories given as an example because of lack of vocabulary of the presenter. It also made the overall experience < than great. Also sometimes the participants would feel like the time and the notion of respecting the schedule were more important than the activity they were involved in or the thing they were expressing/trying to present.
- Great job.
- All trainers were excellent, they brought a different personality and perspective to the group. The planning, delivery, support and reflection was really good. They were always present and gave time to all you asked or needed it. Lovely personalities bringing new learning in a comfortable and safe environment.
- The training team had prepared for the course very well and carried out all the activities with enthusiasm while taking care of all the participants. They also worked very well as a team.
- They did a very good job. I don't any suggestion.
- Only to have some more free evenings instead of voluntary evening program just because there were no completely free evenings.

5. Which were the most valuable parts (activities, methods etc.) of the course for you? Why?

- The theory of the Medicine Wheel because I understood the concept better. The exercise of the Inner Critic because it was unexpected to see that I share some thoughts with the participants. I think this contributed a lot at bounding the group and I plan to use it in my trainings. The Councils, because I could feel the connection, love and acceptance of the group. Dancing in the dark came at right moment to release the tension in my body and empty my mind.
- Experiential learning - activities in small groups; sense of community promoted by different groups taking care of everybody; exploring and working about our vulnerabilities; location of the training; reflection groups +

mirroring; diversity of the participants group - countries; vegetarian meals; 3 councils; 1 free afternoon after the intensive program.

- The personal growth enabled through the activities and cemented in the reflection groups.
- Activities and methods. I didn't need so many theoretical part, but it is subjective, not objective.
- - the vulnerability and therapeutic practices - because I could touch some personal corners which needed sweeping and get ideas and inspiration to also use such practices in courses and retreats I'd like to organize; - being in the nature, that we were in the heart of the mountain - because how mother earth will heal us if we don't step on it bare foot and look at her beauty; - because of the sacred special feeling to be inside a womb again and because of the serenity and humbleness moods it brings after; - all guided and active meditations - because this is the way to work on subtle levels with the finest energies;
- All the challenges that we did because i needed them and because you learn even more when you challenge yourself.
- Dancing in the dark; Practical work on activities prepared by participants; Presentation of concept of the Medicine wheel;
- Inner Critic, - Council. These were some of the most important activities for me but in general all the activities of the training made sense and were very important for me.
- I liked every little thing of the course.
- The most valuable part was possibility to get to know few of the participants. In some way they were my best teachers there. I'm sure I have new friends for life now.
- Trust Building Activities.
- Activities and the method used of non-formal education.
- Gathering points of references on the wheel and examination the self, according to guidelines of 4 directions, early morning dance, meditation and river "rituals" with little group of daredevils, the Run for values.
- - I can say that I reached my personal expectations/aim so I am very satisfied for having this opportunity.
- I also appreciated meeting interesting people who have been a true source of inspiration for me.
- I enjoyed being in the nature and I would even like more activities in the nature, not just outdoor.
- I also appreciated learning more information about the medicine wheel and eco-centric/soul-centric development. It makes sense to me now and i find the concept deeply wise and worth working with young people, but also with children, adults, etc.
- It was interesting to get in touch with the Native Americans rituals.
- Last, I think the mini session participants developed in the end were really inspiring and i would like to use them.
- The Council,... I was really surprised by the depth and the strong connections created through these activities. The inner journey was as genuine as it could be and the healing that I felt after these activities has opened my eyes to new perspectives.
- I liked a lot some methods even though I had the feeling that some things were incomplete. Of course, I am new in this subject so maybe I was missing things.
- The activities at the first part of the course were very intense and brought a lot of learning and insights. It was exhausting but rich.
- I loved the experiential aspect of the first few days, i feel i have greater understanding and empathy towards the young people and their families that I work with. I would need to adapt the activities in order to meet the individual needs of participants but I loved many of the games and pair work.
- I liked the introduction to "experiential learning" as I've encountered the method before but didn't really know much about it. I enjoyed the bread making activity, the mirroring activity and the free time given to the participants to try to make their own experiential learning activities.
- First 5 days of training, dancing parts, evaluation, dragon work, evaluation process, poems.

