



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

TRIP IN-DEPTH WORKSHOP 2

PATHS OF FEELING: EXPERIENCES OF RESILIENCE AND MUTUAL CARE

Introduction

This in-depth workshop is based on the experiential format developed within Itinerary B of the TRIP project. It is centred on resilience, emotional awareness and mutual care through activities carried out in natural or nearby spaces that support presence, listening and reflection.

The workshop preserves the original experiential structure of Itinerary B and presents it in a format addressed to stakeholders. Its purpose is to share, demonstrate and discuss an operational workshop model that can be observed, understood and potentially adapted in adult education, community, cultural and social contexts.

Concept of the Workshop

The workshop offers a cycle of experiences taking place in natural or nearby spaces chosen for their regenerative power, such as a park, a path, an urban garden, a library surrounded by greenery or a silent cloister. Through slowness, listening and sharing, participants are invited to explore resilience as a daily practice: recognising, welcoming and transforming what happens, while remaining open and present in the flow of change.

This format is proposed as an in-depth workshop for stakeholders, so that they can experience and observe how the TRIP methodology works in practice and reflect on its educational relevance and possible local adaptation.

Objectives

- rediscover personal presence and rhythm through conscious walking, breathing and listening to the senses;
- explore resilience by recognising difficulties and transforming them into resources;
- strengthen mutual care through trust, empathy, non-judgmental listening and emotional co-regulation;
- give shape to the experience through words, images, gestures and small artefacts;
- connect inside and outside by linking landscape, body and community;



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

- offer a concrete and transferable example of an experiential workshop format developed within the TRIP methodology.

Skills Developed

Emotional and personal

- body and emotional awareness;
- regulation and tolerance to frustration;
- self-narration and reflective journaling.

Relational

- deep listening, empathy and kind feedback;
- trust and mutual care in small groups;
- essential and non-violent communication.

Cognitive

- critical sense, attention and presence;
- transformation of experience into meaningful storytelling.

Civic and community

- participation and shared responsibility in the group;
- enhancement of local testimonies and practices of resilience.

Creativity

- symbolic restitution with simple media.

Context and Recipients

Participants: adult educators, social workers, facilitators, cultural operators, NGO representatives, local actors and other professionals interested in experiential methodologies, resilience and mutual care.

Facilitators: conductors trained in experiential methodologies and mindfulness.



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

Places: accessible natural or peri-urban contexts, where it is possible to walk, stop, observe and share in groups.

Total duration: the original format is structured over **30 hours distributed over several days (4–5 meetings)**. For WP4 dissemination and stakeholder engagement purposes, the workshop may also be presented in a shorter demonstrative version, while preserving the original sequence and logic.

Methodology

- outdoor training and body presence practices;
- mindfulness and journaling as tools for awareness;
- transformative meetings with local witnesses;
- storytelling and word circle to elaborate experiences;
- creative restitution to transform emotions into symbolic language.

Each day closes with a short and shared restitution moment, without forcing interpretations.

STRUCTURE AND SUMMARY OF THE “PATHS OF FEELING” WORKSHOP

1. The Step and the Breath

Duration: 6 hours

Focus: awaken presence and build trust in the group and support bodily connection to the here and now.

Main activities:

- welcome and initial circle with the activity “I Introduce Myself with a Breath” (Annex 1);
- sensory listening journey in silence, with moments of stopping and observation;
- body mini-lab “My step, the group’s step”, in which participants first walk individually, then in pairs, and finally as a whole group, gradually exploring rhythm, presence, non-verbal communication and mutual attunement;
- first individual notes in the Emotional Diary, where participants record an immediate trace of the experience (a word, an image, an emotion or a body sensation);
- short sharing circle on what participants noticed inside themselves, in others and in the group atmosphere.

Note to the facilitator:

Alternate walking and stopping; encourage respect for individual rhythms and the suspension of judgment. Support a calm and inclusive opening climate.

2. The Meeting and the Voice



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

Duration: 8 hours

Focus: discovering resilience through storytelling and authentic listening.

Main activities:

- meetings with witnesses of resilience, such as local actors, community members or people with meaningful life stories connected to change and adaptation;
- guided dialogues and reflections on strength, transformation and mutual care;
- **“Echo of Words”** activity (**Annex 2**), in which participants identify and share the words, phrases or images that resonated most strongly;
- creation of a collective word mosaic using cards, post-its or a shared panel;
- final **Word Circle (Annex 6)** to gather resonances, key emotions and personal reflections;
- entry in the **Emotional Diary** at the end of the session.

