

Two-week self-exploration programme



15 challenges

3 group meetings

2 individual coaching sessions

WhatsApp support system

with Zsofia Gaudi and Joanna Nikolova

15 - 22 -29 April

18:30 CET

Hey there,

So 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 live life fully!
We believe that in a world with so many ideas and noise, there is an inner truth that is worth discovering.

Apply



About Environ.Mental

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

for more information click on 'challenges', 'group reflection', 'coaching'

Schedule

15 daily challenges
20 mins/day

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

15th, 22nd and 29th
April

**2 individual
coaching session**
50 mins x 2

an empathic and safe
environment to clear your
thoughts

date of your choice

These two-weeks are all about YOU, and your process

[APPLY HERE](#)

The methods we believe in

In our toolkit, you can find these methods:

Non-violent Communication

What is alive in me?

What are my needs and feelings?

Celebrating inner judgements.

Embodiment

Where does your body want to move?

What are you learning from your body?

What would your body say?

Provocative Coaching

Can I laugh at myself?

Changing perspective, shifting paradigms

What are my inner resources?

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 & EDUCATOR
FOUNDER OF UNFOLDING - TRAINING AND COACHING.

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 the tools of humour and intuition. My mission is to bring lightness in serious topics, and to support individuals and groups to create a new perspective that is sustainable in the 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 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."

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

"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

10% discount

If you are referred by somebody from edition 1, 2 or 3

25% discount

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

OR apply before 7th APRIL

50% discount

For current ESC volunteers



How to Apply?

By filling out and submitting this application fro you will be applying to Environ.Mental 2-week self-exploration programme and agree to our Terms and Conditions.

[APPLY HERE](#)

If you have any questions, please contact Zsofi or Joanna at:
askaway.environmental@gmail.com



