



# Environ.Mental

15 challenges | 3 group meetings  
2 individual coaching session | WhatsApp support system



11-28  
FEB  
2021



with Zsofi Gaudi and Joanna Nikolova

# Hey there,

Do you have a need to explore yourself?

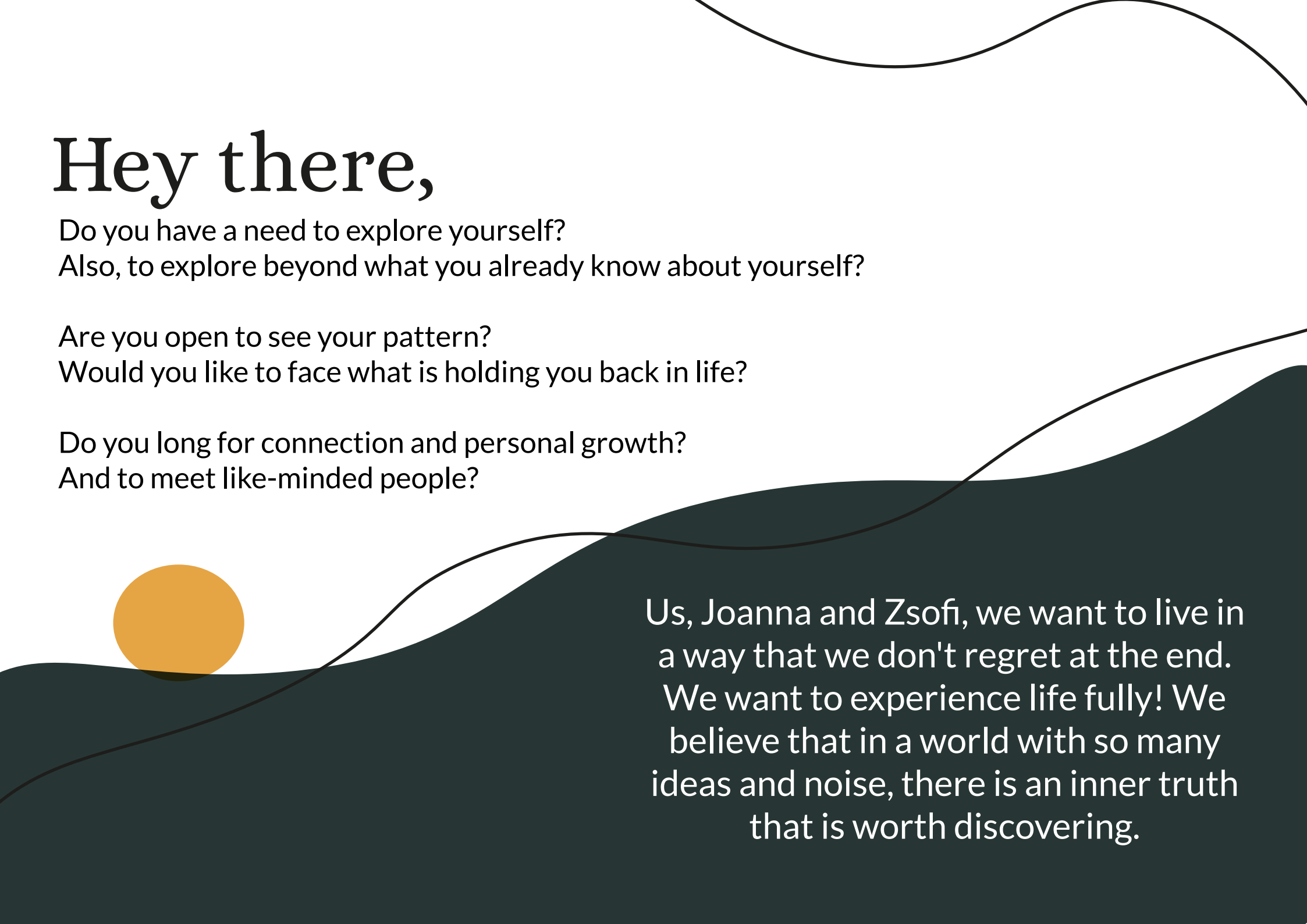
Also, to explore beyond what you already know about yourself?