Note to the facilitator:

Choose local and authentic witnesses and keep the focus on processes of change rather than on spectacular or overly dramatic aspects of experience. Allow silence after listening, and give time for participants to let words emerge before discussion begins.

3. Emotions and Roots

Duration: 8 hours

Focus: recognize and welcome emotions as part of awareness, resilience and self-understanding.

Main activities:

- guided mindfulness and centering practice;
- free journaling in the Emotional Diary, starting from a simple prompt such as *“A difficult moment that taught me something important”*;
- pair exercise *“Gentle Mirror”* (Annex 3), based on deep listening and the return of one meaningful word or image;
- collective creation of the Map of Roots and Resources, where participants identify symbolic anchors, roots and possible directions for growth;
- short closing sharing moment in pairs, small groups or plenary.

Note to the facilitator:

Value silence as an active part of the process and encourage non-judgmental observation of emotions. The *“Map of Roots and Resources”* can be created on a large poster or shared paper using post-its and markers.

4. The Transformation

Duration: 6 hours

Focus: give back in a creative way what has been experienced and transform reflection into symbolic expression.



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

Main activities:

- symbolic restitution workshop, introduced as a space where participants give form to what they have lived through words, images, gestures or simple artistic languages;
- use of the “Creative Idea” sheet (Annex 4) to help small groups identify a common theme, define the message, choose materials and organise roles;
- development of a creative product, such as a visual story, poster, installation, collage, silent performance or other simple symbolic form;
- presentation of the work to the group in an atmosphere of listening and gratitude;
- collection of outputs and brief documentation of the products created.

Note to the facilitator:

Orient the group towards simplicity and authenticity, enhancing sincere expression rather than the aesthetics of the product. The aim is not artistic performance, but meaningful collective restitution.

5. The Return

Duration: 2 hours

Focus: close the experience, recognise what has emerged and open a final shared reflection.

Main activities:

- closing circle in a calm and welcoming space;
- “A Word and a Gesture for the Return” (Annex 5), through which each participant shares one word and one gesture that represent what they carry with them from the workshop;
- optional final Word Circle (Annex 6) to gather one last resonance, if appropriate to the group and timing;
- facilitator’s closing synthesis, linking the lived experience to key workshop themes such as awareness, empathy, adaptability, resilience and possible methodological transferability.

Note to the facilitator:

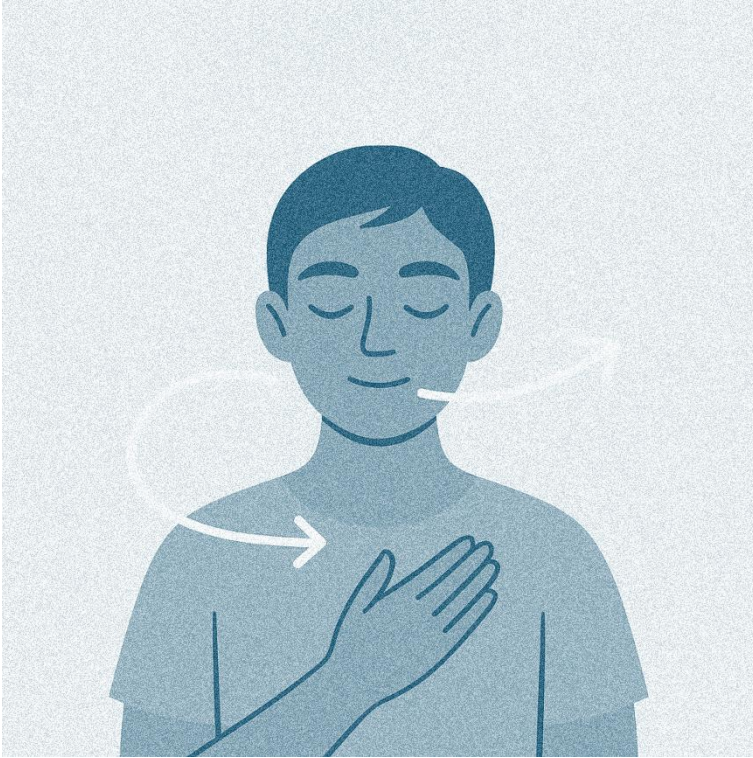
Keep the tone light, respectful and non-analytical. This phase should first of all preserve its symbolic closing function. It may also open a short stakeholder reflection on transferability, possible use contexts and methodological value, but without overwhelming the closing atmosphere.

