

## Participant reports & evaluations

### Transition 2 Resilience Training Module 5 Findhorn, November 2014



# Report On the Transition To Resilience Training In Findhorn Module 5 November 2014

Submitted By: Niveen Adel Eid Morsy



## Background:

The first time I heard about the transition to resilience training was when I was attending an ecovillage design education training in Sieben Linden in November 2012. I felt connected to the idea so I applied to attend a previous module but there was no chance for me to attend. Then in October 2014 I received a call from the Gen Africa Council there were funded slots for Gen Africa to attend module 5 of this training and that the council have agreed upon choosing my name. It was this part of life when you really need to go away for something useful as attending a T2R. I was very much excited to visit Findhorn; the ecovillage that I have heard about and its exciting stories while ago.

## The Training:



## T2R benefits:

I am not in this report planning to speak about my whole journey but I would say that the T2R training has assisted me in getting out of the belly of the beast that I felt I was going through along my journey. I discovered that my problem was missing an important part of the journey which is building alliances and fellowships. That's exactly what I tried to enhance after I got back from T2R.

The "I, We and World" approach unleashes to me what projects need to succeed on the detailed levels gradually in circles to holistic levels.

I manage to get out of the ordeal at least a little by holding several meetings and talks in my organization to convince them to believe in the ecovillage movement. I wrote an abstract of a project titled "*Heritage Ecovillages Platform for Sustainable Holistic*

*Environments*” within the USA ambassador fund for cultural preservation. Among learning the lesson of building the alliances I connected to Dr. Aboueleish from the advisory members of gen Africa the legendary founder of Sekem, he bought my dream and supported me and even suggested that Heliopolis University to partner with us in this same project. I am not sure whether our application will pass through or not but along my journey and by the help of T2R I am sure I will reach Reflection, Integration and Celebration and from there on to the second journey.

**Further benefits:**



During the T2R I announced the global ecovillage summit that was about to be held one month after the T2R in Senegal. I had fruitful meetings with the African team and Kosha Joubert; president of GEN international to arrange for the summit, going through selection process of the participants, preparing new flyer for gen Africa, and the summit program.

Along the T2R it was also a chance to meet the Sircle European project team. The project targets preparing pattern language for ecovillages training. The facilitators interweaved the project discussion within our T2R and it was very good chance for us to be part of the kicking off of this project in Findhorn.

In addition the T2R enhanced my role in gen Africa IT team and I am now responsible within a global gen IT team in an IT project targets the transformation of old gen Africa website to new image where all regional gen networks are aligning with.

## Participant reports

### Transition 2 Resilience Training

### Module 5

### Findhorn, November 2014

Name: Clio Pauly-Kurz

Organization: GEN International and Free Your Mind cc

Country: Namibia

#### 1. Introduction to the T2R training

This T2R was quite special as it was the last in the series of 5 and yet the module not only served as a completion but also as a new beginning namely the Sircle Project which although was European focused had a lot of relevant information for the youth and the Art scene in Namibia.

#### 2. The Importance of T2R to me and my community

Personally the T2R gives me the necessary space to reflect, heal, recharge, let go and re-align myself. I use acquired tools personally to avoid burn outs and in my family life to enhance harmony, inspiration, worth and endurance.

I have recently taken a break from direct teaching in schools where in the past most of my efforts were invested to train high school students on resilience. I have now stepped more fully into Free Your Mind cc where in collaboration with Art Watch and Arterial Network we started to host workshops that inspire resilient and conscious artists.

#### 3. What I have done so far (including reporting back to home organization – please include pictures)

I immediately updated and shared main tools with the management of Free Your Mind cc. They agreed that this was a vital and necessary topic for artists to engage with in 2015. The First workshop was held in January 2015 and focused on the tool of the 5 elements to support Artists within their projects and their presentation on stage. There was also a strong Focus on the Rights and responsibilities of artists thanks to Art Watch. Our evaluation forms advised us to bring more participants on board and to advertise better and more in advance. They recognized our efforts “the energy the workshop created allowed us to enter rehearsals with more calmness and confidence” or “this was 100% excellent” and “Thank-you so much for the inspiration I am looking forward to more. “







#### 4. Future plans

We hope to have monthly workshops for artists across Namibia and Africa. We plan to implement them by using the Gift Economy. These workshops focus on personal resilience and on economic and political resilience. We also envision approaching Private companies and Government as we have no employment welfare programs in place as yet this may be a much needed offer for their workers too.

## Participant reports

### Transition 2 Resilience Training

### Module 5

### Findhorn, November 2014

Name: Lua Bashala  
Organization: GEN-Africa  
Country: South Africa and Congo

#### 1. Introduction to the T2R training

This was the last module and my first module of T2R that I ever attended. I appreciated meeting like hearted people and seeing how the end of this 2 year course marked a beginning of a new inspiring project namely the Sircle project. The introduction to patterns and different maps and tools for resilience really strengthened me

#### 2. The Importance of T2R to me and my community

The T2R took place in a tranquil and safe space known as Findhorn which allowed me on a personal level to fully re-charge.

