

Evaluation Report

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“Mindful Youth Work: Cultivating Well-Being in Yourself and Others” Training Course by SCI Poland

9-15 May 2024

Evaluation report

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Preface

This report includes a summary and analysis of the answers from questionnaires received from the participants in the *Mindful Youth Work: Cultivating Well-Being in Yourself and Others* Training Course (9-15.05.2024), part of the [Stop. Reflect. Do Better](#) project led by Stowarzyszenie Jeden Świat – SCI Poland in 2023-2024.

Our project partners were CVS Bulgaria, SCI Catalunya, SCI Germany, Útilapu Hungary, VSI Ireland, SCI Italy, CID North Macedonia, Para Onde? Portugal and Zavod Volontariat – SCI Slovenia.

The training course gathered as many as 30 participants from the above-mentioned countries, and of as many as 17 nationalities.

The trainers were Natalie Jivkova (Bulgaria) and Goška Tur (Poland).

Even though it is not the first project we have organised, we were very interested in learning about the level of satisfaction of the course participants with various aspects of the training courses, as well as we wanted to read opinions and proposals for improvement for future courses of this type, to be organised by SCI Poland and the partner organisations.

Evaluation process

The evaluation survey, shared with the participants straight after the training course, measured the satisfaction level with the training and it also collected ideas for improvement of similar events to be organised.

We received 27 responses to the evaluation survey (the response rate being 90%).

With the knowledge that usually a few people do not fill in the evaluation surveys, this percentage was a very good base for the evaluation of the training course.

Key findings

Mindful Youth Work: Cultivating Well-Being in Yourself and Others training course received extremely positive (and sometimes: very positive) evaluation results.

- **55.6%** of participants said they were *extremely satisfied* with the whole training
- with a further **25.9%** being *very satisfied*
- 11.1% – *rather satisfied*
- 2 participants (7.4%) were *neither satisfied nor dissatisfied*
- and **nobody** was *dissatisfied* with the experience.

When it comes to more detailed aspects of the course, the course received even better average *satisfaction level* results. In the calculation below, 100% corresponds to the highest grade, *extreme* satisfaction, and 83% is the equivalent of *very high* satisfaction.

- Preparation stage: the communication and support before the course: **82%**
- Content of the programme: **80%**
- Training methods: **87%**
- Meeting needs and expectations: **81%**
- Enjoying the group atmosphere: **88%**
- Actively participating in the training: **79%**
- Trainers: **88%**
- Accommodation: **87%**
- Food served: **62%**
- Participant's level of understanding for the follow-up activities: **78%**

The exact measurement method and all answers are provided in the next chapter of the report.

One can note from the above breakout of the various training aspects that the level of **overall training satisfaction is very high**.

From the detailed answers, we learn that the participants **liked and enjoyed the course**. They have now a **better understanding of well-being and its dimensions**, know a lot about **how to take care of their own and others' well-being, about emotional and social intelligence, Nonviolent Communication, and how to be more inclusive**.

The participants had moments to **self-reflect, discovered more about themselves** and also experienced **intense learning while sharing with such a diverse group**.

They also **developed their soft skills for communication and inclusion** as well as discovered **new ideas to apply in their personal and professional lives when working with young people**.

Many participants shared that they found **new friends**, were accepted and had the opportunity to **share in a safe and inclusive environment** and that they **feel curious** to continue exploring the topic of well-being.

The participants see themselves as **capable of putting the acquired knowledge and skills into practice** and are **confident about the follow-up actions**.

Some participants liked most the moments with practical activities, others the outdoor exercises, others enjoyed when we were all together while some enjoyed the work in small groups, the little talks, and the activities proposed by the heart keepers and the energy keepers. Some participants pointed out the specific topics that were part of the training, others – the discussions.

Most of the participants shared that they enjoyed all the moments and the overall training experience. And many of them shared some special moments, e.g. “walk the talk” in the forest, or observing/looking for the northern lights during a geomagnetic storm.

The **trainers’ team** received only positive, heart-warming comments, and their role, support, and guidance during the courses were assessed as professional, inspiring, and amazing. The participants’ opinions are included on the next pages.

Regarding **recommendations for improvements**, we received various ideas, based on participants’ personal preferences.

Most of the recommendations are connected to the logistics – either having extra spaces for working or recommendations for the food served. Some people were less open to accepting food that differed from their own local eating habits, while others were curious to try and enjoy various Polish dishes.