- Vulnerabilities sharing what is going on inside- this made me realize I am not alone. Allowing others to give me feedback was lovely. Dance, helped me connect with my body and others. It helped me experience childlike joy. Fabulous.
The atmospheric games at night were fun and helped me uncover deeper levels of forgiveness then it took me to joy.
- I found all parts of the course valuable as they helped me sort out some things in my own life. I got the opportunity to experience things, methods that up until now I have only been reading about. I also discovered ways that I can use them to help other people find their place in the earth community.
- The look-in-the-eyes activity. The theory about eco centric development in combination with the Inner Critic activity. The combination of these activities made me feel how I can connect with myself, my strength and my need for safeness in a more compassionate way.
- The 2 experiential days were amazing, especially for the group dynamic. The day of connecting the personal experiences to the professional field were really important for making the course useful. The whole of the topics are just so amazing in context of human life

6. What did you dislike in the training? What was missing for you? What could have been better?

- Before the open space I felt the lack of organization in the group but then I gave up the need to control everything and I was glad it happened this way. Some breaks were too long for me, but I also adapted.
- - lack of connection between the practice and theory, specifically exploring deeper the medicine wheel (we almost didn't explore it during the training);
- a lot of participants participated already before in the same training course - what contributed for the fact of having people in different stages;
- rare debriefings moments after an experiential activity;
- missing reflection groups during the last 2 days;
- missing contextualization and explanation before an big experiential activity;
- no timetable and information about the last two days during that days;
- in the session about action plan coming back in my opinion we didn't get the information needed - how many time we have to prepare, is it to introduce or simulate with the group. Wasn't clear. We didn't have time to implement it and it would be really useful to get feedback from the trainers and other participants.
- A slightly clearer indication of the initial goals and the path we would be taking to achieve them would have been useful.
- I liked a food, but I really miss meat.
- The theoretical day. It was too much for me, I couldn't concentrate so much myself and neither remember me each activities. It would be useful to have theoretical debriefing after practices.
- Way of delivery, because was not fluent and participant based.
- The only thing that I feel that could be better is that part of the elements of the group already knew each other so maybe some team building activities could be useful to make all the elements of the group get to know each other and connect from the beginning.
- There were too many times we were just hanging around with no special purpose. So instead of filling the program with something that would fit the goals of the TC we had to arrange our own time. At some point I started drifting apart and it was not stopped at the right moment. I think that it was a mistake to invite so many people who participated in a similar training in Ireland. We had two parallel worlds, from the very beginning and it did not change that much, what could be seen two days before finale when "the Irish group" had a meeting in the gazebo. We did not create a group. I felt like the only option was to try to fit the "experienced" hermetic

group, though I would not understand it all anyway. Normally when nobody knows nobody we all start with the same level and it's easier to build a community but not in this TC, as if some people had the advantage.

- I missed debriefings.
- It was perfect. Maybe the only thing I disagree a bit is that people (including myself) took very serious the vulnerabilities and we missed to disconnect in the middle somehow with a celebration/party with the fire in the middle, some beers. But, overall, the project was fantastic!
- Theoretical day was quite heavy to face: after 4 days of fully experiential process, it was like stepping into a classroom fulltime. Switching abruptly from the "wholy" to the only brain was a bit hard to sustain.
- - What was missing for me was more of a training for youth workers that provides holistically skills, knowledge and attitudes.
 - I also missed closing the boxes that have been opened in various activities. Or at least, if the boxes are supposed to be closed on personal level, then at least some explanation in the end why it is important to do it on your own and how we did it.
 - I very much missed looking also on the bright spots of our personalities. Of course shadows and demons and fears are there, but there are also other components worth to explore.
- The only part of the training that I felt a bit disappointing was the final council, which wasn't really a council at all. I loved the poems, but maybe choosing another moment to read them would have allowed us to have an ever more meaningful council than the first one.
- What I didn't like is the connection of the group. Maybe the problem was that the activities were based on working with yourself so the connection with the others was difficult. Plus, in this group there were people from previous trainings that were connected to each other. So I think that this made it difficult to the group to really connect because some of them were closed to each other from the beginning. It could have been better some activities for making the group feel as a group from the start.
- In the final third of the course I had a feeling of the TC slipping through my fingers. Starting now or later, doing this or maybe that felt like leaking of energy, even if the activities were logically prepared and made sense to my brain.
- I enjoyed all elements I don't know if anything was missing.
- The training had three chapters from my point of view. We did and experienced a lot but it felt it was a therapeutic/DIY/professional training course all in one. I would suggest organizing the transitions better and trying to incorporate the theory in the activities as during the first few days I didn't see the point of what we were doing up until the time it was finally explained.
- The 6th day full of talking, presentations etc.
- Not sure I disliked anything. It really worked for me. Maybe the food could have been more varied but other than that great and simple.
- I wasn't anything I disliked about the training.
- Only some more free evenings. The rest of the course was just amazing.

