

# MOTHER NATURE

**„Strengthening  
professional  
capacity to support mothers  
in personal transformation”**

Innovációs stratégiai  
együttműködési projekt  
a felnőtt tanulás területén



# Édesanyákat és segítő szakembereket támogatjuk a következő eszközökkel:



- **Az Anya Útja önismereti kurzus**
- **AnyaTermészet kártyacsomag és könyv (benne: önszerveződő anya csoportok)**
- **Online platformok**
- **Anyakör vezető képzés (projekt után)**

 MOTHER NATURE

EMPOWERING MOTHERS IN THEIR  
PERSONAL TRANSFORMATION



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MOTHER NATURE  
ANYATERMÉSZET

Berecz Ágnes, projekt koordinátor, Pandora Egyesület  
“A tanulás rejtett színterei” szakmai nap, 2019 Nov. 7



# Ahogy mi látjuk: anyaság = nem formális tanulás, beavatás

1. Belső Átalakulás (“personal transformation”)
2. Életút átértékelés (“Re-aligning life path”)
3. Természet- kapcsolat (“Nature connection”)
4. Támogató közösségek (“Supportive communities”)



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Innovatív  
Stratégiai  
partnerség

Felnőtt tanulás

28 hónap

5 ország

7 partner szervezet

12 nő

(+ 7 baba)



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English

HOME

ABOUT

MOTHER NATURE'S

DIARY

## MOTHER NATURE'S TEAM

Nine wonderful ladies and one man from seven European organizations.



Ági Berecz

Ági has been working in environmental education since 2004, she has mainly worked in the fields of youth work and adult learning for sustainability. Being inspired by eco psychology, deep ecology and the path of yoga her interest has been shifting from the outer to the inner dimensions of personal transformation. The immersion to motherhood made her conscious about how becoming a mother and raising up children are main sources of connectedness to womanhood, and to our earthy Mother as a way of empowerment and strengthening of our dedication. She lives in a village in Hungary, teaches yoga, studies integral psychology, coordinates the international "Mother Nature" project and above all she is a mother of two young girls. Within the project she is mainly dedicated to



Eszter László

Eszti joined the project team as a designer and creative artist. She is the responsible for designing the Visual Aid card deck and she helps with the branding and visuals of the project also. She is a member of the Color-Space Association of Pécs and with Krisztina lead workshops, trainings and long time projects in the field of youth, creativity, change, and empowering women. The Mural Moral Method is a community art method and in the last years she worked with this complex creative tool with disadvantaged peoples, groups of women, professionals and young peoples. She is experted in artistic and social projects, Erasmus+ and development processes and local community developing processes in Hungary and in the international field as well (EducArt - Spain, Creativity and Change - Ireland, Migration



Doreen Hertrampf

Doreen is a counselor, a psychotherapist for children and teenagers and a former family service social worker. After her studies in social work she has been working in a program for unemployed young adults, providing individual and group counseling and gaining extensive and varied experiences in family counseling and individual transformation. As a family service social worker she has been helping families and individuals to get through difficult times. To improve her knowledge, in 2012 Doreen started her second education in mental health counseling of children and young adults. She studied counseling theories and techniques, psychological testing, ethics, research, cultural perspectives and psychological development. In January 2018, after finishing her studies, she opened her



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2 nemzetközi  
tréning  
anyáknak és  
szakembereknek

