

PART 1

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Agenda and instructions for workshop_WIOSNA

TITLE:How do we work with people in WIOSNA? We notice their potential!	
TRAINER: --	
Date	-
Interest group	Adult learners
Main aim	Showing the methods of WIOSNA, how do we work with our beneficiaries and volunteers. How we noticing and showing them their potential.
Organization details	<ul style="list-style-type: none"> • Duration time: around 3,5h • Number of participants:from 5 up to 30 people (but it can be more if You can handle it 😊) • Profile of participants: --
Materials needed	<ul style="list-style-type: none"> • Flipchart + paper sheets • Projector • Speakers • A4 paper sheets for every participant (can be various colors) • Pens • Markers • Index of success for everybody • Film: Meeting with family • Letters for WIOSNA

AGENDA AND INSTRUCTIONS

Time (You need to fill this section)	Duration	Aim of the activity	Description of activity	Materials needed
hh:mm-hh:mm	30 min	<i>Introduction</i>	<p>a. Some information about trainer</p> <p>Introduction of trainer to the participants. Who is she/he?</p> <p>b. Who are you?</p> <p>ROLES</p> <p>Please introduce Yourself, even if You know each other. I want to propose a game for that, ok? Please stand up and say to every person</p> <ul style="list-style-type: none"> -Your name -One thing that You like to do (hobby) -Your dream <p>You need to say this to as many people as possible (in pairs). But there is a trick! You need to do it in a special way! When I say for example “Now we are Kings and Queens!” You need to do it in a noble way (bow down and be serious!) or if I say we need to do it as a Kangaroos You need to be Kangaroos (so, You need to jump while speaking 😊). Do You understand?</p> <p>Examples of impersonations:</p> <ul style="list-style-type: none"> - Presidents - Homies (rap style 😊) - Kangaroos - Best friends - Bees 😊 - King and Queens 	Flipchart, markers

- Squirrels on caffeine!

Duration time: 15 min.

Alternative game:

FLOWER

We need 5 person groups. Every group need to draw a flower with 5 petals (one for each participant). Every person draw something specific only for him/her in his/her petal; In the middle of the flower you should draw things that are common for all people in the group!

After You finish please present the flowers for everyone

Duration: Drawing – 10 minutes, presenting – 15 minutes

c. Description of agenda/aim of workshop

Aim of this meeting is to show You how great each of You is no matter of Your social status, disabilities, race, beliefs, age, etc. People are always different and unique. It is important that You can notice Your potential and potential in other people.

1. Meaning/strengths/pleasures – Tal Ben Sharar
2. Little break
3. Letters for WIOSNA
4. Little break
5. Butterfly Circus + discussion about “WISE HELP”
6. Index of success

hh:mm-hh:mm

15 min

Meaning -- pleasures strengths

Tal Ben-Sharar: The MPS Process – notice your own potential

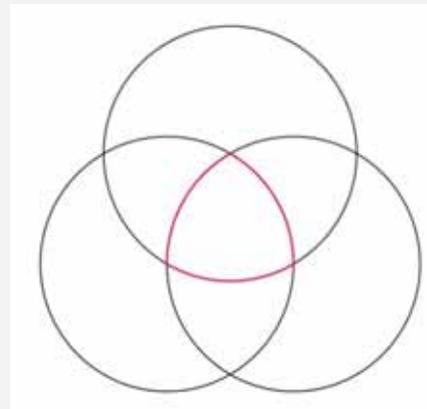
This exercise is only for You – it aims to answer the question “Who You really are and what You want to do!”.

To extract Your own potential You need to notice your strengths, as we are noticing it during work with our volunteers and beneficiaries. We encourage them to seek for their own life mission, their own path in life. It sounds trivial but we have evidences that it is true and possible!

Theory is created by Tal Ben Sharar, a professor from Harvard, but do not worry – it is very simple!