Regarding other recommendations, participants would like to have a longer course, with more activities, preferably outside. Some participants asked for more resources on the topic.

We received one evaluation form in which the answers to the questions were “disagree” and “strongly disagree”. Unfortunately, there were no comments except that the person liked the energisers. With the provided information we cannot understand if it is a mistake choosing “disagree” instead of “agree” (we have encountered such before in previous training courses, where from the comments it was clear that it was a mistake) while filling in the questionnaire or one participant is indeed dissatisfied with the training.

Except for the above-described case, the content and process of the “Mindful Youth Work” Training Course were evaluated **very positively** by the participants, and the proposals for improvement can help us to plan similar training courses in the future.

On the next pages, we present all the evaluation statistics and the participants’ additional feedback.

EVALUATION SURVEY – COMPLETE ANSWERS

The next section of the report presents the statistical measurement of the satisfaction indicators and a compilation of answers and suggestions (anonymised, if needed) provided by the training participants.

Overall satisfaction with the training

The participants first answered the question:

“Please rate your satisfaction level with the training course”

from 1 – *Extremely unhappy/dissatisfied* to 7 – *Extremely happy/satisfied*

The results were:

Choice	No. of answers	% of answers
1	0	0%
2	0	0%
3	0	0%
4	2	7.4%
5	3	11.1%
6	7	25.9%
7	15	55.6%

Modal value (most common result): **extremely satisfied**

Average result in %: 88%

Explanation:

The higher the percentage of the average result, the bigger the satisfaction level. E.g.:

- A score of 100% would mean extreme satisfaction for 100% of participants;
- A score of 83% here would mean that the training course participants expressed on average very high satisfaction.

Therefore, a result of 88% means that the participants on average were between “very high” and “extreme” satisfaction.

The average result calculation is based on assigning points to each answer, summing them up, and then calculating a percentage of points reached in comparison to the maximum possible result.

- Answer no. 7 – extremely satisfied = 6 points
- Answer no. 6 – very satisfied = 5 points
- Answer no. 5 – rather satisfied = 4 points
- Answer no. 4 – neither satisfied nor dissatisfied = 3 points
- Answer no. 3 – rather dissatisfied = 2 points
- Answer no. 2 – very dissatisfied = 1 point
- Answer no. 1 – extremely dissatisfied = 0 points

Satisfaction level with various aspects of the course

Next, the participants rated 10 statements on the “strongly disagree-strongly agree” scale.

1. I am satisfied with the information and support I received from the organisers BEFORE the training.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	1	4%
I don't know	1	4%
Agree	12	44%
Strongly agree	13	48%

Modal value (most common result): **strongly agree**

Average result* in %: **82%**

Explanation:

100% means the highest possible result (extreme satisfaction, happiness, engagement etc., depending on the nature of the question).

The average result calculation is based on assigning points to each answer, summing them up, and then calculating a percentage of points reached in comparison to the maximum possible result.

In the above question and the next ones:

- Strongly agree = 3 points
- Agree = 2 points
- Disagree = 1 point
- Strongly disagree = 0 points

“I don't know” answers are not used for calculation.

2. I am satisfied with the training content.

Choice	No. of answers	% of answers
Strongly disagree	2	7%
Disagree	1	4%
I don't know	0	0%
Agree	8	30%
Strongly agree	16	59%

Modal value (most common result): **strongly agree**

Average result in %: **80%**

3. I am satisfied with the training methods.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	1	4%
I don't know	1	4%
Agree	8	30%
Strongly agree	17	62%

Modal value (most common result): **strongly agree**

Average result in %: **87%**

4. The training course met my needs and expectations.

Choice	No. of answers	% of answers
Strongly disagree	1	4%
Disagree	1	4%
I don't know	2	7%
Agree	9	33%
Strongly agree	14	52%

Modal value (most common result): **strongly agree**

Average result in %: **81%**

5. I enjoyed the group atmosphere.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	1	4%
I don't know	2	7%
Agree	7	26%
Strongly agree	17	63%

Modal value (most common result): **strongly agree**

Average result in %: **88%**

6. I actively participated in the training.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	2	8%
I don't know	1	4%
Agree	12	44%
Strongly agree	12	44%