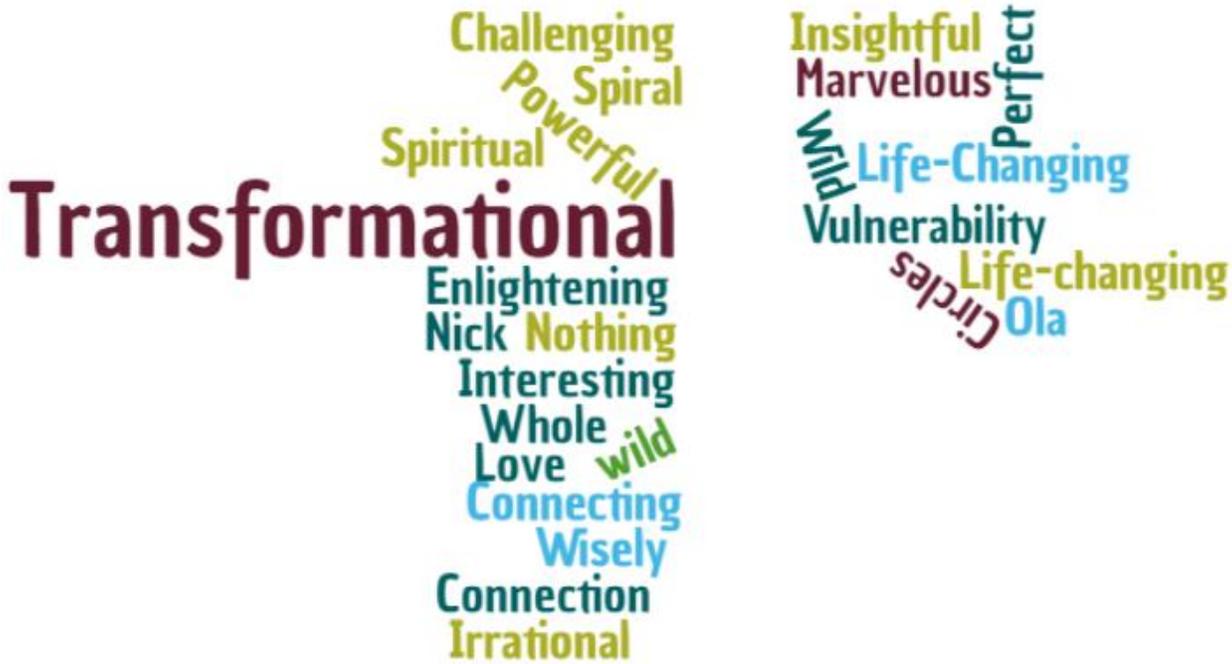
7. What are the most important things you have learned during the course?

- The most important thing I'll keep in my heart is the feeling of community, acceptance and love. I felt I can be me and cry when I needed to cry, laugh with people around me and I experienced a feeling of freedom like never before.
- Tolerance; Listen to by body - needs.
- I can be a more confident person. People are beautiful, powerful things. Nature is sacred.
- Not learned... experienced. Experience is very valuable.