TOOLS

- 1) I introduce myself with a breath (Annex 1);
- 2) Echo of Words (Annex 2);
- 3) Kind Mirror (Annex 3);
- 4) Creative idea (Annex 4);
- 5) A word and a gesture for the return (Annex 5);
- 6) The Word Circle (Annex 6);
- 7) Facilitator’s observation and reflection sheet (Annex 7).

Annex 1

I INTRODUCE MYSELF WITH A BREATH



Main function: opening activities to promote presence, security and bodily connection in the group. “I introduce myself with a breath” helps to enter the climate of the experience. It is an authentic way to get to know each other through the body and the breath, even before words. It serves to break the ice, build trust and bring attention to the “here and now”.

Utilization:

- 1) The facilitator invites everyone to form a circle, standing.
- 2) He/she asks for a moment of silence: “Close your eyes, feel the air coming in and out. Listen to your breathing, without changing it.”
- 3) Then each one, in turn, takes a deep breath and adds a small gesture that represents him in that moment (it can be a movement of the body, a smile, a look, a sound, a word).
- 4) The group repeats in chorus or echo the gesture or word of the person who has just presented himself, as a form of welcome.
- 5) It continues until everyone has had their moment.



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

Duration: about 10-15 minutes.

For those who facilitate:

- Maintain a calm and rhythmic tone.
- There is no hurry: breathing is the time of the group.
- It invites us to avoid irony or self-judgment: every gesture is valid.
- If someone does not want to talk, they can only breathe or make a small gesture.

✿ Space for personal notes

To be filled in individually after the activity:

My breath today is

Calm Short Heavy Free Other: _____

The gesture that represents me:

.....

One word to describe how I feel now:

.....

What have I noticed new in myself or others during this moment?

.....

.....

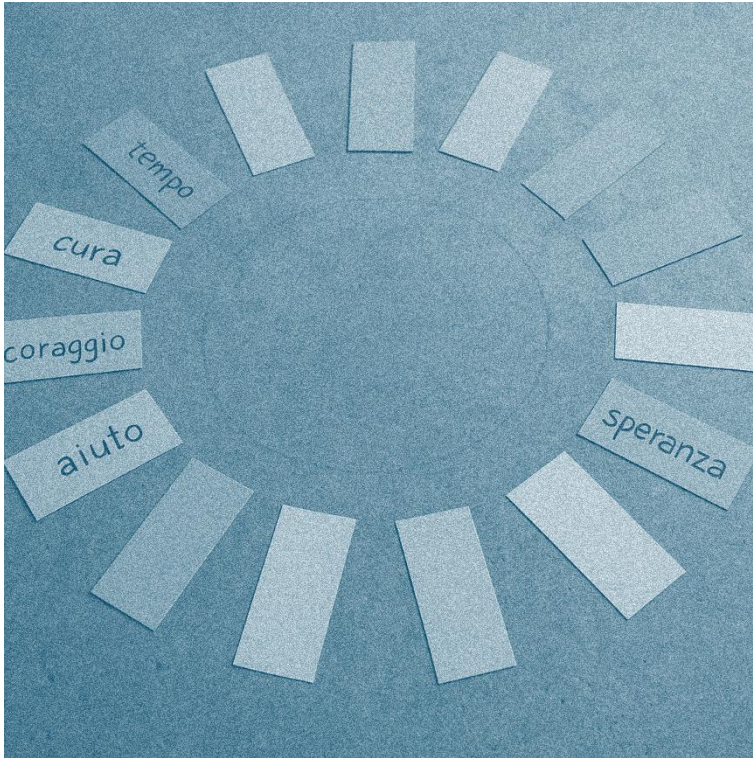
How do I feel after this moment?

.....

.....

Annex 2

ECHO OF WORDS



Main function: “Word Echo” is a listening and resonance card. It serves to collect the words, phrases or images that remain imprinted after the encounter with the witnesses of resilience, life stories or moments of collective dialogue. It is an emotional and symbolic trace of what each one has felt. It helps cultivate deep listening, transforming experience into shared awareness.