Modal value (most common result): **(strongly) agree**

Average result in %: **79%**

7. I am happy with the trainers' team.

Choice	No. of answers	% of answers
Strongly disagree	1	4%
Disagree	0	0%
I don't know	0	0%
Agree	7	26%
Strongly agree	19	70%

Modal value (most common result): **strongly agree**

Average result in %: **88%**

8. I am satisfied with the accommodation.

Choice	No. of answers	% of answers
Strongly disagree	1	4%
Disagree	0	0%
I don't know	1	4%
Agree	7	26%
Strongly agree	18	66%

Modal value (most common result): **strongly agree**

Average result in %: **87%**

9. I am satisfied with the food served.

Choice	No. of answers	% of answers
Strongly disagree	2	7%
Disagree	6	22%
I don't know	5	19%
Agree	7	26%
Strongly agree	7	26%

Modal value (most common result): **(strongly) agree**

Average result in %: **62%**

10. I have a good understanding of what is expected from me for the follow-up activity.

Choice	No. of answers	% of answers
Strongly disagree	0	0%
Disagree	2	7%
I don't know	1	4%
Agree	13	48%
Strongly agree	11	41%

Modal value (most common result): **agree**

Average result in %: **78%**

The following individual explanation was received regarding the above rating:

- The only thing I wish is if we could stay more I would love to rejoin any moment I get!
- Thank you very much for the organizational methods that transformed a group of individuals of different backgrounds and cultures to establish long-lasting friendships and to start planning future joint activities.
- An enormous thank you to the trainers who took care of our well-being—being during the course and provided us with extremely useful advice for our future work with the young people in our organisations, implementing non-formal educational methods, group work, problem-solving and clarifying the 8 aspects of well-being, including the experience of the environmental well-being by walk in the forest, hiking around the lake and swimming in the pool.
- Thank you Natalie Jivkova and Goška Tur. Thank you to “Jeden Świat” - SCI Poland and CVS-Bulgaria.
- Food should be improved!
- None
- I very much enjoyed everything! The location was amazing, and I have never met sweeter people than the trainers.
- First of all, I would like to thank SCI Poland and especially Goška and Natalie for offering us this opportunity. All the training content, activities, everything was great. In general, I liked the environment and educational subjects. But I know that not everything can be perfect. One of these was food. I found the menu very weak and sloppy. Food could have been better. Especially lunch and dinner were not very appetizing.
- Thanks to your motivation and passion you transmitted I learned something new that I will try to use in my daily life.
- Regarding the food, I wish it was a buffet option because seeing the food waste was difficult for me. Some of the practical activities could have had a stronger/more direct connection to the topic discussed.

Learning outcomes

Below you will find answers to the question *What have you gained/learned/developed during the training?*

- I meet a lot of people, develop myself and learn about myself
- I have had a good time self-reflecting and did a lot of activities to enhance my knowledge about emotions and more well-being things that we didn't know before!
- I learned a lot related to improving the way to communicate and implementing well-being in daily life.
- I have learned that there are different types of well-being (social, mental, financial, ...) and that they are all interconnected; Nonviolent Communication (Rosenberg) and how we can put that in practice in our everyday life; the importance of emotional and social intelligence. I developed my skills to speak in public. Moreover, we tried to connect all of them with our personal life, working team and in relation to children/adolescents.
- I love the all experience. It allowed me to explore myself on a different level that I'm available to do in my daily life. Could do some introspection and obviously the fact that I'm with different people, with different cultures and whose interests are different from my friends and family allowed me to go further in my spiritual and emotional side.
- I learned to appreciate diversity.
- How different people take on relaxing.
- I have improved my emotional intelligence, learnt to be more tolerant and try not to play always the role of the jackal.
- 1) Achievement of a deeper understanding of well-being

2) Acquired practical insight into organizing an informational interactive workshop with the youths from the Protected House for people with slight intellectual disorders