- - About myself: from people's sharing and compliments I learned that it seems I live and demonstrate connectedness to center, completeness and fulfillment.
- We're all good, gentle, empathic, sharing when we're in safe environment and when we take off the masks, coats, roles.
- Nature is inevitable partner and supporter in the self-development process (it just doesn't grow well in the city training centers and business seminars and thousands of yoga studios and wellness spa centers which have become like 'spirituality malls' ... which means still nourishing the consumption and egocentrism.
- We all need healing, therapy has place in the day.
- The concept of medicine wheel, how to connect more with nature, people, myself. To test different experiences from Native Indian.
- Lots of discoveries about myself. Strong therapeutic effect - personal;
- I've learned a lot about myself and it was also really important for me the connection with the nature and to understand the concept of ecocentric development. Something that i'll try to bring with me to my life.
- I learn a lot about myself and what's my abilities are. I learn how important actually are not to ignore darkness inside myself/for everyone. It's a doors to truth. And truly understanding that every one of us are with some inner demons, that makes me even more acceptable in personal and professional life as well.
- I have confirmed of who I am and my very strong connection to Nature.
- I learned that I can take advantage even of those things that not really please me.
- Spirituality, nature, training life, living in community with awesome people, trainers' job were dedicated and so nice that I took example of them.
- That the wild core of our being is ready for life; that nature, good practices and wise point of references can address us directly to that core.
- I learned about medicine wheel and eco-centric development and I am very motivated to work with them in a different kind of setting
 - I learned that body is more wise than the brain.
 - I learned that I want to work combining nature and positive psychology.
 - I learned that for me spirituality is also about humbleness.
- The fact that you can create such a strong sense of connection with such a big group of people. For me this was an important milestone, as I have never experienced it with so many people at the same time. I will do my best to try and recreate the fairytale atmosphere from that magical place.
- I learned that I must listen to my body, because it knows better. And I should listen and respect the nature because everything happens for a reason.
- The power of feelings, movements, touches, simplicity, nature and beauty can beat the power of words.
- I learned a lot about myself and I gained new perspectives on the young people I work with and their personal circumstances.
- I feel like it really helped me reconnect with my inner child or at least try to uncover it. It made me more relaxed, more spontaneous and it made me realize I don't need to be "the adult" the whole time. I really like the concept of the wheel that was introduced and it's definitely something I would like to pay forward. It also helped me understand the "experiential learning" method after the "Enchantress" activity and I got the ideas how and where to incorporate it in my professional life.
- Better understanding of taking flow and accept energies and influences.
- To be more comfortable in myself. To allow myself to connect and open up, when safe and supported. Love being with younger people. I have learned about the positive impact I can have on others. Learn to feel comfortable with my inner child and free spirit more. The activities have created a deeper connection with nature which has changed me. I know I want to incorporate a more eco-centric philosophy and approach to my coaching and mentoring work with young people and adults.

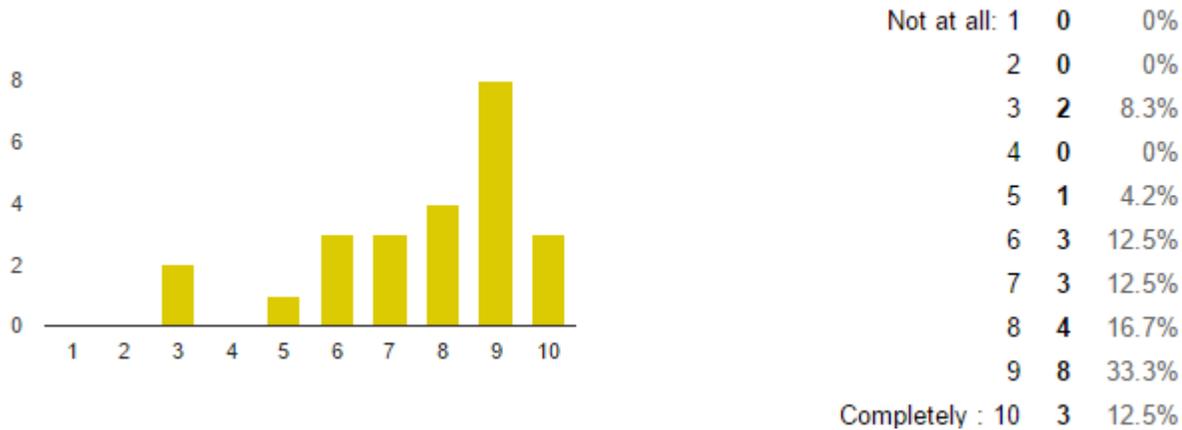
- I learned how not to allow myself to talk myself out of doing things that I know I want to do. I learned that all people have the same fears and vulnerabilities. I also saw that when people are held in a safe place their goodness comes out.
- I can only love the others fully and true if I love myself as well.
- That these themes and the eco-centric development are topics which are needed in modern society and working with youth.