Are you open to see your pattern?

Would you like to face what is holding you back in life?

Do you long for connection and personal growth?

And to meet like-minded people?



Us, Joanna and Zsofi, we want to live in a way that we don't regret at the end. We want to experience life fully! We believe that in a world with so many ideas and noise, there is an inner truth that is worth discovering.



# About Environ.Mental

The Environ.Mental programme is about personal growth and self-exploration that is grounded in the idea that ***everything that is happening around me is reflected in me, and vica versa.***

Caring for my mental wellbeing is a process. It is not about "getting better" or placing a diagnosis. ***It is about personal growth, awareness and acceptance.*** Like this I connect with my environment and with myself. I feel wholeness.

What is alive in me?  
How to find inner quiet?  
Where do I belong?  
How to be free?

# The Schedule

**15 daily challenges**  
20 mins/person

based on non-formal  
education and experiential  
learning

everyday

**3 group reflections**  
90 mins/week

providing a non-judgemental  
support system, reflection,  
connecting with the body

11th, 18th, 25th Feb

**2 individual  
coaching sessions**  
50 mins x 2

an empathic environment to  
clear your thoughts

Optional dates

These 2 weeks are all about YOU, and your process!

[APPLY NOW](#)

# The methods we believe in

In our toolkit, you can find these methods:

## Non-violent communication

What is alive in me?  
Connect to my feelings and needs.  
Explore my inner judgements.

## Provocative Coaching

Improvisation.  
Can I laugh at myself?  
Changing perspectives, shifting paradigms.

## Systemic Approach

Where do I belong?  
What comes from my ancestors?  
How to use intuition?

## Identity and Archetypes

My social roles and masks?  
The stories that I tell myself?  
My inner hero?

# Meet your facilitators

Zsofi Gaudi

MENTAL HEALTH COACH & TRAINER  
FOUNDER OF UNFOLDING - TRAINING AND COACHING.

[www.unfolding-tnc.com](http://www.unfolding-tnc.com)

*"I have a background in the field of Psychology, Mental Health and Personal Development.*

*My passion is in provocative and systemic coaching - to work with humour and intuition. My mission is to bring lightness in serious topics, and to support to create a perspective for yourself that works for you long-term."*



# Joanna Nikolova

CULTURAL ANTHROPOLOGIST  
LIFE & CAREER COACH, YOUTH WORKER

## Joanna's Crazy Coaching

*"I do coaching and Theatre of the Oppressed training. With a background in Cultural Anthropology, I am interested in Psychological Anthropology, Bio-energetic Analysis and Yoga. I love to travel, explore and experience cultures, Food Anthropology and theatre.*

*Lately, my work is mainly focused on creating educational opportunities for young people in the Erasmus + Programme context and coaching."*



# What others say about us

*"Participating in this programme in a very busy period of my life, helped me to focus inside and reach more power in me. Instead of seeking for solutions in the world or around me, I had the chance to be silent and listen to my own heartbeat. Feel that there's much more in us than we think."*

*"I really liked the openness of everyone in the Program. I felt supported with how and where I was."*

*"I definitely would recommend participating in this program to those who want to increase self-love and daily awareness. Our WhatsApp supported me a lot. I will do some of the challenges again."*

*"Environ.mental made me realize that I need to dedicate quality time to myself and my thoughts and helped me understand my emotions, needs and how to continue working on them from now on."*



# Investment

**Participation fee: €120**

**25% discount**

Youth Workers and Youth Workers and people who live in Albania, Bosnia and Herzegovina, Bulgaria, Croatia, Hungary, Kosovo, Montenegro, North Macedonia, Romania, Serbia, and Slovenia.

**50% discount**

For current ESC volunteers.

# How to Apply?

By filling out and submitting this application form you will be applying to Environ.Mental 2-week self-exploration programme and agree to our [Terms and Conditions](#).



If you have any questions, please contact Zsofi or Joanna at:  
[askaway.environmental@gmail.com](mailto:askaway.environmental@gmail.com)

APPLY NOW

# Environ.Mental