- Through the well-being project, I have gained improved communication skills, increased empathy, and a deeper understanding of emotional, financial and physical well-being. As an English teacher, these insights have enhanced my ability to connect with students, create a positive classroom environment, and potentially incorporate financial literacy into my teaching. Overall, the training has contributed to my personal growth and professional development in meaningful ways.
- The training has provided me with several valuable insights and skills:
Enhanced Self-Awareness, Improved Communication Skills, Practical Strategies for Well-Being and Motivation for Continuous Learning
Overall, the well-being training has been an enriching experience, equipping me with tools and knowledge to better manage my well-being.
- I became more open-minded and understanding.
- - NVC (Nonviolent Communication) approach
 - Using the phrase “I choose” instead of “I should”
 - Practicing leadership within a group
 - Trying my hand at being a tour guide
 - Finding new friends, developing my English, and expanding my vocabulary
 - Learning how to let things go
 - Overcoming the fear of sharing feelings
 - Acquiring new techniques in facilitation and group organization
 - Realised that people with who you spent time have a similar mindset to yours, and in order to grow, u have to constantly search for new connections and build new friendships
 - Accepting myself as I am
 - Discovered new places in Poznan
 - Learning how to recharge myself
 - Understanding the META moment
 - I came closer to the idea of organising my workshop show to enhance the communication skills of young individuals
 - I had deep, meaningful conversations with wonderful people
 - Realizing that some people are content with who they are
 - Appreciating the beauty of nature and everything that God has provided for me
- I learn a lot throughout the training course. I understand more about well-being, and youth work strategies, learned about nonviolent communication and developed emotional and social intelligence. Besides that is the culture exchange, I met more than 20 people from 17 nationalities, it was a great and unforgettable experience for me. Interacting with them enriched my understanding and allowed me to share my own culture and create a dynamic, inclusive space.
- During the training course, I have gained valuable insights and skills that have significantly improved my curiosity about all the topics covered. I am now more motivated to apply these ideas in my daily routine.
- I learned about nonviolent communication and developed a better understanding of the well-being of myself and the youth that I’m working with.
- I have discovered new ways to take care of others' well-being, and I have many topics I want to deepen now. I was impressed by the classes on feelings/needs, and how much I can improve my communication!
- Collaboration. Wellbeing
- The training course was very helpful for me to better understand how to address my emotions and taught me how to interact with others, work in a team, and engage in communication that’s inclusive, equal, and safe for all. I improved several social skills and gained interesting inspirations and learnings for my future development.

- An important deep knowledge of what are the possibilities to improve emotions check in myself and others
- Knowledge about nonviolent communication and also emotional and social intelligence
- I developed several key skills that will enhance my effectiveness as a youth worker such as Nonviolent Communication by Marshall Rosenberg, a technique that I believe fosters more meaningful and compassionate interactions, which is crucial for building trust and understanding with the youth I work with as well as in other areas of my life. Additionally, I have made wonderful new friends who have helped me understand myself more and were able to give me advice that has changed my perspective on certain aspects of my life.
- Although I repeated many things I knew during the training, I also learned new things. I can list it like this:
Improved Self-Awareness and awareness techniques helped me overcome the negative event I experienced on the first day. Then Empathy Development and of course communication skills. The Giraffe and Jungle method was new to me. Building Resilience: In order to better cope with the challenges of life, I have adopted strategies to build resilience both for myself and my team or the young people we work with. I learned well-being practices as well as different energizers. So my knowledge bag is overflowing with many beautiful and new things.
- New tools for well-being
- I learned about NVC. I will try to use it in my daily life with my parents and close friends.
- Connections and networking with a diverse group. Inspiration for future activities and projects with youth. Hope, seeing that so many are active in changing their/our world and seeing others trying new things. Theoretical and practical knowledge on well-being and NVC. Time management with my „real life“ and the workshop.
- I have learned and deepened the topic of dimensions of wellness. What are the steps of NVC, the language of jackal and giraffe, gained some knowledge about emotional and social intelligence and how to step out of your comfort zone and conduct my first yoga practice for more people than just for myself. By working in groups I have developed my leadership skills.

Most enjoyable moments of the course

The following moments were named the most enjoyable ones, answering the question *Which moments did you enjoy the most?*

- All the time together at the course and theatre in the sessions
- The activity in which we had to save the egg was my fav but I will also include the breakfast lunch and dinner times when everyone is together having chats sharing memories and culture!
- Activities about different topics
- Group works, energizers and the open space. And of course, the moments during the meals and in the evening, during which I could get to know better the participants.
- I enjoyed the most moments where everyone was interacting in a creative way you could feel the frequency flowing around in people's faces and actions (plays, drawings, ideas, videos, music)
- Free time with other guys
- Most of the energizers
- Open space sessions, Nonviolent Communication workshop and the games we played
- Group work with different participants
- The feedback "competition"
- I enjoyed the most when we were all together and divided into groups for the activities. I liked being in a different team each time. I find this a very important detail of the training. I loved our gatherings after the activities were over; the opportunity to get to know so many people from different countries is

always inspiring, exciting, and educational. I will always cherish the friends I made. I am very thankful I had the opportunity to meet these people and connect with them. I also liked the way some of the people were very open and shared the difficulties they were going through; this means that the environment was very supportive and inclusive. Participants and especially the trainers were very encouraging and engaging.