IMPORTANT: *BEFORE GIVING ANY EXAMPLES TRY TO DESCRIBE THE FIELDS DO NOT SUGGEST ANSWERS TO PARTICIPANTS*

1. Everyone need to take a paper sheet and a pen
2. Now You need to draw 3 circles like this:



3. Now You should write in those circles:
 - a. In the upper one: **MEANING** – what are the most important things to You. To do so You need to think about

A4 Paper sheets, pens, flipchart

Your most important values.

Values can only be a part of what you find meaningful. For instance, you might find meaning through helping others, teaching a new skill, or coaching someone through a crisis. So, think back to other tasks and projects that made you feel good. What were you doing during those times? What was it about those projects that made you feel good? They are guides, principles that shape your behavior and judgments.

Examples: relations based on trust, working with people, teaching, helping others.

- b. In the left one: **PLEASURES** – what gives You the most pleasure. What are things You do for fun, to relax, what makes You happy and You enjoy it very much?

Examples: play board games, reading books, sports.

- c. **STRENGTHS** – Things You can do, thing Youyou know. Your skills and abilities. Any of them. It can be related to Your education, hobbies and interests.

Examples: knitting, computer skills, building, speaking foreign language, data analysis.

When You finish try to combine the circles! Try to write things You CAN do in life related to meaning, pleasures and strengths. Write down those things in a middle part where circles are overlapping each other. You must be honest with Yourself during this exercise and You need to figure it out by Yourself. It will help You to know Your potential (and everyone has it) and what can You do to be happy in life. Seriously!

			<p>Example: Meaning: trusting, having friends, Pleasures: traveling, learning new language, Skills: working with children. Middle: <i>Going on abroad trips with children, and making new friends.</i></p> <p>There are no limitations in the middle circle beside linking other circles, but You do not have to write only professions, but also You can describe roles and situations You want to experience. You are discovering things that makes You happy and You can do it!</p> <p>TRAINER: You can discuss the results with participants or You can tell them to keep the sheets for themselves and that they should, after going home, to think about it one more time. If they do not need to share their sheets the results will be more sincere.</p> <p>More about the method: http://www.mindtools.com/pages/article/mps-process.htm</p>	
hh:mm-hh:mm	15 min	Break		
hh:mm-hh:mm	45 min	Letters for WIOSNA	<p>In this exercise You need to explain at least “The Noble Gift” to participants (also You can describe Academy for the Future and TELECARRIER), that participants can understand what heroes of the movie are talking about.</p> <p>Here You will find short descriptions of our programs:</p> <p>THE NOBLE GIFT (SZLACHETNA PACZKA): http://www.wiosna.org.pl/main/pl/sec/221/article/2405.htm</p> <p>ACADEMY FOR THE FUTURE (AKADEMIA PRZYSZŁOŚCI) http://www.wiosna.org.pl/main/pl/sec/221/article/2406.htm</p>	5 letters, flipchart, projector, „Meeting with families” movie

TELECARRIER

It is a EU founded project for people with cardiac, respiratory and physical disabilities to help them find employment (social inclusion through employment).

You also will find pdf about THE NOBLE GIFT and ACADEMY in materials we sent You.

Steps:

1. Playing the movie: „Meeting with families” – experience what people feel like during meetings and what is crucial in our work. The clue is to notice the potential of family in need, of a child, of a unemployed person. (7 min)
2. Work in groups – 5 groups, every group has one letter for WIOSNA. Discussion in groups – from that letter each group need to try to identify what where the main things that influenced the authors of the letters (trainings, meetings, help, etc.) What were the reasons of their self-development (10 min)
3. Presentations of each group (20 min)

Aim of this exercise is to know individual stories. That everyone has one and is unique. That one, maybe not so meaningful event for others can be very important to me. Examples of inspirations and changing the world.