Utilization:

- 1) After each meeting, take a few minutes in silence.
- 2) Think back to the words, phrases, or gestures that touched you the most.
- 3) Write one or two on the card: they can be words spoken by the witness or born within you listening to him.
- 4) In a circle, arrange the words on the floor or on a panel, creating a collective mosaic.
- 5) Observe together with the others the connections between the words that emerged: what themes recur? What emotions resonate?

Duration: 20-30 minutes

For those who facilitate:



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

- Maintain the atmosphere of respect and silence: the moment is more contemplative than discursive.
- He/she emphasizes that no comments or interpretations are needed: the word chosen speaks for itself.
- It helps to visualize the collective mosaic as a single story made up of different voices.

My echo of words

Space to be filled in after the meeting, letting the words emerge spontaneously.

Name of the witness or group met:

.....

The words or phrases that struck me the most:

.....

.....

Emotions or images that have left me:

.....

.....

A word that I want to give to the mosaic of the group:

.....

A brief personal reflection (what do I recognize from my experience in that of the other?):

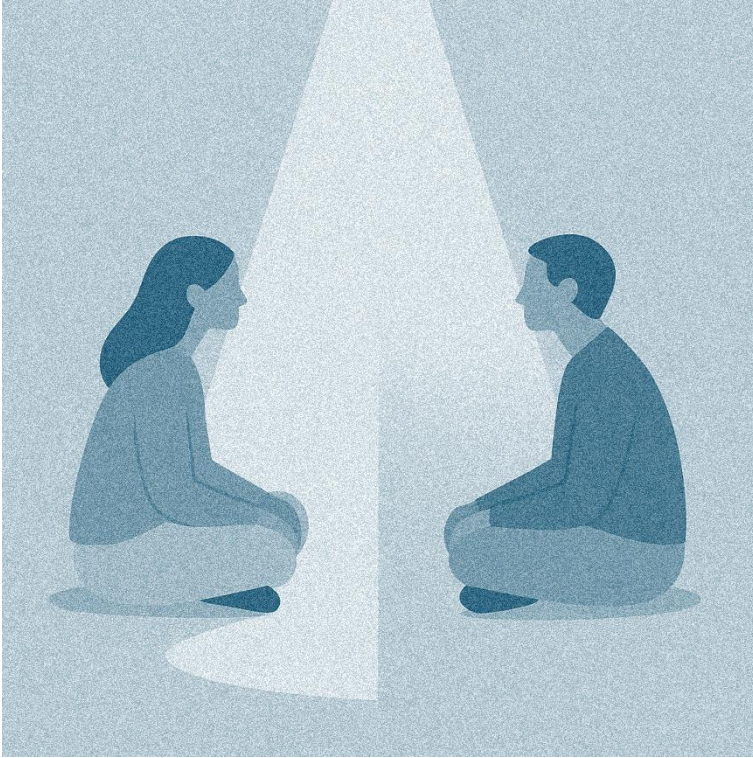
.....

.....

.....

Annex 3

GENTLE MIRROR



Main function: “Gentle Mirror” is an exercise in deep listening. It takes place in pairs and allows you to tell an important personal moment (a passage, a challenge, a transformation) in front of a listener who does not judge or comment. It serves to strengthen empathy, trust and the ability to be present with each other. The listener becomes a “gentle mirror”: he/she does not interpret, he/she does not advise, but only returns a word that has resonated within him/her.

Utilization:

- 1) The participants arrange themselves in pairs, sitting opposite each other.
- 2) A person begins sharing a personal or professional experience linked to a significant or challenging moment.
- 3) The other person listens silently, maintaining eye contact and presence.
- 4) When the story ends, the listener returns a single word or a short image that has remained with him.
- 5) Then the roles are reversed.
- 6) At the end, participants can share in the group how they felt during the experience.

Duration: 30-40 minutes in total (15-20 minutes per shift).



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

For those who facilitate:

- Prepare a cozy and protected environment.
- It invites respect for silence and sincerity: it is not a therapy, but an act of trust.
- If someone does not want to share a personal story, they can tell a symbolic or made-up story that represents them.
- Conclude with a short circle of words: “How did I feel listening?”, “What was it like to be heard?”