- There wasn't just one moment that I enjoyed during the well-being training; there were many. From the beginning, the ice-breaking activity where we remembered each participant's name was a great start. Sharing meals like a family added a wonderful sense of community.
- The training sessions themselves were very enjoyable, especially the fun and engaging way Goška and Natalie shared information about well-being from their personal experiences. The highlight for me was the Marshall Rosenberg video on Jackal and Giraffe communication, which was truly the icing on the cake.
- I can't choose one. I loved every single moment with those beautiful people.
- I enjoyed our walks in the forest, near the lake. I especially remember the night when we tried to capture the northern lights.

The atmosphere at the training was amazing, each participant was open to communication and interested in gaining knowledge.

The NVC workshop gave me a new understanding of how I can build communication.

I liked a lot of interesting activities, especially the task of saving an egg was memorable.

Open space, yoga

- The moment which I enjoyed the most was the session where we talked about the given topic while taking a walk in the forest. It was a great combined activity which boosted our well-being and work. I enjoyed the green forest, fresh air and bird sounds. And I also have had a deep talk, shared and talked about some topics with my partners. One of the greatest moments of the training course
- The moments I enjoyed the most during the training were those when we shared our emotions and participated in the various activities led by the energy keepers.
- Discussions within activities and open times with participants.
- Every activity when we had to share life experiences or thoughts with each other. People really opened their hearts to me, and I felt super grateful. I enjoyed very much the Open Sessions too! And our free time was amazing as well.
- Most of them were amazing, and also smart and hard work by trainers.
- Besides the wonderful sessions we had with our trainers, I enjoyed the activities that the members of our group suggested, particularly those of the heart keepers and the energy keepers. Every day they were different and brilliant and brought out a side of ourselves often forgotten or hidden. It left me with core memories of fun with wonderful people and taught me about many ways of how kindness and affection can be expressed and how much of a difference they can make in one's day.
- Nonviolent communication day
- Every game and group activity
- The moments spent in nature during outdoor activities and walks were refreshing. Additionally, the tarot card and consequently the inclusivity exercise; where someone had some impairment was definitely my favourite, as it allowed me to learn how to be more inclusive and what techniques could be incorporated into my workshops/teachings.
- I constantly took notes throughout the training and actively participated in all activities. After the training, we had great conversations about different topics with my fellow group participants. Conversations with friends from different countries and cultures broadened my horizons. And of course, it improved my English better. Exploring Poznan on our free day, our conversations by the lake, our movie night with our friends who were our neighbours, everything was great.
- All the moments. Every step
- NVC workshop and the acting part where we developed our own acting session

- Time spent with my roommate. Dynamic, funny and creative activities like the associations game and the egg game.
- I loved this time when after brilliant workshops it was time for integration, getting to know people more and having the opportunity to share our experiences. Also, it was amazing to have workshops outside going to the bridge in the forest. Of course, the final party and watching the northern lights were some of the most unforgettable experiences.

Suggestions for the next training course

In this section of the survey, we asked about suggestions for improvement for the next similar training courses in the future. We collected the following feedback:

- More activities outside
- It should be more engaging and activity-based
- More free time
- Organised sports activities in the evenings - might be swimming, dancing, or yoga to be part of the timetable.
- This was my first project so I am very excited to be part of other training courses. Therefore I don't have much experience, I am satisfied with the training course, maybe in the future when I have gained more knowledge I would love to share suggestions.
- During our well-being training, I found the content highly motivating and insightful. I would like to request more information and references regarding books, authors, and articles related to well-being. Additionally, more videos on this topic would be greatly appreciated, especially following the inspirational video of Marshall Rosenberg discussing Jackal and Giraffe communication theories.
- These additional resources would help deepen my understanding and application of the well-being principles we discussed.
- Maybe to create an entertainment department (the same way as we had the calendar with heart-keepers), so that we know that every day we have some funny stuff to do.
- About the food, I hope we can have more fruit for a meal. I think fruits are kinda easy to eat by all people, they also contain a lot of water, vitamins and so on, good for our health.
- The only thing I would love to see improved is to have a closed space for people to enjoy playing/talking after dinner. We enjoyed the lakeside a lot, but it was very cold sometimes! And of course, we didn't want to disturb others too much by staying in our terraces. So, having a room where we can stay until midnight to know each other would be amazing :)
- I couldn't think of doing any better!
- I would love to have more training courses like this in the future and to cover the topics differently and in more depth.
- Nothing except the food
- I really like the methods and tools used. I don't have any complaints.
- I want this training to last longer than one week.