TRAINER: *If You have difficulties to explain in a few words our projects You can skip this exercise. If You think that You can make only “letter” exercise You can still do it. This one is especially related to us. Maybe You have Your own cases, stories, inspirations?*

10:30-10:45	15 min	Break		
hh:mm-hh:mm	45 min	<i>Butterfly Circus – WISE HELP</i>	<p>This section is about WISE HELP notion which is a base of our values in WIOSNA.</p> <p>NOTE 1: <i>This module was not full in Cracow. We didn't have discussion after the movie because of language difficulties of most of participants. In Your countries it should be easier to talk about the movie in Your native languages .</i></p> <p>NOTE 2: <i>Try to <u>download subtitles</u> for the movie in Your native language. Remember to have a loud speakers – the movie can be difficult to hear, because the dialogs are pretty silent.</i></p> <p>1. First You need to Watch the movie „<i>Butterfly Circus</i>” (20 min)</p> <p>You can also find the movie on YouTube: http://www.youtube.com/watch?v=p98KAEif3bl (Original)</p> <p><i>Remember: it is always a risk when You depending on Internet at the training.</i></p> <p>2. After the movie each participant need to write down on paper their answers for questions written on flipchart. Those questions are:</p> <ol style="list-style-type: none"> a. What did Will feel at the beginning, in the old circus?How was his attitude, what he was thinking about himself? b. What did Mendes do to help Will? What was his methods? Try to define help he gave to Will. c. Why did Will changed? What happened? <p>3. Discuss Your answers in the whole group – try to make notes</p>	<i>Butterfly Circus movie, Paper sheets, pens.</i>

			<p>on flipchart about things that were important in Will's transformation.</p> <p>The description of WISE HELP:</p> <p>WISE HELP notion is the main value in WIOSNA. It is not simple to help people: We can give a poor man a fish, and he will eat it but he is still poor. We can give him a fishing rod but maybe he cannot use it and he will sell it. He is still poor.</p> <p>Nothing will change. But if we convince him that he can be a fisherman and he learn to handle the rod and start to catch his own fish he may succeed! We call it a "fisherman's mentality": the person must start to believe in himself, that he is the architect of his own fate, and he needs the motivation to change his attitude.</p> <p>The help we are providing needs to be WISE, based on true needs and appreciation for the other person. That is why we are not helping everyone (for example: demanding people, people living "from poverty"). Giving a poor family THE NOBLE GIFT we are showing them that the world is not so bad, that there are people who want to help, who care about them. But we want to give them the message, that they are responsible for themselves. We want to motivate them. It just need some faith. Good faith from others can inspire good faith of the person in need to change, no matter of the circumstances.</p>	
hh:mm-hh:mm	15 min	<i>Index of success</i>	<p>PREPARATION: <i>To make this exercise You need to have indexes. We know that it is not possible for everybody to make the same indexes like in WIOSNA (they are too expensive only for one exercise – we are using them for the whole year with our children in the ACADEMY). You can just use something similar, like envelopes with names of participant and paper cards. Participants can write the successes on cards and put it in the envelopes.</i></p>	Indexes of success (or envelopes and small cards), pens.

Trainer: You need to explain that every success, even the smallest one, is important and we need to celebrate it. You should think about Your successes from the last week (example: I learn how to cook a new dish, I got up from bed precisely on time I planned, I visited a Museum, etc.). Successes are not things reserved only for big events and special people. They are for everyone. If You are not seeing success in Yourself You will not notice them in others. This is how we do it in our ACADEMY FOR THE FUTURE.

Exercise: Each person takes indexes of others and write on it: strengths of that person, a compliment, something nice that shows his/hers uniqueness (for example: I really see that You are great with people – it is Your big strength; You have a really good fashion taste – keep up the good work!). Something that is an appreciation of the other. They can write their name but they do not have to. The gesture is important.

At the end You gather all of indexes and make a celebration. You read each person's name and handle them the index as a proof that: she/he has found potential in herself/himself and finished SPRING ACADEMY (it should look like a graduation event). Do not forget to mention that their presence and finishing the course is their success.

Do not forget that conducting this training is Your big success!

PART 2

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Letters WIOSNA

TELECARRIER

I sincerely recommend to join TELECARRIER programme. I was there and I was able to work again. And in what Style! For many years I was suffering from asthma and because my condition was worse I needed to resign from being a teacher and I worked only in my house, helping my husband's firm. But it was not my beloved and satisfying job with children. 3 years ago I got cancer and because of that I needed to stop working at all. After chemotherapy and bone marrow transplant I was healthy again and it was very bothering for me that I did not have a job. That I don't have any contact with people anymore, except my close ones. My physical disability was a big barrier. Mentally I was prepared to regain any job.

