



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.



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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 zoom.us/support. 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



Aida Gadallah:
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





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THANK YOU