



# Deep Connections

15<sup>th</sup> to 21<sup>st</sup> of August 2022 | Măguri Răcătău (near Cluj-Napoca), Romania

## Project impact 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 week after the training course.

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

Number of respondents: 13, out of 25 participants.

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

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## 1. Has the participation in the project changed/influenced you at PERSONAL level? If yes, please tell us few things on how the project changed/influenced you?

- It offered me a mature perspective of seeing things from a deeper level, be it developing professional life, relationships at work and home, it helped me see possible issues from a totally new perspective and gave me examples on how to solve/treat conflicts and turn them into opportunities.
- Yes. It made me better aware of my reactions. I don't blame myself so quickly when I'm not doing something right. I still have to work with the generative adult.
- Yes, it has! It has positively effected in many different ways. The relationship toward nature has changed - i don't see it anymore just as a place to relax, to exercise, reflect, to get out emotions - I see it more holistically now, like nature carrying messages and answers for me. So rather me going with a purpose to the nature, I rather allow the nature to speak to me. I have also started to work around my mind - trying to take decision that are more whole, reflect on things from different facets of myself and etc. I am also weirdly more calm down and less impulsive. However, I am going through a period of time where I do feel like I am searching a purpose of my soul and I am pretty lost and the physical disconnect with nature is making it harder. Is like I cannot be so empathetic toward humans if I don't see them as a part of the nature and that many times happen in big crowded cities and I do fell somehow trapped in the ego centeric society. So, yes, a lot of reflection with tornado storms in my life, but congesting them more patiently. Moreover, I got interested more in the whole wholeness and I am trying to explore it more, but I do feel lost how to go with further learning. I also strongly wish that more people would have access to this ideas and I feel super passionate and eager to share it with others. I am also working a lot on the family issues, patterns, relations and etc. and I do feel that the project helped me to work on it in a completely new way. There are many many more, but to finish somewhere - I guess the word that express the personal change is the PATIENCE that I kind of in bodied.
- Hmm...I think I proved myself that I can stand for my beliefs and be open enough to share what I feel and think. Even if usually I don't have problems with that in this case in front of many people it was really powerful experience. I also had a lot of time to look carefully on my own feelings and emotions, what they do to me and why.
- Yes, the project innfluenced me. I changed my attitude towards myself and towards others. I see my life situation in a different light.
- The project influenced my personal life in a very positive way, improving (among other things) my relationship with my body and enhancing my self esteem.  
Overall I feel I know myself better.
- Yes, this experience has definitely influenced me at a personal level. After the project I'm in a better position to understand myself and recognise what I need to work on in order for me to improve and grow. This also applies to understanding, or "seeing" others in a better way, resulting in being more accepting, as I know understand that nobody is perfect and we are all on our journey to become our better selves.

Furthermore, now I give more space to myself and allow me to experience everything in all different ways, such as through imagination, or the senses and feelings, and not just through thinking.

- I became more connected and much more aware of my impact on the surrounding nature, that I am a part of it and vice versa. I am more self reflective about and in love with the healthy living (food, zero waste thinking etc)
- No
- I'm convinced that the training changed me at a personnal level. The place, the people I was with, and the content and rythm of the training allowed me to take a clearer perspective of

where I'm going to go in the future, who I want to be in the now and after. It helped me to get deeper in human psyche, including mine.

- 100% YES! Firstly and the most importantly on perceiving the world and the richness and wisdom of nature around me. To be truth, after the project, first few weeks was really hard to adapt and to go back to "normal", usual life. I had a feeling that nobody understands me, that I really deeply changed inside and that I don't belong to my bunch of friends/society anymore. Then, when this feeling and anxiety passed out, I totally forgot what I've learned and started to use the same patterns on some situations. The general thing what I noticed is that since the TC I'm much more calm and peaceful in my life, but in the same time I pulled myself into a daily work and obligations cause I thought that this is what I suppose to want and do as an mature adult. In the end, I ended up overworked, exhausted, without social life and any time for myself. So, what I want to say is that is the constant struggle to cultivate and to dedicate your life to be really eco-centered person and to blossom your wholeness. I definitely have a need to reminisce what I learned about myself and my needs during our beautiful journey together. Perhaps, is not an answer on your question and forgive me though. I hope that in the close time I will find time for reflect on my life again as I did in Romania and help myself taking better crucial decisions in my life.
- Yes, I like to be in nature more than before. I meditate from time to time.
- Yes... It helped me to have inner peace. Yet everything is in a balance, even there's a lot of stress, by welcoming my loyal soldier.