So I started to search for a job, but after 6 months I received only two phone calls in response. I was losing any hope to find something, I was frustrated and depressed. It occurred that my education and experience are worthless. I was out from the labour market!

Eventually, I found TELECARRIER, a WIOSNA programme. When I read application rules I was really demotivated to join (I did not want to go to doctors again for some papers!), but Ewa, an employee of the programme, helped me to fill the papers and convinced me to join, so I stayed.

Conversations with a job advisor made me realize that I am not worthless! That it only depend on me that my job situation is going to change! Because I can choose what I want to do and where I want to work. I can influence the reality in the same way like when I fought my illness! I just cannot let to be thrown away, I still have many things to offer to this world. Me and Gosia (job advisor) just picked suitable trainings to expand my abilities and competences. We designed my new carrier. Now, all I have to do is to make it happen.

I was going for trainings, I met wonderful people who, similarly to me, wanted to overcome their disabilities and live like everyone else. And after that I decided where do I want to have an internship. I chose (thanks to Gosia) a job that helped me to develop new friends and contacts, and expand my abilities as well. I received a laptop and internet access – I was not excluded anymore! I am working in the same place when the internship was. I got back to life. Despite my disability I feel no longer a worse person!

BOGUSŁAW

Super beloved!

I want to thank You and priest Jacek Stryczek for everyone that were involved in Noble Gift. I received a letter from You today. You are absolutely right that it is difficult to admit Yourself as a poor person and the non-ability to be active because of illness and loneliness. I was thinking dozen of days before I submitted the questionnaire. And after that miracles started to happen!. First one: a young high-school graduate visited me and she was a very life-wise person – Joanna. After couple of days she came back with Kasia and Maciek, who were donors – people of good fortune.

They gave me a lot of food, clothes, a very important to me hygienic supplies, and my dreamt wash machine. Along with his friends, Maciek took the wash machine in my apartment, which is on the 4th floor. But the best thing is that when Maciek found out that my computer is irreversibly broken he gave me another one with a flat screen. It is because of this new PC I can write this letter for You. He added a press subscription as well!

But the best things are still to come! Kasia and Maciek are in constant contact with me via chat and Facebook! This is very important for me, I am a lonely person without anyone near. For the first time in years I can talk with someone. Joanna also speaks with me in breaks between studying for her graduation exams. This cannot be described with words! They weren't only donors who gave me some useful material things, they brought me back to society! No one, who doesn't experienced loneliness, is able to understand the value of simple conversation with such great people.

How do You find them? They are totally different from those grim young people showed in media. Your people are the true future of this country. I don't know how to thank THEM and YOU!

I have pension and I don't pay taxes, so I cannot give You 1% of it to You (*Polish law allows to give 1% of Your tax to NGO's*). Maybe You can tell me how to support You? Best regards and one more time – thank You.

Bogusław.

Coordinators training

Hello,

Here is Ania from PR ☺ I could not stay till the summary so I decided to write You a “thank You” letter ☺ Some can think that this is not important, but for a team like Yours it is worth to thank for all Your efforts, work and big sacrifices You took.

On every training I learn new things. I am thinking of improving mine and my team's work, but also my life. Coming to Warsaw I had a lot of questions, e.g. about working with Coordinators. I was afraid, that my curiosity won't be fulfilled, because there were many things to talk about. But I was very surprised with feedback lessons and we could not only focus on ourselves but also ABOUT ourselves. Thanks for the opportunity for, like someone said, “team therapy”. Personal meeting and some critique was needed for us. It was refreshing and sobering the minds and souls.

Another thing is that You have put the accent on general values, which can be very obvious, but are not. Learning them from the bottom I try to talk about them all the time and apply the values of Noble Gift into people.