35 résztvevő

100 anya az  
anyacsoportokban



# www.mothenatureproject.org

English

HOME

ABOUT

MOTHER NATURE'S DIARY

PEOPLE & ORGANIZATIONS

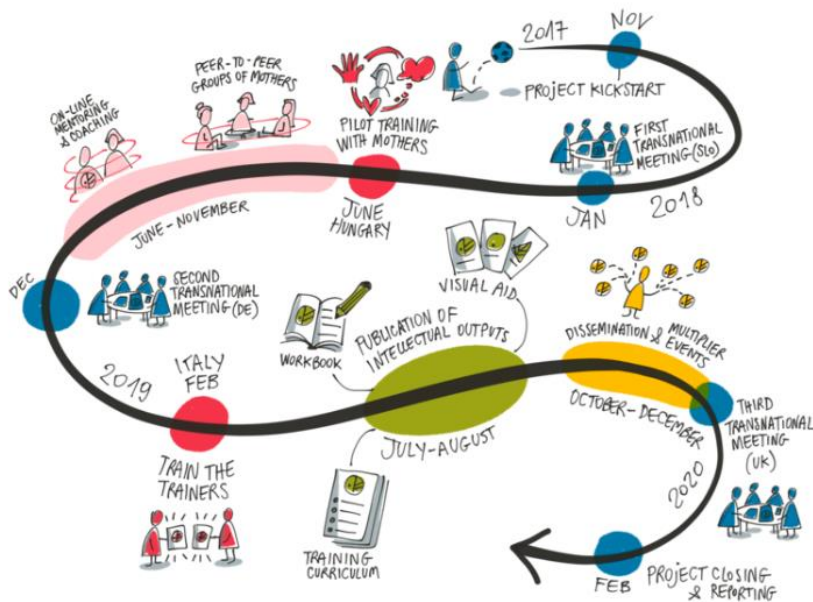
GET IN TOUCH

RESOURCES

MOTHER NATURE TRAININGS

MOTHER'S JOURNEY  
PEER GROUPS FOR MOTHERS

## MOTHER NATURE'S DIARY



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Az anyaság mint informális tanulás:

Mit tanul egy nő az anyává válás  
során?



visszhang

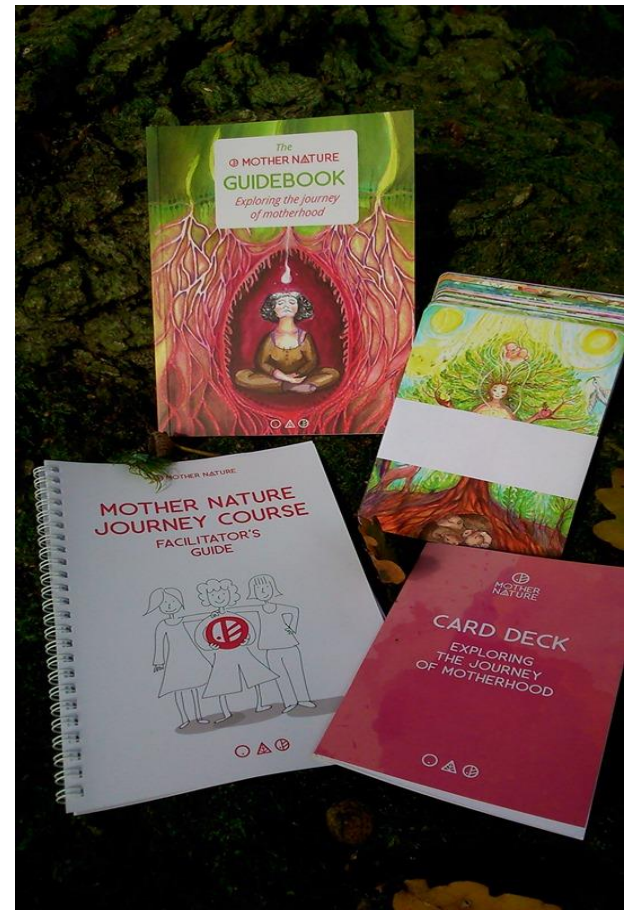
# A projekt szellemi termékei:

1. Online platform és weboldal

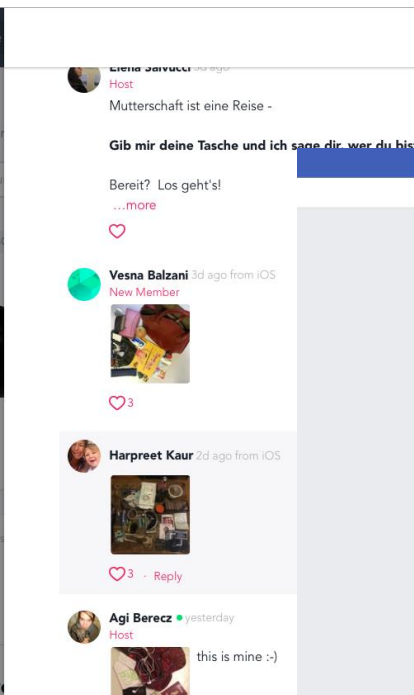
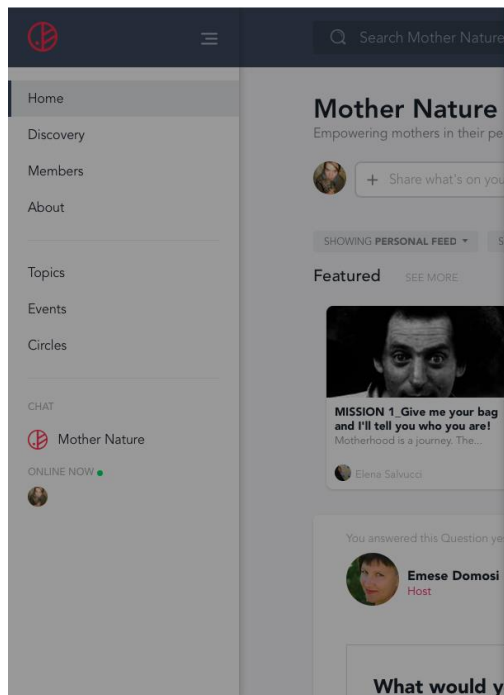
1. AnyaTermészet könyv