Space for annotations

To be filled in after the exercise, noting the words received and the sensations experienced:

My story was about:

.....

The word that my partner gave me back:

.....

Emotions or images I felt in telling:

.....

.....

How I felt listening to the other:

.....

.....

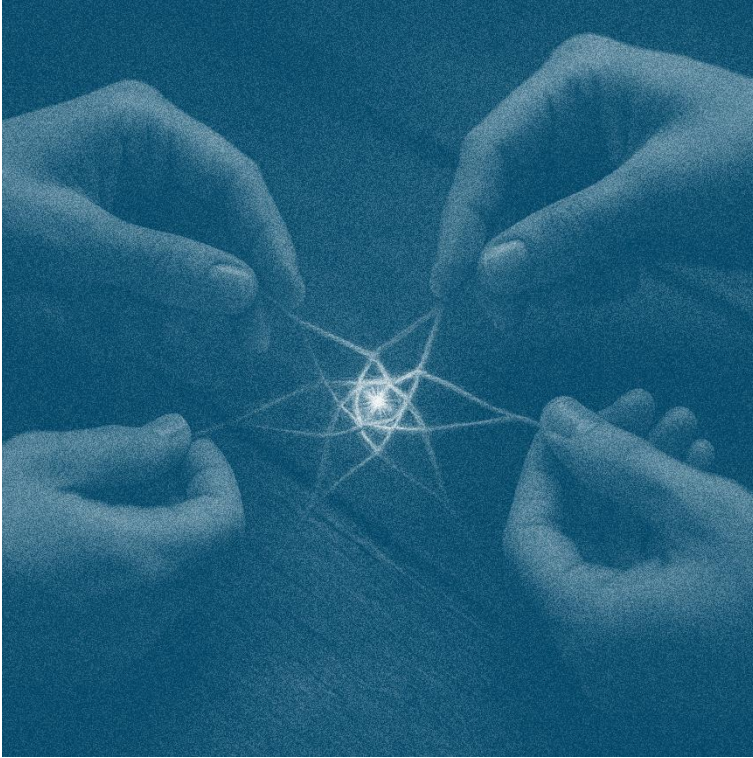
A sentence that sums up the experience:

.....

.....

Annex 4

CREATIVE IDEA



Main function: “Creative idea” is the card that accompanies the moment in which the group transforms the lived experiences into a symbolic or artistic form. It can be a manifesto, a small installation, a visual story, a performance or a short video: what matters is not the aesthetic result, but the shared meaning. It serves to give voice and shape to the experience, enhancing collective creativity and transformative thinking.

Utilization:

- 1) The facilitator forms small groups (3–5 people).
- 2) Each group rereads together the words, images and objects collected along the way.
- 3) Through a short brainstorming, he chooses a common theme (e.g. “care”, “roots”, “courage”, “silence”, “rebirth”).
- 4) On this basis, the group imagines a creative representation: a story, a drawing, a collage, a silent performance or a sculpture with natural materials.
- 5) The form is filled in to clarify the meaning, materials and roles.
- 6) At the end, each group presents their “creation” to the rest of the group, explaining what it tells and why.



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

Duration: 5-6 hours in total (including brainstorming, implementation and presentation).

For those who facilitate:

- Remember that you do not need to “know how to make art”: creativity here is relationship and meaning.
- It helps groups not to get lost in technical details, but to stay connected to the experience.
- Offer simple, natural materials that are readily available.
- Prepare a short photo or video restitution to document the process, not just the final product.

✿ My creative idea

To be compiled in bulk during design.

Provisional title of the project:

.....

Main theme or message:

.....

What form do we want to give to our idea?

Visual Story Installation Poster Performance Other: _____

Materials we will use:

.....

Who does what (group roles):

.....

.....

.....

What we want to communicate to the group or community:

.....

.....

.....

Annex 5

A WORD AND A GESTURE FOR THE RETURN



Main function: “A word and a gesture for the return” is the moment that closes the workshop. It serves to greet the group and let what each one brings with them emerge: an emotion, an awareness, an image. It is a light and respectful rite of passage, which marks the end of a journey and opens the space for subsequent reflection.