I realized that being in a team doesn't mean only to do tasks, or to have support but also is a matter of trusting each other. To let other people develop themselves, to make them do things they really want to do. As a team we are whole, but everyone is important, more important that he or she can

imagine at the first glance. We support each other at the time of weakness and we are able to stand on our feet again and do amazing things together with more motivation than before!

Organizing a meeting with Piotr (Mount Everest conqueror!) You probably did not realize that this will change the attitudes of so many people and that everything is possible! That those impossible things in our lives are now in our reach. We can now think about solving our problems, not only those related to Noble Gift. When he said that “You are losing in Your head!” I was thinking: “Wow, how powerful is that!”. I try to repeat this as often as I can and I know that these words will help me and my team in the moments of crisis.

There are many more examples, which crossed my heart and are in my soul right now, but this is not the point of this letter. You probably know the good energy You transferring to people 😊 I felt very unpleasant to hear (on the “letter section”) how people can be rude and demanding, not grateful... I know how much time You are working on each part of the project, how many sacrifices You have to take, that You care about every single person. As a team there is a good flow around You, and You are giving it to us by saying all the good words, supporting us, motivating us. You can really influence people to make them want to do amazing things. It is a pity that not everyone can appreciate this.

I wanted to thank You especially for:

- doing such a great trainings that are improving our personalities, that we can develop as a team, but also as a person
- good words from You, professionalism and motivation to act
- every conflict You analyse is getting very small and it can be easily resolved
- meetings are a big value to You (and to us😊). You are always prepared perfectly
- You are changing my life
- You are 😊

Ania 😊

22 Minutes

-I am stupid and totally dumb and You will see it eventually! – Norbert screamed to his Tutor. He was hiding under the bench and he started to notice that she will not give up on him.

How much time do we need for a 14 year old teenager and a student can be close like in family? After what amount of time the wall of bringing him down and neglecting him breaks down? Sometimes You need only 22 minutes. That can be much.

On the beginning I knew nothing about Norbert, beside the fact that he is a sixth grader – says his tutor Renata – Week after week I knew more: that his mother works hard, that he eats dinner at 16.00, that he does not like to study and what time he achieved in 600 m run on sports class.

He did not want to talk about the fact that he needed to repeat first grade. He couldn't read, he did not learn it on another year as well, because his teacher gave up on him. Norbert noticed that he do not need to try very hard to actually pass to second grade.

It was on January 13th. The boy did everything to prove that he is not able to conjugate the verb “to be” in English, beside the fact he did it a week before.

Sometimes He was silent, other times he was screaming. He lay down under the bench. He was saying that he is stupid. That I will notice it eventually. I noticed...I noticed the boy who was checking me if I am going to give up on him.

After those 22 minutes Norbert understood that I am not going to pass and he stand up and said in English: “I am”.

Since that time we weren’t only a tutor and a student. We were a team, and we achieve successes together!

ROMEK

As You know, Friday evening was supposed to be integration for people attending the National Noble Gift Leaders Meeting. After activities one of the leader – Roman – took the microphone and said to everybody that his dream was to perform a song in Kraków. And he did. Everyone looked at him like he is some sort of a weirdo, but he did not care about it, he was still singing. He got big applause, but I was wondering about their sincerity.

On Saturday, when I was preparing my things, I met Roman and he was massaging his own hand. I thought that even if Noble Gift is for everybody, maybe it is not such a good idea to have Roman in managing structures. He is an old man and he feels pain in his limbs. How a “grandpa” can lead the “Gift Team” to success?

On Sunday, Natalia – main coordinator of Łódź region – and she introduced me to Roman, one of several leaders of hers region. She said to me: “Krzysztof, do You remember last year, when You helped us to get some family addresses ? Roman received help last year, it was the first time he heard about Noble Gift and he wanted to join our team. It is all thanks to You!”

I was stunned! The only question in my mind was: “Why did You get help?”. He said: “My wife and my child are mentally disabled. My wife for couple of years, my child since birth.” After a while I found out that Roman comes from Ukraine and was raised in orphanage. In Poland he helps the families with people with mental disabilities. He works in theatre and he is a board member of a foundation. Additionally, he finished tons of various trainings!

