

**Report from the Life-Enriching Education Lab 2018
in Belgium**

Trainers: Marianne Gothlin, Towe Widstrand, Corrylaura
van Bladel, Shona Cameron, Gabriele Grunt and Giacomo
Poleschi

Evaluation Summary: Leelab April 2018

Trainers: Marianne Gothlin, Towe Widstrand, Corrylaura van Bladel, Shona Cameron, Gabriele Grunt and Giacomo Poleschi

What our participants said

"I learned about a lot of different skills and new ways of seeking my answers inside myself. I want to practise, practise, practise.."

I learnt: 'Group decision making. Finding clarity in my shame, expressing that. Steps in showing myself and standing up for myself.'

"It gave me a lot of inspiration on how to organise trainings with co-creation, inclusion, participation. It raised my awareness on power-with vs. power-over paradigm."

"Before I came to the LEE Lab I was wondering about ways to bring NVC to schools. Now I have seen there is a community that I can learn from and maybe collaborate with and also that this is a challenge for most of us but it is possible and looks very rewarding in terms of meaningful contribution that we can bring. I also realized that yes I am small and the contribution I can bring for the moment is working with parents, I am also hopeful that step by step I will get closer to my dream - founding a giraffe school."

"The LEElab contributes to my further ability to embody and implement NVC for myself and at the school. Several trainers are so supportive of my efforts and I feel part of a larger community now."

What was relevant and why?

"For the last year or so I have been feeling somehow empty, with creative blocks at work and feeling powerless and hopeless about the situation in my private life with my partner. I left the lee lab full of inspiration, practical examples that I am going to use at my work and full of hope for the future in my relationship with my partner."

"I learned and experienced a new way of sharing knowledge, with curiosity and fun. In my work I'm telling myself I HAVE TO know the answers and pass them on to others, because they also HAVE TO know what I know, and even worse do things the way I do. In the long run this is not bearable for me."

"I can bring the relevance down to: need to work and live in a relaxed way, with understanding, trust, love, sharing, belonging, mutuality."

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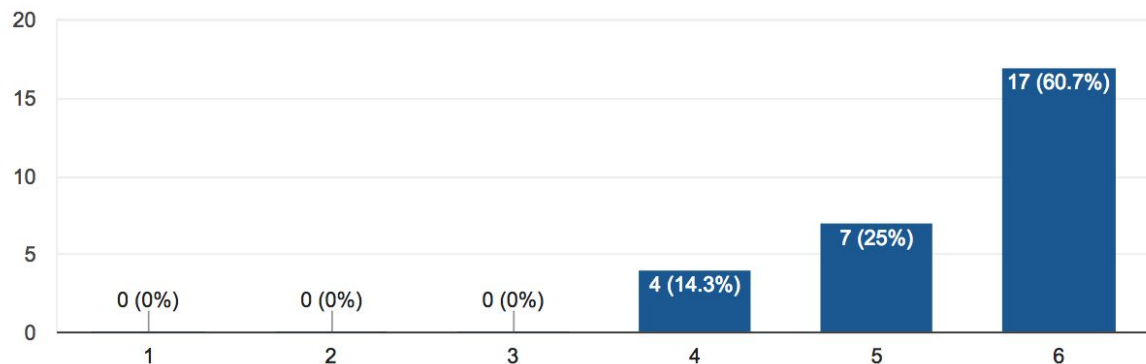
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Our evaluation:

Did the leelab meet needs for (where 6 is met needs):