8. How would you describe the training with one word?

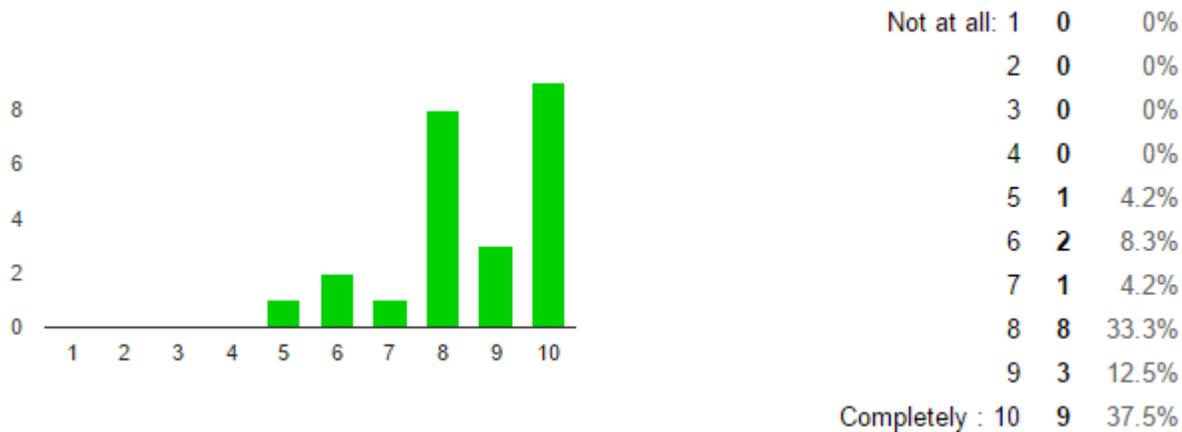


9. Achievement of the training objectives

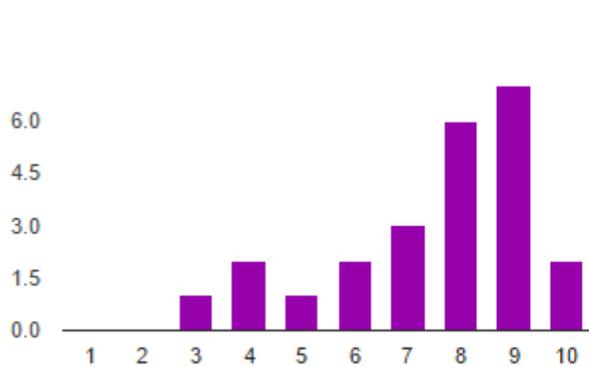
Ob. 1 - Increasing the understanding of the social, psychological and economic characteristics of young people with low opportunities, especially those with mental health problems.



Ob. 2 - Developing the professional capacity (knowledge, abilities and attitudes) to work with young people with reduced opportunities, especially with young people with mental health problems.

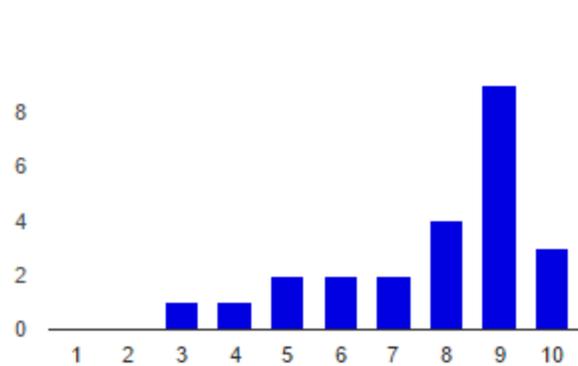


Ob. 3 - Increasing the level of understanding and achievement of the professional insertion of young people with low opportunities, especially of young people with mental health problems.



Not at all: 1	0	0%
2	0	0%
3	1	4.2%
4	2	8.3%
5	1	4.2%
6	2	8.3%
7	3	12.5%
8	6	25%
9	7	29.2%
Completely : 10	2	8.3%

Ob. 4 - Increasing the motivation to work with young people with fewer opportunities, especially with young people with mental health problems.



Not at all: 1	0	0%
2	0	0%
3	1	4.2%
4	1	4.2%
5	2	8.3%
6	2	8.3%
7	2	8.3%
8	4	16.7%
9	9	37.5%
Completely : 10	3	12.5%

10. Practical/Logistical aspects

a. How do you evaluate the accommodation?

- It was challenging to share a room with so many people but it helped me make connections.
- Location: perfect for the contact with nature. Simplicity invites participants to collaborate to community tasks; Rooms: good; Spaces: good - different spaces can be used; Surroundings: I can't evaluate because I just walked a bit for the both sides of the place, not so much.
- Perfect
- Great!