His grandfather was one of the few men who survived Katyń genocide. At the end of the conversation he told me that he leaves our meeting 42 years younger! And he thank us for the energy because it will help him survive!

Who is Roman?

He is 64 years old. He has a great knowledge, he is a leader of Noble Gift and a tough guy!

He is my hero.

PART 3

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Index of success

Partners:



RR DONNELLEY



CHWILE, KTÓRE ŁĄCZA.



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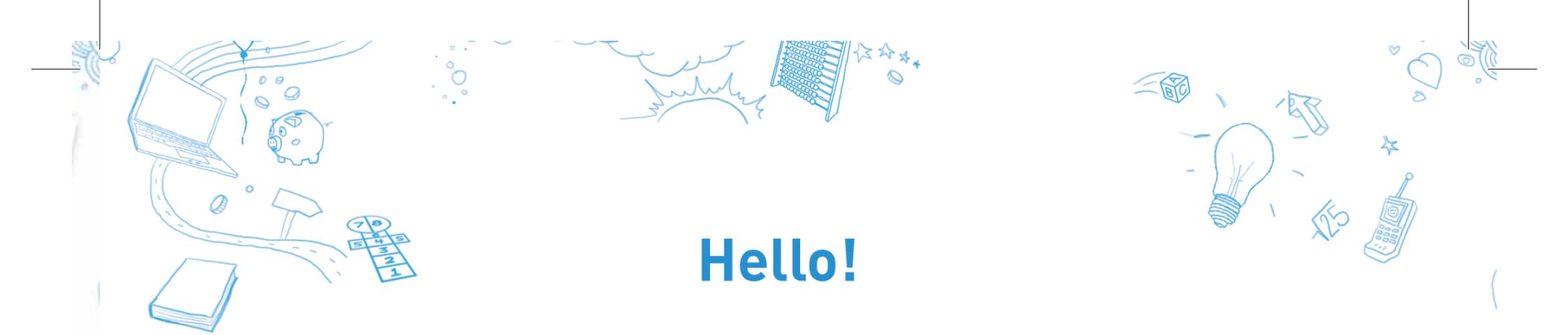
.....
Name and surname of the student

Class Schoolyear.....