Community & connection

28 responses



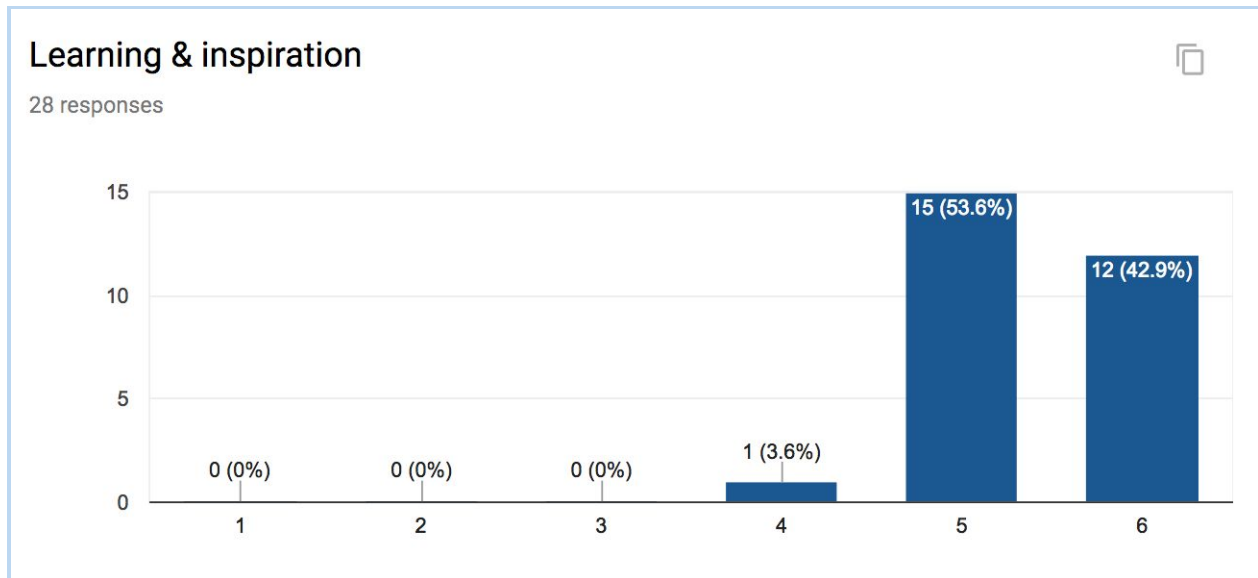
How? (Some examples of responses)

- Balance between being in smaller groups during workshops and starting and ending the day within the big group. Supported safety (in the small groups getting to know each other better) and togetherness (big group).
- The fact that we lived 6 days together and that I had the possibility to truly live, practice, NVC during 4 sessions a day and during free time, lunch time. I have had a deep experience of what it is to build community together based on NVC-values.
- This was my first lee lab and I am a beginner in NVC. I have never experienced such connection before.

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Did the Leelab meet Needs for...



How?

- The afternoon with sharing amongst the participants on education.
- I have little experience in nvc and it wasn't always easy to follow. Certainly in another language.
- Learning new frameworks with which to explain NVC, Power over/power with. New terminology to help explain NVC concepts.
- The workshops that were proposed and the space in the program for anyone who wanted to offer and request some topics
- I wish that the trainers would have spread out their offerings more during the day, so that we would have been able to choose from fewer offerings at the same time - it would have met my need of learning.
- With the worksessions being quite short, we quickly got to the core of the topic.
- There were so many occasions where I had a chance to learn and understand NVC. There was this possibility for me for learning on different ways: to understand NVC on an intellectual level by the clear explanations of trainers, the posters, to learn by doing ex practicing empathy during sessions. To learn from the trainers and their honesty of sharing what is living in their inner world.

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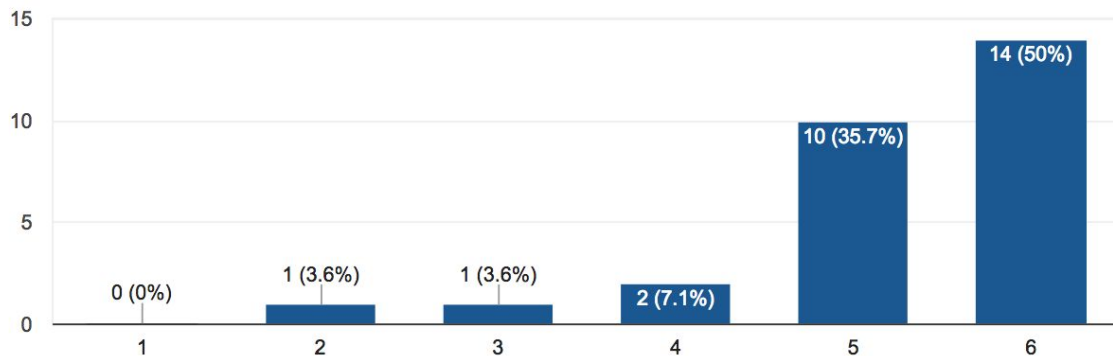
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Did the Leelab meet Needs for...