Considering the daily crises my country's (DRC and RSA) face which inevitably spills into the communities I work and live with tools to resilience are indispensable. I appreciate the visual tools the most as they are very useful in communities that do not read or do not speak English.

#### 3. What I have done so far (including reporting back to home organization – please include pictures)

I shared the tools and methods gained within my team as we are currently standing on a new frontier of working together in an ex mining village with the local community and face many challenges that require us as a team to remain resilient and determined.





#### 4. Future plans

I trust that once we have become more stable within our new community we can take the T2R module and share it beyond our team into the community and believe these workshops will be fruitful and extremely useful.



## Participant reports Transition to Resilience Training

### Findhorn, September 2014

Name: Mugove Walter Nyika  
Organization: Rescope Programme  
Country: Zambia  
Website: [www.seedingschools.org](http://www.seedingschools.org)

#### 1. Introduction to the T2R training

The Training to Resilience is aimed at equipping participants with the tools that will help them to be more effective facilitators of community building work. The participants were a diverse group of experienced people working with communities in all continents. Apart from the sharing given by the trainers it was also very enriching to learn from other participants. The trainers created adequate opportunities for peer learning. We also got opportunities to practice using some of the tools that were shared.

#### 2. The Importance of T2R to me and my community

Transition to Resilience is at the centre of the work that I am doing with school communities and the local organisations that work with them. As the Rescope Programme are capacitating both the school communities and the local organisations with skills for changing mindsets and creating landscapes that are ecologically sound. A higher sense of community is essential for us to succeed so the tools that were shared at the T2R training help us to build this in the communities that we are working with

#### 3. What I have done so far (including reporting back to home organization – please include pictures)

Upon return from the T2R training I shared my experiences with colleagues at the office and have so far had 2 opportunities to use my T2R skills in working with our target groups. The first was in school participatory design workshop that took place from the 16<sup>th</sup> to the 20<sup>th</sup> of December 2014 at Lushomo school in Monze, Zambia. This workshop was attended by the representatives of the teachers, parents, learners, community leadership and the local Community Based Organisation called Zambia Women and Girls Foundation (ZAWGF). The second was A training of trainers course that we held in south western Kenya at CREP, Awasi from the 20<sup>th</sup> to the 24<sup>th</sup> of January 2015. The workshop was attended by 11 trainers from different parts of the country who are working with communities.

Find below some photos from each of the two activities:





The Training of Trainers course in progress at CREP, Kenya in January 2015



Representatives of the school community at Glen View 6 school, Harare, Zimbabwe who are benefitting from the Resilience training

#### 4. Future plans

In future we are planning a training of trainers course to be held in Uganda in February 2015. The trainers will be able to use the skills gained with the various communities that they are working with. We are also holding a strategic planning workshop for the Rescope Programme that will be held in Kenya in April 2015. Insights from the T2R training will help me in contributing to the development of a more effective organization going forward.

Transition to Resilience Feedback Form – Module 5 – November 2014

Please help us to improve the quality of our services by giving us your feedback below.

Name (Optional)..... Bitshilualua Bashala .....

1. Your age?..... 34 .....

2. Your gender?..... F .....

3. Your nationality..... Congolese ..... & country of residence?..... South Africa .....

4. Where was your accommodation? (Please circle) Guest Lodge / Own accommodation

5. Please rate (circle) the quality of the accommodation (1 is lowest): 1 2 3 4 5 6 7 8 9 10

6. Please rate the quality of the food: 1 2 3 4 5 6 7 8 9 10

7. How satisfactory was the programme's meeting space: 1 2 3 4 5 6 7 8 9 10

8. Rate your overall experience during your stay at Findhorn: 1 2 3 4 5 6 7 8 9 10

9. Rate how valuable the programme was for you: 1 2 3 4 5 6 7 8 9 10

10. Did you feel the programme provided value for money? 1 2 3 4 5 6 7 8 9 10

11. Please let us know the main method of transport you used to travel here (please circle one option):

Bus / Car / Rail / Air / Other (please specify).....

**Additional Information**

1. What were three highlights from your time at Findhorn?  
- connecting with change makers from other parts of the earth  
= The quality of facilitation by Kosha & Robin  
= The time & space allowed for personal development

2. What could have been better?  
- The heat in my room at times not working  
- Wifi internet going off at my accommodation

3. What was most valuable about the programme?  
Connecting to further develop & plan the Global Ecovillage summit with the GEN-Africa Council & advisory board.

Please turnover for more questions

4. What was least valuable about the programme?

/

5. Was there anything missing or was there anything you would have liked more of?

/

6. Is there anything you would like to say about your programme facilitators:

a) Kosha Joubert...

uses good participatory methods in facilitating, clear & concise.

b) Robin Alfred...

Keeps an open flow going which invites people to participate & tuned in to the group

8. What was the major learning for you:

a) on a personal level?