- Excellent, it's forever pictured in my heart.
- Simplicity, community => perfect
- Perfect!!!!!!
- Very good. The place was perfect for that specific training.
- Location was amazing, of course it would be truly perfect if we would be absolutely alone (without other tourists around). Coldness at night and cold showers was totally ok for one week :)
- Everything was very nice.
- I loved it :)
- 11 of 10
- I loved it
- Good
- Perfect
- The location was great for this kind of seminar and the rooms and spaces were pretty comfortable.
- Sleeping in the room above the training room was just delightful when the morning light started coming upstairs through the beams, creating beautiful reflections on the walls. The venue in general was very nice, mostly through the river that brought some of us a lot of recharging :)
- Excellent, providing a sense of community but also space for personal time
- It was really nice. I liked it. It was challenge to share the room with so many people but only the first night. Afterwards it was enjoyable. The village is one of the most beautiful places I've seen even during the rain. It is a place well chosen. Thank you.
- great - 5 star
- The setting was amazing. The rooms were basic but comfortable and worked well to take us back to a simple way of being and living in nature. The communal sharing was good fun and brought me much joy!
- I felt that the location and accommodation were very well suited for this course.
- As a new home for 9 days. A place I only knew from children' books.
- Truly an amazing venue, perfect for this type of courses, nothing bad to mention.

b. How do you evaluate the food?

- "The one from Rachitele was perfect, my stomach was spoiled and happy.
- The main dish at the restaurant in Cluj I didn't like at all. "
- Good. And the cooker is so kind and helpful.
- Great quality, usually a good quantity too.
- Good, but I was thinking about meat as optional.
- Super that there was much fruit all the time. The rest - good with certain failures (the last days of mainly pasta, potatoes and carbohydrates and no special last evening meal to increase the good memory and emotion but this disgusting yellow corn porridge - kachamak in bulgarian). Sorry, I am a vegetarian cook myself and I cook also on trainings, eco camps and in Gudevica and I am too critical ... better don't count my opinion :)
- Good vegetarian food. I just missed more fruits or sweet thing in the end of lunch and dinner.
- Perfect!!!
- Good quantity and quality. Nothing was missing. And loved the fact that it was vegetarian.
- Food was good that it was variable, a lot interesting meals, sometimes too interesting for me :)
- Food was simple and delicious, though I wish there was more local products.
- Delicious.
- Maria was very nice. Even it was vegetarian food I really like it.

- the second half of the training I perceived food way less "seducing" and satisfying, more fruit would have been better. Overall, for this kind of training (bit wild and immersed in nature), it was fine.
- Good but not enough diverse in terms of nutrition.
- Very satisfied.
- The quantity was enough but I needed more variety on the ingredients.
- I liked it, simple, interesting.
- Very happy with the food for most occasions as I selected Vegan option. I would have liked soy /almond milk for the breakfast but there were other options.
- I liked everything except the pasta.
- Not so good
- Ok liked the fact that it was vegetarian but would have appreciated a little more variety.
- I felt that the quality and quantity of the food was adequate.
- Delicious! I do want to give my appreciation for Maria. For her work and the love she put in the food. I felt like she cared about my health and energy (vegan).
- I really enjoyed it, made with love and care.

c. What do you think about the preparation phase?

- The best I've seen until now.
- "Newsletters: It was really useful to receive information before;
- Communication and support with preparation: top!"
- Great!
- Great! As well I was prepared as it said, but many things I didn't use at all. But... you never know if somebody need it or not.
- All fine, very clear, blessings for the newsletters full of emotion, poetry and curiosity hooks
- I really enjoy to receive newsletters, great idea
- Very useful as usual :-)
- It was great. The trainers' team really put a lot of work into it and the material was really good!
- Communication was very very good before training, i felt safe and welcome even I didn't understand truly what's going to happen :)
- It was very helpful.
- Good job Bogdan!
- It was crucial to prepare people to the project and communicate before we go how it will be. I really love the poems.
- It was a very warm and soft introduction to the themes, all useful info were provided by mail, I felt good seeing the training was already starting before reaching Romania.
- It was fantastic.
- I loved it...it was the first project where I received newsletters. And I loved the poems.
- Really interesting and motivating!
- Newsletters were very nice and brought me a sense of "where" I might be going, what the mood and approach might be like, which made me look forward to the TC even more :) the communication and support from Bogdan was always smooth and very helpful. Thank you for that!
- It was really great for setting the scene and building awareness of topics.
- I appreciate the newsletter as this was the first time a trainer sends them to me, organized and inspirational like this. It made the atmosphere complete, I think. It was a part of the preparation phase for all of the participants

that started to feel a part of something before they even met each other. The details of the meeting and everything else were well communicated. Good job guys!