Participation & Co-creation



28 responses



How?

- I love learning from participants very fresh and gives different perspective.
- It was a nice and safe environment to express your thoughts and feelings
- there were enough possibilities to offer a workshop - e.g. on a project or practice
- Half of the day was reserved for workshops/offerings of participants. Loved the agreements process.
- I felt very welcome and inspired to offer two sessions of my own in the programme, and to make requests, such as my request for a 30 sec silence at the start and end of each session.
- I missed a co-creation open space for different strategies to share NVC in schools (brainstorming, etc.. and possibly even an intention of action plan on an international CNVC level). It seems we all have to "create the wheel" over and over again and this is the "only" (organic) accepted way forward.
- It was integrated in the program structure, there were daily spaces for the participants to make offerings and request. The trainers and also the participants supported each other in expressing and take our chances to share NVC practices. I felt very supported in the co-creation process and it is so wonderful to see that sessions can be created from honest requests or themes that are living in the community.

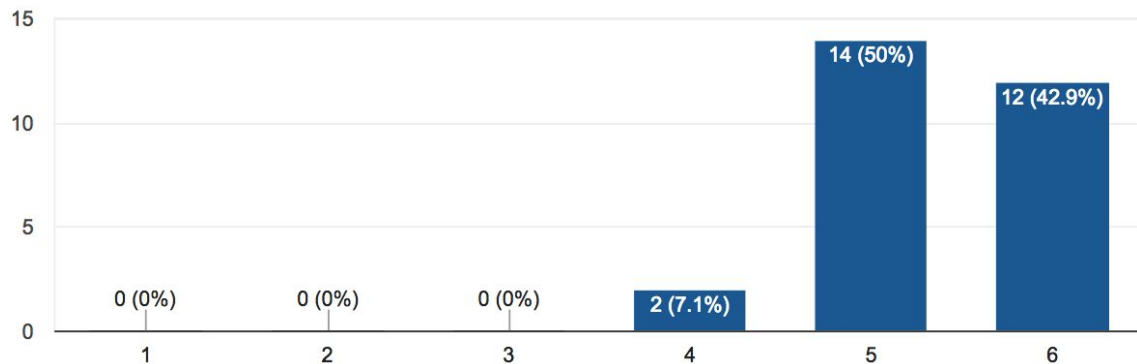
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Did the Leelab meet Needs for...

Mix of Training and Exchange

28 responses



How?

- Freedom of choice, to skip sessions and to create extra ones.
- In EVERY session there was space to exchange and I could experience the meaning of power with energy instead of power over. I discovered that co-creation is 'the form' in which 'power with' can flourish. I'm so thankful for that insight that I have because I lived it. Now I feel much more sure of myself and I see possibilities for ways of living NVC as a teacher or trainer
- We often trained and exchanged in pairs. I loved exchanging and finding support and recognition. I really needed the training.
- I liked that you had different themes for each day.