1. AnyaTermészet kártyacsomag

4. Anya Útja kurzus facilitátori kézikönyv



# 1. Online platform(ok)





## 2. AnyaTermészet könyv

### SUMMARY

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3

### LISTEN TO THE CALL



*Becoming a mother is your rite of passage*

*Be brave and your helpers will appear*

*Motherhood is your pathway to grow*

Your story as a mother is a unique story of adventures, hardships and joy. A tale of personal growth, development and transformation.

Thumbelina, the Princess and the Frog, Cinderella, the good girl in Mother Holle, Dorothy in the Wizard of Oz and Alice in Wonderland are all familiar to us. The heroine receives a call and leaves behind the ordinary world of the past. Initiated to a new stage of life, she goes through a journey of trials facing great dangers on her way. At the end of her adventures she finally returns home with her elixir, her true gift. By the end of the story her personality is completely transformed and she becomes a more mature person, she finds her true self and mission in life.

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Traditional Earth-based cultures acknowledged transitions from one human life stage to another and formed collective rituals. As women we live a cyclical life. Our first menstruation is a crossing from being a girl to becoming a fertile woman. Our first childbirth marks the threshold from the phase of being a woman to becoming a mother. With wisdom and age women cease to menstruate, and cross into the season of elder women in their full power. As nowadays we live much longer than our ancestors, there is a potential to spend a good few years in our last phase of life, when our accumulated wisdom could serve others. With each life season there is a rite of passage that marks the end of one stage and brings about a new one. These initiations ensure that we, as women are reborn again and again to fully live each stage of our lives.

#### Reflective questions

*What life event was your passage from being a girl to becoming a woman?*

*Can you remember your call to become a mother?*

*If you look at your mother journey so far, what is the most meaningful thing you have learnt?*

#### Activity

*Draw a circular drawing of your life journey (including the period you have lived and life ahead of you), and mark the life stages you have lived: what were the most meaningful lessons? Mark the stages ahead of you: what are your aspirations for those life stages?*



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# 3. Anya Természet kártyacsomag

MOTHER NATURE  
LISTEN  
TO THE CALL

*Becoming a mother is your rite of passage  
Be brave and your helpers will appear  
Motherhood is your pathway to grow*

THE JOURNEY

MOTHER NATURE  
FACE YOUR DEEP  
PATTERNS

*Talk to your mother about your childhood  
Find someone who can truly listen  
Get to know your shadows  
Find a loving way to set boundaries for your child*

REFRAME CHALLENGES

MOTHER NATURE  
CONNECT WITH  
YOUR ROOTS AND  
ANCESTORS

*Connect with your female lineage  
Celebrate the wisdom of your ancestors  
Make peace with your mother*

TRANSFORM

MOTHER NATURE  
LISTEN

*Listen without interruption or judgement  
Listen to what is beyond words  
Appreciate the silence  
Listen to your own body*

EMPOWER

MOTHER NATURE  
MOTHERHOOD  
IS JOY

*Recognise beauty around you  
Nourish your inner child  
Let yourself bloom*

NOURISH YOUR GIFTS

MOTHER NATURE  
YOU ARE NATURE

*Engage all your senses  
All of nature mirrors you  
Connect with the fundamental  
cycle of living and dying  
Open your heart to interconnectedness*