Utilization:



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

- 1) Preparation of the space: the facilitator arranges the chairs or creates an imaginary circle. In the center, he can place a symbolic object (a candle, a stone, a shell, a branch, something collected in the previous days).
- 2) Introduction: the facilitator invites a moment of silence and says, in a calm voice: *“Every journey changes who makes it. Today we do not analyse, but simply recognize what we carry inside.”*
- 3) Sharing: in turn, each participant pronounces a word that represents what they carry with them (e.g. “trust”, “roots”, “courage”, “calm”, “openness”) and accompanies that word with a gesture that represents it.
- 4) The group repeats the gesture in echo, as a sign of mutual listening.
- 5) At the end, everyone takes each other by the hand or greets each other with a simple collective “thank you”.

For those who facilitate:

- Keep the pace slow and quiet, without rushing.
- It prevents the activity from becoming an intellectual restitution: here it is important to feel, not to explain.
- If someone does not wish to speak, they can only make the gesture or listen.
- After the circle, you can invite people to write a word or draw a symbol in the journal.

✿ Clipboard space

To be filled in or completed immediately after the circle

The word I carry with me:

.....

The gesture that accompanies it (describe or draw it):

.....

An image or thought that I want to remember from this trip:

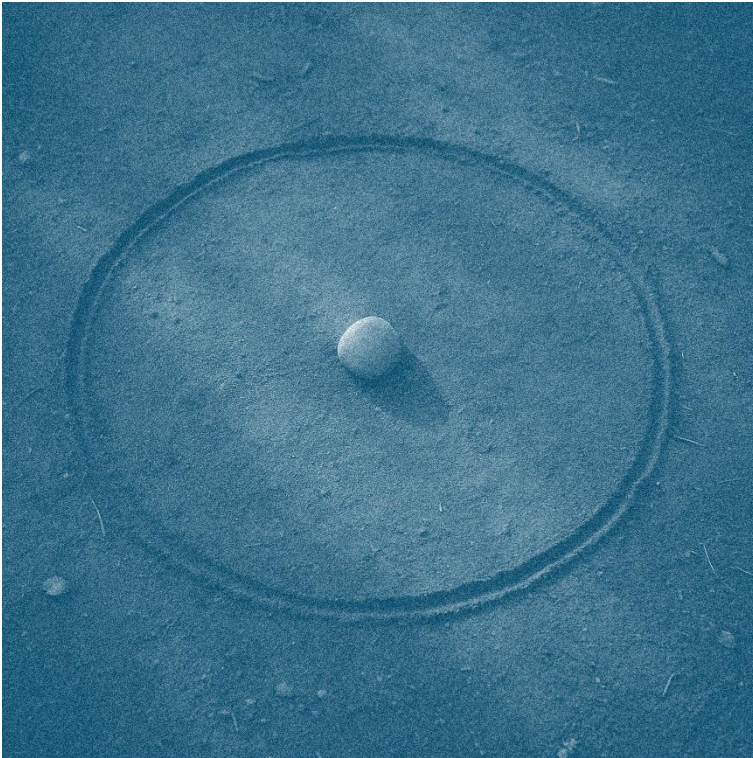
.....

A person or a moment that I will carry in my heart:

.....

Annex 6

THE WORD CIRCLE



Main function: the circle of words is a space for listening and dialogue in which everyone has the right to speak and to be silent, and where mutual trust is built. It is a suspended time to talk about one's own experience, listen without interruption and find meaning together. It serves to encourage collective reflection after an experience or a day; strengthen group cohesion; transforming emotion into shared awareness.

Utilization:

- 1) Preparation of the space: chairs or cushions in a circle, without tables or barriers. In the center there may be a small symbolic object (keyword, candle, stone, flower, branch).
- 2) Introduction: The facilitator briefly explains the spirit of the circle: *"In this space we listen without judging, we speak only to share what we feel, not to discuss or convince."*
- 3) Circle rules:
 - a. one person speaks at a time, passing an object of the word (a stone, a shell, a stick);
 - b. the recipient of the object can speak or remain silent;
 - c. you do not comment on what others say or do not say;
 - d. they speak in the first person: *"I feel..."*, *"For me it was..."*;



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

- e. Silence is part of dialogue.
- 4) Start: the facilitator proposes a guiding question (one at a time). Examples:
 - a. “What touched me today?”
 - b. “What did I learn from this experience?”
 - c. “What do I let go of and what do I take with me?”
- 5) Conclusion: the circle closes with a collective gesture (a round of applause, a breath together, a greeting) or a shared word.