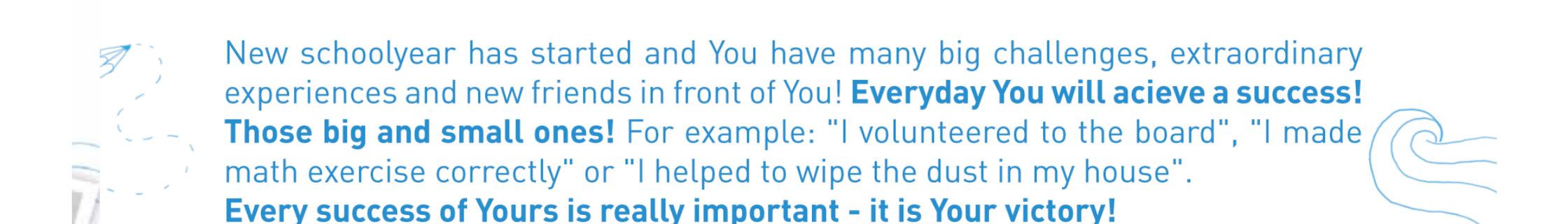




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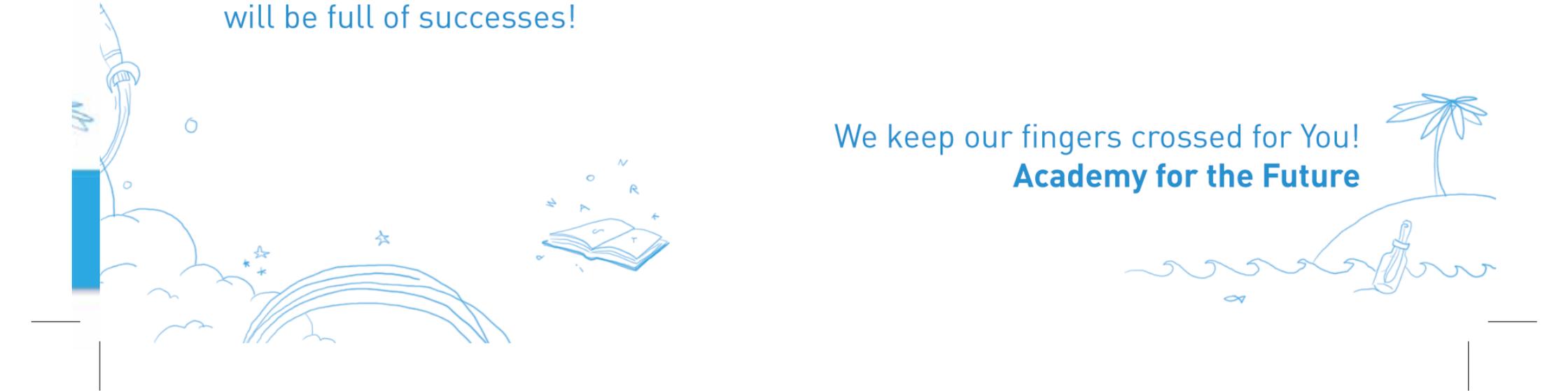


Hello!



New schoolyear has started and You have many big challenges, extraordinary experiences and new friends in front of You! **Everyday You will achieve a success! Those big and small ones!** For example: "I volunteered to the board", "I made math exercise correctly" or "I helped to wipe the dust in my house".
Every success of Yours is really important - it is Your victory!

You are holding the index of success - write every success in it. By that means, You will not forget about it and soon You will see how many things You can do by Yourself and how great student You are. At the end of the schoolyear Your index will be full of successes!



We keep our fingers crossed for You!
Academy for the Future

Your success:



Date.....

Signature.....

Your success:



Date.....

Signature.....



Pictures were taken by:
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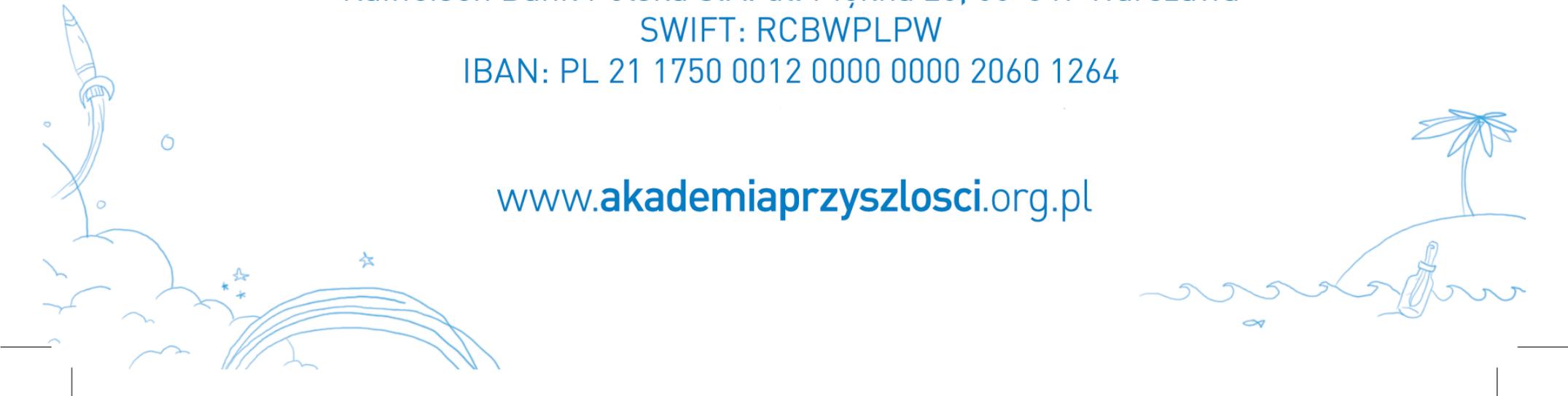
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