CONNECT WITH NATURE



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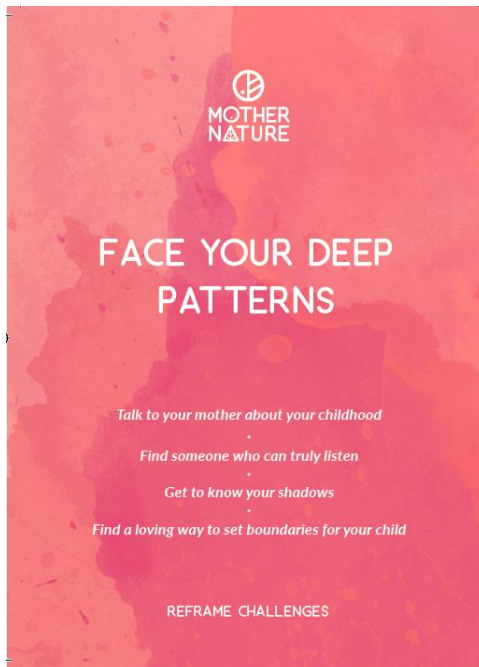


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### 3. AnyaTermészet kártyacsomag



**4. WISDOM OF YOUR INTUITION:** This is the element of Fire in you. Intuition and power help you to move energies in your environment, to give and to move. Aliveness and energy are important, and this card helps you to find the fountain of energy in your life. Recharge yourself and shine!

**5. WISDOM OF YOUR HEART:** The heart will lead you back to your centre. This place is the essence of your current state. This card can show you the connections between the other four elements.





# 4. Facilitátori kézikönyv az “Anya Útja” csoportokhoz

## WORKING OUTDOORS

Becoming a mother brings the integration of our feminine side. Feminine energy can be found all around us in nature. It is the aspect of the sustainer, and a key concept of ecological sustainability. A secondary goal of creating this guide is to help mothers to reconnect with the more-than-human world, getting in touch with the natural environment. We strongly encourage you to find a venue with some outdoor space to enable the group to go outside for some of the activities. Next to the description of each outdoor exercise you will see this symbol.



Here are two testimonies from previous participants, Andrea and Fruzsina from Hungary:

*“The idea of outdoor walk first sounded strange, then it felt so good. I realized that nowadays I never walk aimlessly.”*

*“Outdoor walks made me realise how little time I spend on nourishing myself, and how recharging a few minutes spent alone can be.”*

## HOW TO CREATE SAFE SPACE FOR THE GROUP

Use the guidelines below on creating a safe space and creating a positive group culture in the first session.

### SET THE TONE

By stating that it is a safe and secure place to talk about ourselves, to listen respectfully, to connect, to open up or to remain silent. Point out that participants as mothers share a common path or period of life and we are there to support each other.

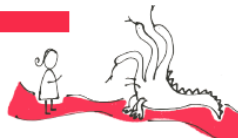
### PARTICIPATION IS VOLUNTARY AT ANY MOMENT DURING THE MEETINGS.

It is important to invite people to say, share and act in a way that is right for them in the moment. Anyone is free to take a step back from any of the suggested activities. Your role as facilitator is to invite and accept this voluntarily participation, so that participants don't feel under pressure.

4

## SESSION 3

### BEFRIEND YOUR DRAGONS



#### TOPIC

The journey of motherhood, trials, hardships and helpers



#### LENGTH

of 120-180 minutes



#### MATERIALS

- Mother Nature Card Deck
- Artwork materials: paper, paints/oil pastels/markers/coloured pencils, magazines for collage
- Other creative materials may be used for art activities: natural objects, building blocks, clay, etc.
- Activity book

### PREPARATION OF THE SESSION

Place cushions in a circle. In case you have children present, make sure everything is child-friendly. Prepare drinks with glasses for everyone. Depending on the weather and the logistics and proximity of the indoor and outdoor spaces you may invite participants to meet outside and start your session there.

### ARRIVAL

Allow 10 minutes for people to arrive and feel comfortable before you start the activities.

### MINDFULNESS EXERCISE

Brief intro.

“Before we start this session I want to invite you to a 5-minute mindfulness exercise. As well as helping us to settle in this space it also has the purpose of helping us disengage from and slow down the constantly circulating thoughts in our heads. It's about arriving and perceiving the present moment whatever this may include for you today.”