## 2. Has the participation in the project changed/influenced you at PROFESSIONAL level? If yes, please tell us few things on how the project changed/influenced you?

- It has. Communication issues, improving ways to solve tasks are some of the things that improved in my work. Approaching situations in new ways and seeing things from all the sides are what helped me treat situations in a more constructive way.
- Yes. I introduced nature more into my activities. I take advantage of all the opportunities in which I can carry out activities with my class in our small forest from the school yard.
- So the developed patience is definitely helping me to cope with work, to be more team worker, looking from different perspectives, see a bigger picture, being more sensitive...However I seriously question everything and sometimes that put me down and depressed and on crossroad of the next professional steps. I am also looking forward that I will be able to use the modules, activities in my work which I didn't have a chance yet.
- Not really, but I got to know some good and useful methods and tools that I can use in my trainers work. I also got to know a lot of great and inspiring people.
- Yes, I use many of the techniques and methods in my job and I've better results.
- I wouldn't say the project had a direct effect on my professional life (I am not currently using any of the tools that were developed in my daily job), but I found I am more able to cope with stress and work load.
- My professional path has not gone far since the training week, therefore I cannot say that it has influenced me at a professional level. However, what I can say is that this project gave me more ideas, thoughts, motivation to continue the non-formal learning path and now the future will show!
- I definitely will educate myself in Bill Plotkin's powerful methodology about eco-centric development and will implement it in my profession as a Gestalt therapist for individuals and groups. I will integrate also Joanna Macy approach in my professional and informal life.
- No

- It helped me to gain more confidence. It also helped me in professional relationship: how to work in a team with different personalities, different desires and perceptions of reality.
- I don't have an opportunity to disseminate the knowledge gained in the project on the professional path of life. At least, not yet. Right now, I'm not doing anything connected with youth education although I really would love to.
- Not yet because I don't work yet but when I start I will use the tools from the project.
- Yes... It was the motive to change my work life...

### 3. Have you used any activities (methods, tools, concepts, theories etc.) from the project in your work? If yes, which ones.

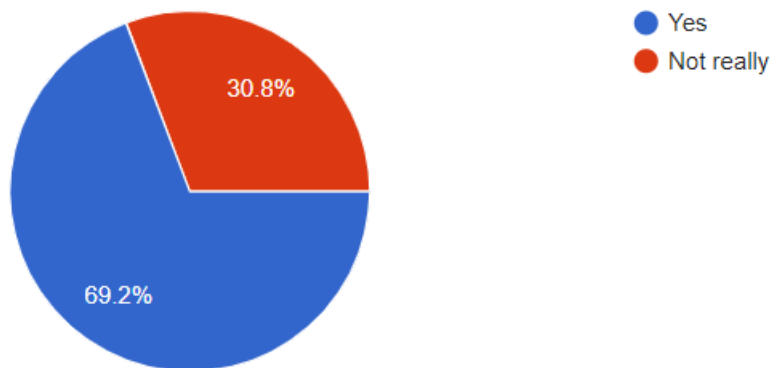
- The four facets of the self helped identify people and know how to approach and solve their issues.
- Yes. Mirroring, exploring nature, saying a secret to a tree, empathic listening, RPGs with those 4 points.
- No, though it was planned but it got postponed.
- Yes, I used: 4 windows of knowing and creating a poem all together
- I used many of the activities in my work with people and I received wonderful results.
- I used some methods and tools while preparing stories to tell, and used "way of the council" rules to lead a group reflection on a folk tale.
- No. As I've explained above, I didn't have the chance to apply anything I've learned on a professional level. Hopefully, I will be able to organise some activities or workshops including some of the concepts I've learned during this project.
- Yes, I applied some exercises with my clients (Loyal Soldier, Writing a poem and others)
- Not yet
- The holistic map.
- -
- Not yet but I want to use the tools like walking in nature, talking with trees, befriend with nature.
- In my new job I'm not working a lot with children, although I use the mentoring.