I had time to reflect & work on some applications to further support my efforts within GEN-Africa, Andrew & the hosts were gracious in creating this space.

b) with regard to other people, the environment, or the planet as a whole?

Collective intelligence in designing a new programme = experiencing a creative process which will impact others.

9. Are there any other comments you would like to make e.g. about the programme, your stay here, your time in Cullerne Gardens?

Thank you, Thankyou, Thank you!!!

Thank you for taking the time to offer us your feedback.

Transition to Resilience Feedback Form – Module 5 – November 2014

Please help us to improve the quality of our services by giving us your feedback below.

Name (Optional)..... Mugove Walter Nyika.....

1. Your age?..... 54.....

2. Your gender?..... Male.....

3. Your nationality..... Zimbabwean & country of residence?..... Zambia.....

4. Where was your accommodation? (Please circle) Guest Lodge / Own accommodation

5. Please rate (circle) the quality of the accommodation (1 is lowest): 1 2 3 4 5 6 7 8 9 10

6. Please rate the quality of the food: 1 2 3 4 5 6 7 8 9 10

7. How satisfactory was the programme's meeting space: 1 2 3 4 5 6 7 8 9 10

8. Rate your overall experience during your stay at Findhorn: 1 2 3 4 5 6 7 8 9 10

9. Rate how valuable the programme was for you: 1 2 3 4 5 6 7 8 9 10

10. Did you feel the programme provided value for money? 1 2 3 4 5 6 7 8 9 10

11. Please let us know the main method of transport you used to travel here (please circle one option):

Bus / Car / Rail / Air / Other (please specify).....

**Additional Information**

1. What were three highlights from your time at Findhorn?

1. The living machine
2. The Forum

2. What could have been better?

Getting background information before the conference

3. What was most valuable about the programme?

- Connecting to other people and projects
- The Forum

Please turnover for more questions

4. What was least valuable about the programme?

Nothing

5. Was there anything missing or was there anything you would have liked more of?

Some discussion on Resilience /  
Resilience Science as a discipline

6. Is there anything you would like to say about your programme facilitators:

a) Kosha Joubert...

Thank you

b) Robin Alfred...

Great! Many thanks

8. What was the major learning for you:

a) on a personal level?

There are many wonderful people doing  
good work in every country!

b) with regard to other people, the environment, or the planet as a whole?

9. Are there any other comments you would like to make e.g. about the programme, your stay here, your time in Cullerne Gardens?

I would love to come back and  
recommend this place to others

Thank you for taking the time to offer us your feedback.

Transition to Resilience Feedback Form – Module 5 – November 2014

Please help us to improve the quality of our services by giving us your feedback below.

Name (Optional)..... Niveen .....

1. Your age? 45 .....

2. Your gender? Female .....

3. Your nationality Egyptian ..... & country of residence? Egypt .....

4. Where was your accommodation? (Please circle) Guest Lodge / Own accommodation

5. Please rate (circle) the quality of the accommodation (1 is lowest): 1 2 3 4 5 6 7 8 9 10

6. Please rate the quality of the food: 1 2 3 4 5 6 7 8 9 10

7. How satisfactory was the programme's meeting space: 1 2 3 4 5 6 7 8 9 10

8. Rate your overall experience during your stay at Findhorn: 1 2 3 4 5 6 7 8 9 10

9. Rate how valuable the programme was for you: 1 2 3 4 5 6 7 8 9 10

10. Did you feel the programme provided value for money? 1 2 3 4 5 6 7 8 9 10

11. Please let us know the main method of transport you used to travel here (please circle one option):

Bus / Car / Rail / Air / Other (please specify).....

**Additional Information**

1. What were three highlights from your time at Findhorn?

- Listening to Findhorn history stories & visiting Cloney.
- The community is very welcoming.
- Participants selection.

2. What could have been better?

- Less time on the Sircle project & more time on the T2R both for those who are not member in Sircle & also for Sircle because they need the T2R experience to generate their new curriculum.
- Introduction to the previous 4 modules of T2R.

3. What was most valuable about the programme?

- Hero's journey. Robin & Kosha facilitation.

Please turnover for more questions

4. What was least valuable about the programme?

- The images / photos exercise.
- 5 minutes passionate.

5. Was there anything missing or was there anything you would have liked more of?

- Taste of the previous 4 modules.

6. Is there anything you would like to say about your programme facilitators:

a) Kosha Joubert...

Warm affection, welcoming, keeping the energy in group.

b) Robin Alfred...

Very Good organization, time management, fun, wisdoms & poems.

8. What was the major learning for you:

a) on a personal level?

I, we, world understanding

b) with regard to other people, the environment, or the planet as a whole?

About the sirde project, oasis game, pioneers learning from Spain

9. Are there any other comments you would like to make e.g. about the programme, your stay here, your time in Cullerne Gardens?

Make meetings before or after training.

Thank you for taking the time to offer us your feedback.