LENGTH  
5'



Instruction.

“Please sit comfortably and close your eyes or fix your gaze about a meter in front of you on the floor.”

Note to facilitator: Every minute give the participants a new question. Start with:

“Ask yourself: where am I right now? How am I in this moment? (1st minute)

Now turn your attention towards your breath without intentionally changing it. Try to

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MOTHER NATURE  
MOTHER NATURE JOURNEY COURSE

## ACTIVITY BOOK FOR PARTICIPANTS

YOUR NAME

DATE, LOCATION AND GROUP FACILITATOR'S NAME



# A projekt nem formális tanulási módszertana:

Anyává válás és anyaság: INFORMÁLIS TANULÁS

Az anyák a **NEM FORMÁLIS TANULÁS** eszközei és reflexiós folyamatok révén:

- Támogató közösséget találnak és alkotnak
- Felismerik a nehézségeiket
- Tudatosítják szükségleteiket és erőforrásaikat
- Fejlesztik kommunikációs készségeiket
- Elismerik és validálják új kompetenciáikat
- Integrálják az anyaként tanult “soft skill”-jeiket
- Rálátnak arra, ha további támogatásra van szükségük
- Erőforrásokat merítenek a hétköznapihoz



# Szakemberek támogatása:

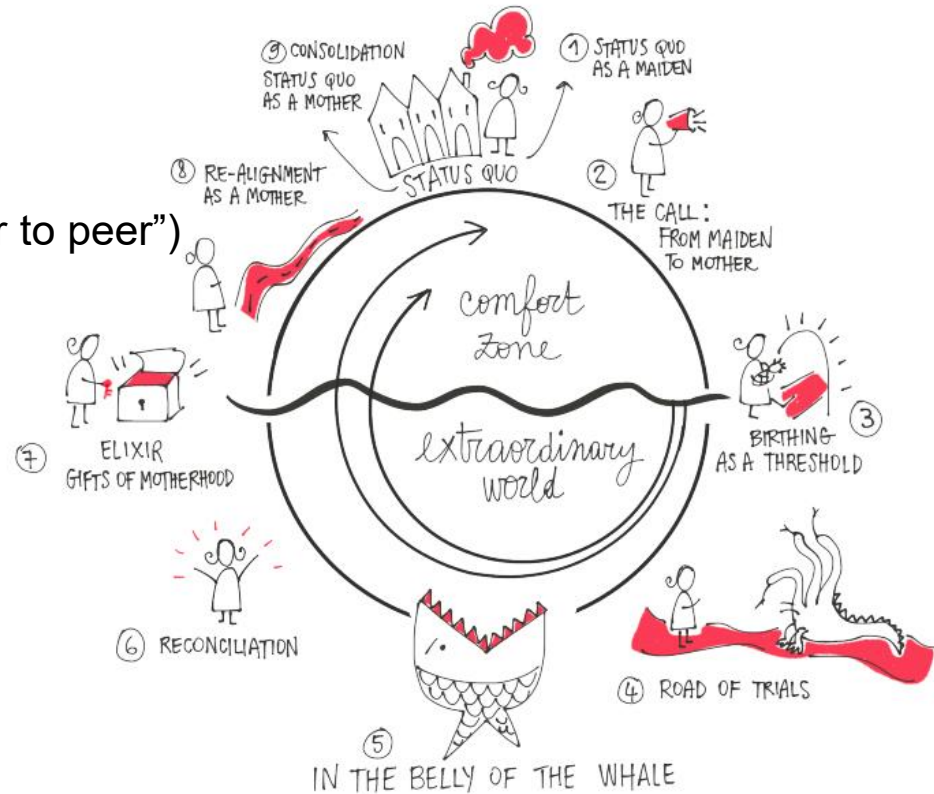
- Szakmai kompetenciák tudatosítása: mi az a szélesebb szakmai közeg, amiben hálózatokat építhetnek (kik az anyákkal foglalkozó “szakemberek”?)
- Közösségépítés: nemzetközi közeg mint háttér támogatás
- Szakmai kompetenciák fejlesztése (facilitátor képzés - a jövő)
- Kész módszertani anyag átadása segédletekkel (kártyacsomag és könyv)





