



# ME, MYSELF AND I

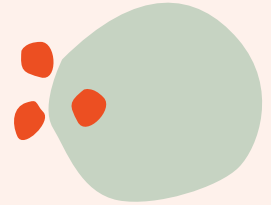
09th - 13th September 2024  
Wilga, near Warsaw, Poland





# Me, Myself and I

self-care workshop



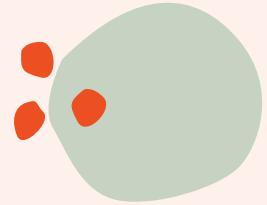
## WHO IS IT FOR

- If you feel you devote so much time to educating and supporting others and you tend to forget about "filling in your own cup" this workshop is for you!
- If you feel that you run out of ideas on how to regenerate after long hours of f2f teaching or online work, this workshop is also for you
- If you feel that the group work in a safe and creative atmosphere, sharing experiences and supporting each other, is a way of taking care of your self-care.



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DURING THIS 5-DAY JOURNEY YOU WILL GET A CHANCE TO:

- Learn various perspectives on self-care and what we need to nourish and energize our body and mind
- Understand better your emotions - how to approach and process them in a way that benefits your well-being
- Get more skilful in noticing your levels of energy, stress and emotions so that you can decide what to do with them instead of reacting to it
- Experience and practice different tools and methods helpful in taking care of your mind and body so that you have a toolbox to choose from when you need it



# Trainers

Me, Myself and I

## MARTA SYKUT

Trainer, facilitator, psychologist, coach. She works with adults: groups, teams and individuals. Her passion is unlocking people's potential. To do that, she chooses methods that engage her participants - their bodies, emotions and mind- to maximize the potential for real and long-lasting change.



## MAŁGORZATA WINIAREK - KOŁUCKA

Psychologist, educator, drama trainer, facilitator. Her passion is opening people and society to important topics, finding solutions for social problems and developing interpersonal skills using body, emotions and thinking. She works with adults and youth.