4. Approximately, how many people have benefited from these activities? (write only a number).

3  
26  
0  
30  
25  
10  
8  
1  
25  
1  
0  
4

TOTAL = 133

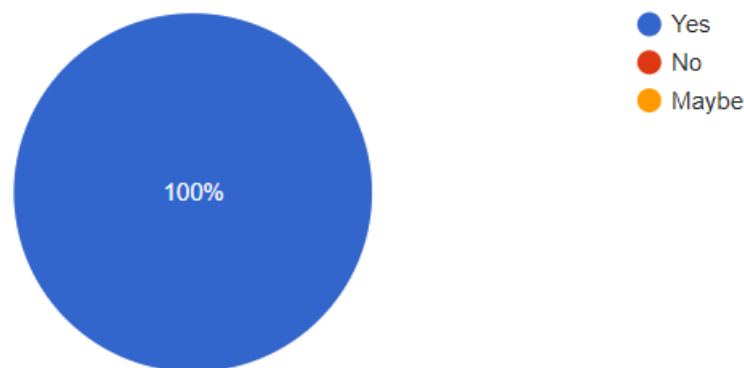
5. Have you noticed any positive changes in your work as an effect of your participation in the project?



## 6. If YES, please share some of these positive changes.

- The amount of work is shared, planned and efficiently solved.
- They are much more aware of their behavior and appreciate nature more.
- patience, calmness, seeing different perspectives, seeing bigger picture, deep reflections
- I think I'm a little bit more self-confident when speaking in public and also when running workshops in English.
- I've much better results of my work with people.
- Better at stress management, easier both to stick to a schedule and to improvise if needed
- I have additional resources for the training programs for young people on personal self-discovery that I have been developing. This helps me to develop and enrich myself professionally and personally also. I feel meaningful while doing what I like
- More mindfulness in the way I talk to people, in the way I include them in projects. Capacities of managing a team.
- Taking part in this project helped me balance both my personal and professional life. Improved my communication skills and extended my tolerance limits.

## 7. Looking back in time, do you think it was beneficial for you to participate in the project?



## 8. If you have done any dissemination actions/events, please briefly present them?

- Not yet but it is in my intention.
- Not yet. I did some activities only with my classroom.
- not really, more in personal life with friends, trying some activities - the way of council, the 4 ways decision circle, embodying the story...
- I didn't make any activities straight away connected with the Eco-centric topic, but I used 4 windows of knowing and creating a poem during one of the trainings about getting more connected to the nature that I led in the last two months.



- I presented the main points of the training in front of a group of people I work with.
- I have been telling all my friends about the course, and suggested "the Wild Mind" to even more people, but I haven't done any official dissemination event
- My dissemination mostly involved individuals and discussions I had with friends and other people.
- I have not still done any dissemination events. Me and Simona are preparing now a training based on Joanna Macy concept.
- not for now, but maybe soon
- Unfortunately not ;(
- Not yet.

## 9. Is there anything else that you would like to add in order to assess the impact of the project on you?

- You did a great job.
- Has been truly the most impact training for me by now and have been constantly coming back to it even if some daily routines distance me sometimes from it. Is still a work in progress, I am a work in progress :)
- It was a fantastic time with well prepared trainers, interesting people in a wonderful place. Thank you for all the meaningful moments.
- I feel I manage my inner dialogue much better after the training course. Learning about the 4 Cardinal resources helped me give a name to different part of me.
- I believe that the impact of the project on me was only positive, and I hope I will have more experiences like this one!
- This really was unforgettable experience, very precious for me. I feel connection with almost all the participants in the training. When my mind goes to remember about those 7 days, I still feel that state of spiritual oneness with the others. I hope to meet again with the same people and in a similar format.
- I figure it out what is not for me and met some incredible people there. I would like to cook as well as our cooks.
- THANK YOU! I wish this adventure would continue!
- Write now I'm working at my french language and this is the reason why I have not yet used the methods from the project in my professional life.