# Alkalmazott nem formális tanulási módszerek:

1. Blended mobility training (Pilot Training)
2. “European Launch” online felkészítés
3. Joint Staff Training (“Train the trainer”)
4. Mother’s Journey anya csoportok (“Peer to peer”)
5. Facilitátor képzés (kidolgozás alatt):



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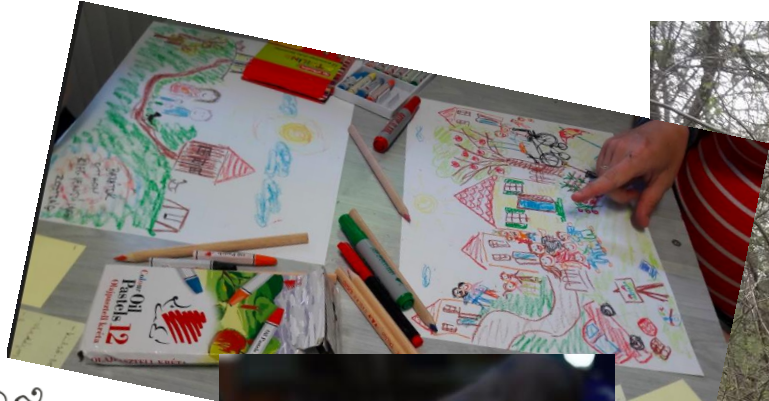
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“A tanulás rejtett színterei” szakmai nap, 2019 Nov. 7

# Nem formális tanulás módszertana facilitátori kézikönyvünkben:

## LEARNING METHODS

You will see for each activity the proposed format such as 'work in pairs/outdoors' etc. When in the whole group it is ideal if you can sit in a circle. You will find a pictogram next to each activity that represents the main learning methods used, as following:



ART



OUTDOOR



GROUP WORK



THEORY



BODYWORK



MINDFULNESS



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# A projekt során kidolgozott nem formális tanulási módszerek szakemberek számára:

## Az AnyaTermészet tanulási módszertana, az “Anya Útja” csoportok alapja - elemei:

- Egyéni reflexió
- Páros meghallgatás
- Kiscsoportos támogató megosztás
- Természetben töltött strukturált gyakorlatok -
- TERMÉSZET mint co-facilitátor/terápiás hatás!
- Művészeti eszközök alkalmazása
- Tudatos jelenlét és mozgás alapú gyakorlatok





# Az “Anya Útja” anyacsoportok kialakítása, fenntartása



# Az AnyaTermészet módszertan tervezése:

Meglévő kompetenciákra építettünk (projekt csapat)

Egyéni munka a könyv előkészítéséhez, szakirodalom kutatás és interjúk

Szakmai szupervízió - Perniatus Alapítvány, szakmai partner

Önismereti tanulás - terápia

Alap modell: A “Hős Útja” (Joseph Campbell),

Pozitív pszichológia szellemisége

Tesz csoportok indítása

Nagy számú visszajelzés kérése a résztvevőktől

Visszajelzések beépítése a tananyagba

Kompetencia határok el/felismerése

(“peer to peer”-ből szakemberek módszerspecifikus továbbképzése), minőségbiztosítás,

Bemeneti és kimeneti feltételek megállapítása a facilitátor képzés kialakítása során



# Tanulási eredmények mérése:

- Az Anya Útja csoportok részvételi értékelései
- A két nemzetközi tréning értékelései





# Nem tervezett nem formális tanulási folyamatok a projektben:

Közös munka - TNM és online - informális tanulás a projekt csapatnak együtt és egyénileg (Szociokrácia, online eszközök, munkamegosztás, feladatok strukturálása, konfliktuskezelés, egymás támogatása, stb.)

Szakmai tanulás: “peer to peer” -ből szakemberek módszerspecifikus képzése



# Az AnyaTermészet megközelítés alkalmazási lehetőségei más szektorokban:

Köznevelés, szakképzés, ifjúság területei

## LEARNING METHODS

You will see for each activity the proposed format such as 'work in pairs/outdoors' etc. When in the whole group it is ideal if you can sit in a circle. You will find a pictogram next to each activity that represents the main learning methods used, as following:



ART



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4-es csoportban:

Válassz egy kártyát,  
mely az anyaságot  
mint tanulási folyamatot  
mutatja!



Ossz meg egy személyes történetet róla!



# Köszönöm a figyelmet!

## Berecz Ágnes



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