- Great.
- Fabulous, especially considering I joined very late. It all helped me get up to speed quickly.
- I liked the preparation with the newsletters as it helped me to understand some of what was at the core of what you were planning to teach on the course.
- I loved the newsletters! Thank you Bogdan!
- It was really enjoyable and beneficial to the course to have the newsletters before and after. I didn't have it in previous courses, but it works really well, and I would like to use it as well in my own courses.

11. Any other comments or suggestions?

- I hope there will be a second part. :) Thank you for everything.
- For a next training I would like to propose:
 - introductory sessions and more time for contextualization/ explanations;
 - invest more in team building (I believe that was intentional to do not promote it so much in the conventional ways, but can be a good support for the group to know each other, and not just the ones that know already from before);
 - connection between practice and theory during the training course, and not just in the end;
 - keep doing reflection groups with the trainers;Thank you very much for the opportunity!
Congratulations for your work!
Keep in touch.
Hug!
- Thank you for all of your work to make the course such a success. You have changed the lives of every one of the participants for the better, and this will have countless ripples across Europe, and the earth for years to come!
- You're all awesome people, servants, contributors! Carry on guys! I will be happy to have more experiences with you and to keep in touch and share resources, ideas....and "I don't know/maybe" we do something somewhere together. Please accept all my comments as 'sharing is caring'...I told you on the expectations mandala that I see and feel things between the lines :)
- MERCI, MERCI, MERCI
- Thank you so much for this game changing days. I hope I will have some more opportunities to experience something similar. I wish you all the best from my heart. Keep the good work for all earth.
- I know you're reading me. Have a good summer and enjoy holidays. You really deserve it!
- I appreciate all the efforts that you have put, and the motivation to provide the ultimate experience for us!
I also appreciate the fact that you have participated also in the course!
I am grateful for having the opportunity to participate, to be in nature, to get to know new concepts, to help Bogdan around the fire, to meet new people, to establish network
I am also happy with having my expectations met
I am looking forward working with the eco-centric development and medicine wheel concept in a different setting!
Thanx a lot guys! :)
- Keep doing what you do, because this is how we will change the world. Thank you for your efforts, for your honesty and for this amazing experience!
- I wasn't expecting to work too much on the spirituality in this seminar. Maybe next time - in a similar one - we work a lot all the aspects of the Wheel instead of focusing that much to the spirituality. Working in the nature with the nature doesn't always have to do with the spirituality.

Plus, copying ceremonies from Native Americans and trying to make them work in a training course didn't seem like the right thing to do. Working with your spirituality can happen in many different ways, in many different religions. Why that one was chosen?

- Thank you dears, for this very welcoming return to Europe and feeding my interest in E+ projects. The wellness score of our TC would be among the highest ;) Hope to see and work with you soon! Let's do more of this beauty.
- Really valuable training in terms of personal and professional development, It would be great to have a second level or follow up training to look at what has occurred since and how we implemented it with our young people.
- I just started feeling the changes now when I got back to the known. I like the person the course helped me awake in myself. Thank you for the good work.
- A big appreciation to you all for the time, care, thought, planning and innovative and creative approaches to learning that you all successfully executed, with a large cross-cultural group of professional. Your well researched, quality, professional approaches were people-centered. The venue and surrounding was breathtaking. Exceptional. Your attitudes and authentic commitment were experienced and truly felt. In my understanding this created a strong, safe and open connection within the group, as a whole, subsequently this brought about profound learning for myself and other individuals and groups of individuals (which I witnessed and I am still witnessing through emails and Facebook). Again thank you so much.
- Keep doing this kind of work. The world needs eco-centric adults and what you all are doing will help greatly in the evolution of these adults. Thank you all for a life changing experience.
- No.
- Definitely make more courses on these topics. And I would really like to be involved in one way or another as a trainer working together with you all.