Duration: 30-60 minutes, depending on the size of the group.

✿ Space for annotations

To be used to briefly note the main reflections or as a tool for the facilitator.

Date and phase of the workshop:

.....

Circle guide question:

.....

Recurrent emotions that emerged in the group:

Serenity Gratitude Tension Tiredness Curiosity Other: _____

Meaningful phrases or images heard:

.....

.....

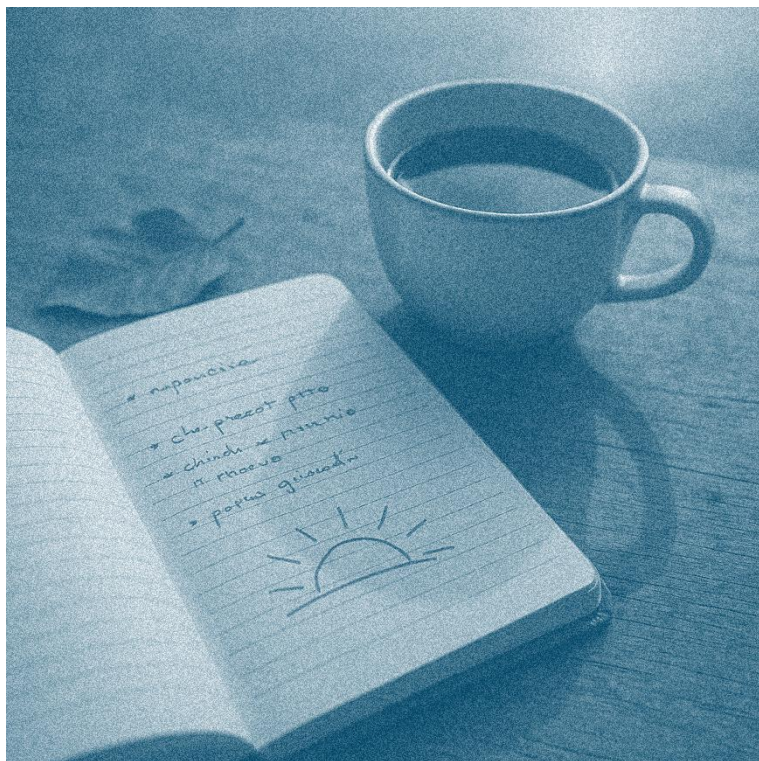
Facilitator Summary (optional):

.....

.....

Annex 7

FACILITATOR'S OBSERVATION AND REFLECTION SHEET



Moment of the workshop: transversal use. At the end of each day, in moments of pause or after the circles of speech, to fix the most relevant observations.

Main function: it is the tool that accompanies the facilitator on all the days of the workshop. It is used to:

- consciously observe the dynamics of the group (collaboration, trust, participation);
- identify emotional and behavioral signals (those who isolate themselves, those who take initiative, those who open up);
- reflect on how context, rhythm and activities affect participants;
- documenting significant moments.

It is not an evaluation log, but a gentle lens to read what happens “between the lines”.

Utilization:

After each day, the facilitator takes a few minutes to note:

- 1) The key situations observed.
- 2) Collective reactions (energy, tone, cooperation).
- 3) Individual evolutions (openness, awareness, trust).



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

- 4) Any corrective actions or future attention.
- 5) Your emotions as a facilitator, to recognize any personal resonances.

Duration: 10-15 minutes of free compilation.

✚ Format – Facilitator’s observation and reflection form

Date and place:

.....

Phase or moment of the workshop:

The step and the breath The meeting and the voice The emotions and the roots The transformation The return

Group dynamics (briefly describe):

.....
.....

Emotions perceived in the group:

Serenity Trust Deep emotion Tension Distraction Tiredness

Other: _____

Significant or transformative moments observed:

.....

Difficulties or critical issues that emerged (if any):

.....
.....
.....
.....

Strategies to adopt or suggest for the next day:

.....
.....



Co-funded by
the European Union

Project Code: 2024-1-IT02-KA220-ADU-000244663

TRIP - Training, journey and learn

Personal reflection from the facilitator (How did I feel today in my role?):

.....

.....

.....

.....