

# PARTNERS FOR YOUTH EMPOWERMENT

#### **Connect With Your Inner Nature**

A Creative Catalyst Workshop with Aida Gadallah

#### Connect With Your Inner Nature with Aida Gadallah

Studies show that exposure to nature is good for our health, well-being and happiness. Unfortunately, we become less connected with nature because we are deeply embedded in the human-made world. Join Egyptian-based facilitator Aida Gadallah for an adventure connecting with nature using our imaginations and our creativity. We'll learn from nature's teachings to discover more about who we are. We will go on a journey together using Creative Visualization and touch on mindfulness practice, storytelling, drawing, and creative writing to explore our inner world where we find nature is our teacher.





Aida is an experienced facilitator with adults and teenagers in Egypt and Mexico. She has a scientific background and is studying psychology. She is passionate about empowering young people and using creative facilitation to discover the inner world, improve psychological health and Self-development. She works as a trainer and a content designer and developer at Funtasia Egypt.

#### Connect With Your Inner Nature with Aida Gadallah

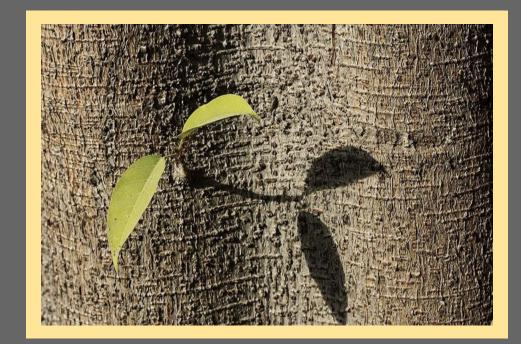
#### Welcome!

We will get started on the hour.

Please turn on your video if possible before we begin.

#### Introduce yourself in chat!

Share your name, a place in nature near where you live and something you like to do whilst out in the natural world





If you are having any issues with technology, please visit <u>zoom.us/support</u>. If you are still having issues, you can chat with our support person privately through the chat feature. They are listed in the drop-down menu in the "to"-line of the chat box, with the name " Ask Me! | Susan, PYE Global."

### **Group Introductions**

Gallery view & everyone unmute

1st speaker volunteer (afterwards, call on the next person)

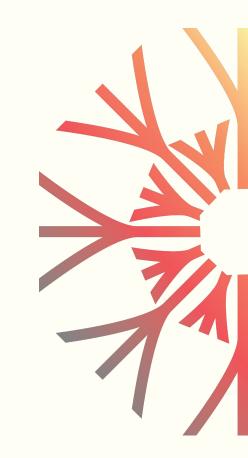
Name, pronouns, cultural identity(ies) Where you are from? Share something from nature that you appreciate the most and tell the group why you chose it

After the 60-second warning, finish up, thank each other and click "Leave Breakout Room."



#### **WELCOME BACK**

The rest of the group will join us shortly.



## GOALS

- To appreciate the natural world.
- To deepen our connection with ourselves through nature
- To reconnect through our imagination

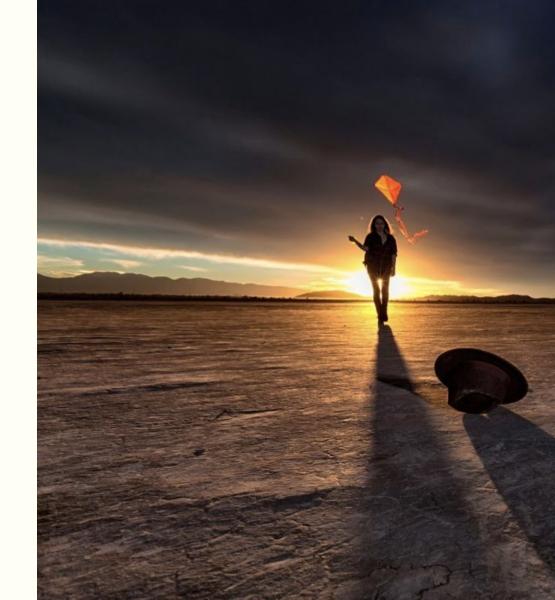




## AGREEMENTS

- Hold an open mind
- Participate in the way that feels right to you
- Share your reflections





### **Breakout Room Sharing**

Gallery view & everyone unmute

1st speaker volunteer (afterwards, call on the next person)

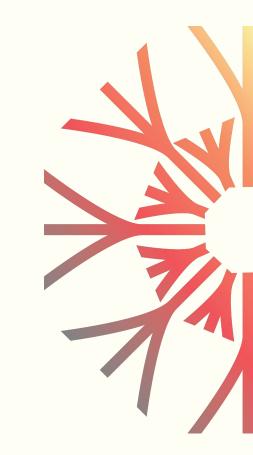
Choose who is A, B and C A&B launch into an improvised conversation. C listens deeply. After 1-2mins, C intervenes asking questions and joining the conversation.

> When you see the 60-second warning, finish up, thank your group and click "Leave Breakout Room."



#### WELCOME BACK

The rest of the group will join us shortly.



#### **Creative Visualisation**

Finding myself in nature

Grab a piece of paper, a pen to write with and some colours Keep them beside you

Make yourself comfortable, sit back, lay down and relax You will uncross your arms, legs and bring attention to your breath Get ready for a waking dream in the imagination

If your thoughts start to take you away, gently bring yourself back to the sound of Aida's voice and follow the visualisation process



### **FREE WRITE**

Let your thoughts stream out of your mind and onto the page. Don't worry about spelling, grammar, punctuation or if it makes any sense. Keep your pen moving the entire time without judgement or editing

You have 4 mins to write down as much of the conversation as you can remember. You can also write down what you felt or saw during the visualisation.

If your thoughts start to take you away, gently bring yourself back to the sound of Aida's voice and follow the visualisation process



#### DRAWING

Express yourself with colour, make marks on the page, be playful!

You have 5 mins to draw your place in nature that you saw in the visualisation. Think about your similar positive qualities and draw them in your own creative way.

This is a time for you to express and make marks on the page Make the most of it!





## **Breakout Room Sharing**

Gallery view & everyone unmute

1st speaker volunteer (afterwards, call on the next person)

- 1. Share the part of nature you chose
  - 2. Share your similar qualities
- 3. Share one insight or teaching you received from imagination this part of nature.

When you see the 60-second warning, finish up, thank your group and click "Leave Breakout Room."



## **Stay connected**



aidagadallah@gmail.com



(this link has also been pasted into the chat, and will be sent in a follow-up email)

## Next Creative Catalyst:

The second Tuesday of each month March 9th | April 13th | May 11th



## **Upcoming PYE Trainings**

Leading Powerful Online Programs \*Advanced\* 16th & 17th Feb Expand Your Zoom Facilitation Skills 9am - 12:30 PST | 10:30am - 2pm EST | 5-8:30pm GMT

Creative Facilitation 1 \*Online\* 19th & 26th Feb Reconnect with your own Creativity and Gain a Toolbox of Activities 9am - 12:30 PST | 10:30am - 2pm EST | 5-8:30pm GMT

Leading Powerful Online Programs \*Basic\* 20th & 21st Feb Build Your Basic Zoom Facilitation Toolkit 9am - 12:30 PST | 10:30am - 2pm EST | 5-8:30pm GMT

#### **THANK YOU**

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