Feedback to the trainers' team

In one of the last questions, we invited the participants to provide feedback to the trainers' team: Goška Tur and Natalie Jivkova. These are the comments we received:

- Really good in terms of training direction

- They were the best! I loved them they were always responsive and helpful to any kind of matter. Goška always helped and became our translator and soo many good activities and knowledge we learned from her!
- Natalie was such a sweet person it was so wholesome to have a chat with her she was super nice and supportive in any circumstances!
- They were more than what I expected, and I absolutely loved them!
- Both are very competent. I really enjoyed the training.
- Natalie and Goška did a great job! I am really satisfied with the training. They were kind and patient and explained the concepts in a simple and clear way.
- Thank you for your positivity, smiles and good vibes.
- All was perfect!
- I enjoyed the training course and my time spent in Poznan. I would love to have the opportunity to work with Natalie and Goška, to exchange ideas and inspirations.
- You guys are amazing! I'm very thankful for all of your support.
- Thank you for showing us an amazing and inspiring example of cooperation. The way you organized our space, involved everyone and provided something creative and new every day is a great example for us, as youth workers, of techniques and approaches we can apply in our daily lives. Thank you for your openness, and kindness, and a special thanks for giving us the freedom of choice.
- Thank you for this unforgettable and transformative experience.
- Natalie and Goška did so well, thank you so much for your professional work.
- I loved every moment with Natalie and Goška, I don't think I have ever met people sweeter than them. They listened to our needs really carefully and took amazing care of us. I was very inspired!
- I very much appreciated the work you did and your kind ways of doing so, so thank you for everything you did for us.
- You are the nicest girls ever, you were so patient with all of us, helpful, and you transmitted your knowledge to us.
- Natalie and Goška delivered a highly valuable and enjoyable training experience. Their dedication and team dynamic was very nice. One would be more of an energy ball or a ray of sunshine and the other would be more calm and give off a peaceful aura and keep everything on track so it was a good dynamic. They were also able to establish trust with everyone on the first day hence the subsequent days were a lot more fruitful in my opinion. I did enjoy the various teaching methods incorporated as they allowed us to practice what we were learning.
- I think everything is perfect. So, everything in the training was very smooth and beautiful. There is nothing I would like to change, except for a few humble additions. :)
 - To increase the applicability of the training, Natalie and Goška can add more case studies from real-life scenarios and supervise themselves.
 - They may consider expanding Q&A sessions to allow for deeper discussions on complex topics.
 - Initiating peer review sessions can provide participants with valuable feedback on their progress and understanding.
- They are both super good at their work. Just thank you to them
- I really like the trainer's team. I hope to meet you again Natalie, you're a very good trainer and I really like the motivation and passion you transmit in your job!
- I like the tandem system you had, with Natalie at the start and Goška later. Just in terms of the time you take to introduce us to the daily schedule or to introduce a new block, I would prefer it shorter because our attention spans as a collective are unfortunately lower than ever before because of social media etc. I noticed myself not being able to hear everything after a while and was impatient to start the activity/input. I found that you balance theory and practice very well and found the activities fun and many were new to me!
- Goška and Natalie are the best trainers ever. I feel an unsatisfied need due to the fact that I can take more from the training.

Other comments

In the last section of the evaluation survey, dedicated to remaining comments, apart from numerous thank-yous we received the following input:

Comments

- Thank you for the beautiful experience :)
- Go on doing training courses!
- Sending you warm hugs
- Loved everything and missing it really much right now!
- Thank you SCI and Erasmus+ for this brilliant opportunity
- Thank you for all your work that we saw and didn't see, which is probably 10 times more than the workshop.

For more information on the training course and this evaluation summary, please contact the report authors at learning@poland.sci.ngo.

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