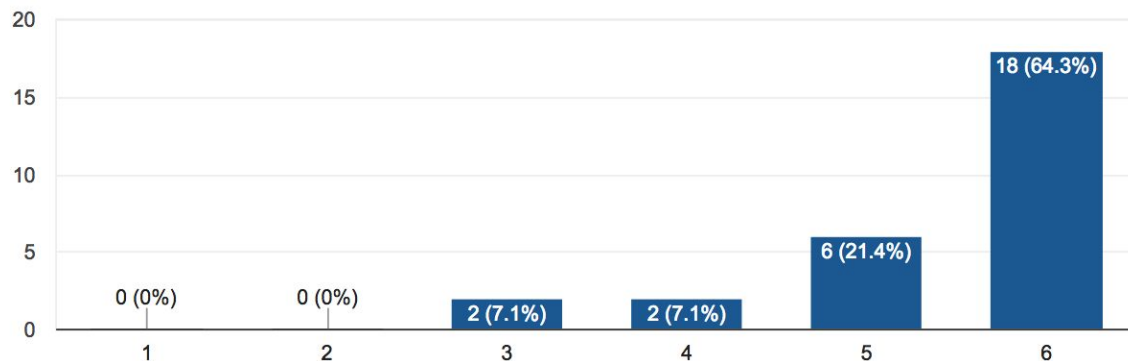
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Did the Leelab meet Needs for...

Safety & Trust

28 responses



How?

- Due to the length of the session it did not always feel safe to share or explore
- Everything was welcome
- I somehow experienced a threshold for expressing myself in the big group. The bird groups helped to experience safety in a smaller group.
- I felt free to speak of personal experience and laugh and cry with every participant I met.
- I don't think I ever been so open and felt totally okay with it, while doing it and after the facts. no awkwardness. no regrets.
- The Bird group, my home group, where I could share myself vulnerably and in the group as a whole I felt really safe.
- the fact that some trainers showed their own vulnerability helped me feel safe. Thank you for that!
- The empathy and loving care and respect gave me safety and trust.
- With tre trainers yes, maybe not with the whole group
- I have been writing and deleting what I want to express about how safe I felt but just cannot find proper words. I have never felt so safe before.

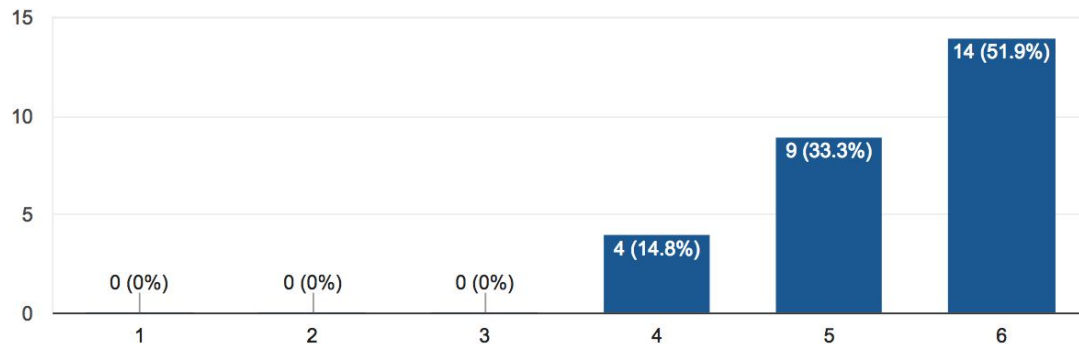
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Did the Leelab meet Needs for...

Fun & enjoyment

27 responses



How?

- Of course the entertainment evening, but also the safe environment that allowed to embrace every process, even the hard ones, so that there was enjoyment in tears and anger too
- Lee Lab entertainment
- I enjoyed every meal or break. The sweet pain required time for rest, but the time could also be connected. Especially on the last night, I have never experienced so many people to live comfortably in my life.
- I like it how any feeling is welcome and it can switch from deep emotion, mourning, sadness and tears, to intense joy and laughter. I really enjoyed the fun and laughter of the show on the last evening. However I missed some fun and active activities during the week. I sometimes missed the balance between sitting still and active movement.

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To the trainers

- Thank you for all the effort and honesty you brought to Leelab. Thank you for living NVC...
- I want to be on the team too!!! 😊 I really appreciate each one of you. You have different energies, ways of sharing NVC and yet at the same time you can see how much you enjoy each other and that reflects the whole week.
Having this variety of trainer helped me to get a deeper understanding. I am also so glad for your support and openness. And also want to send an extra thank you to Chris who was a great support for me this week.

....And we have suggestions for next time