

# Report from the Life-Enriching Education Lab 2019 in Germany

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

## **What did participants get out of being on the LEELAB 2019?**

“Before I came to Leelab it was hard for me to imagine how to tap into the public school system, but now I am a lot more confident about how to approach that.” Anca Zlavog (Romania)

“Before I was unsure "how to do NVC" in education, now I learned about strategies helpful to sharing.” Irena Nitsche (Germany)

“I improved my tools in speaking with the "power over persons" and I have more clarity about practical steps toward my dream.” M (Italy)

“Before I came to leelab i felt a certain amount of despair, I felt that it is impossible to create a school that is life enhancing within the framework of the school system. I felt lost about how to do it.

After the leebílab I feel more hope that it might be possible. I feel that whatever little thing we do is more than doing nothing and that it doesn't have to be perfect. I feel that it is normal for it to take some time and that it doesn't have to be great from the start. I feel more support and less alone. I feel that there are other people I can reach out to when I am challenged to get support and guidance. I feel that I have more tools to use and more courage to use them. I feel a stronger sense of determination to just do it and to try to let go of the fear of failure. I feel inspired to go for my dream.” Nova (Sweden)

“The way we lived here together, taking care of everybody's needs, living in this environment for a week, gave me a glimpse of how I would like it to be in my classroom and the trust that it can be.” C (Romania)

“Before I came to Leelab I was feeling alone and more in the world of separated individuals now I have more trust in collaboration, interdependence, letting go of comparison and the wonderful popping up of different types of help that I on my own hadn't come up with and therefore couldn't ask for.” Iris (Spain and Germany)

“I've opened some more doors on my path in going back to me. I'm curious what the effect of the course will be, when I'm back in school. I guess I've changed perspective and that will affect my choices.” Marieke van Soest (The Netherlands)

### **What NVC Skills did you learn?**

“Trust of the process. Being open. Just listening and trust. Connection with my own body and feelings and trust in staying in connection with them even when unpleasant. Welcome my feeling with much less judgement enabled me to express myself with more confidence and with much less "editing".” Benedetta Barabino (Switzerland)

“Empathy and self empathy, perceiving my anger and anger of other people, mediation, dealing with power over or power under, honest expression, agreement making.” Betina Jamšek (Slovenia)

### **Some highlights of what participants said about the trainers:**

“I can't wait to get home and see what I can make out of it all.”

“I celebrate your fullness as individuals and as a whole. I feel truly inspired and humble for the consciousness you all bring.” S

“I feel accepted, heard and safe with you. I enjoy your joyful approach in the workshops, your sense of humour, and I value your knowledge and experience so much. I feel blessed to have the opportunity to learn from you and with you! You enriched my life to an extent I had never thought about before! Thank you for your warmth and heartiness!” Betina Jamšek (Slovenia)

“Grateful, grateful, grateful... for your energy in the moment, for the inspiration to go on and do whatever makes sense to do in the moment, for bringing Father Chris to this event, for your offerings that were all precious gifts to me. THANK YOU! Much love to you! And thank you for your part in the entertainment show, my need for fun and play was immensely met :))!”  
Manuela Murariu (Romania)

### **Would you recommend this 6-day Life-Enriching Education Lab for other educators? And why?**

“YES!! This is my third year at the LEE Lab and hopefully I will come again!. Meeting other people sharing the same dreams, the co-creation---being part of a big team---the incredible experience of creating a field of compassionate presence together which supported me as I learned...” Cordelia (The Netherlands)

“Yes I would, especially to people who are interested in education, either supporting teachers or parents. It's a place where you learn a lot from both trainers and participants and for me it was hope restored that you can dream big and accomplish many things through small steps.”  
Anca Zlavog (Romania)

“I totally recommend the experience so that they fall in love with life again, fall in love with their dream again, and get guided towards their next steps in whatever they want to go for in education.” Manuela Murariu (Romania)

“I would definitely recommended because it is enriching experience and a place where personal transformation is supported, where love and acceptance are served for breakfast, lunch and dinner and where your dreams can meet with reality and be supported and maybe even concretized. The place where learning is fun and hope and inspiration are not just something we long for but something we breathe.” Sandra Massariol (Switzerland)

“Yes, because I felt very cared for. I could contribute, experiencing community living NVC, learning more NVC, Choice between self-development (get empathy and support), contribute, inspiration from other participants experience, schools and projects, meaningful conversations, time to relax and nature.” H (Austria)

### **Some summary reflections from the “trainer”/organiser group:**

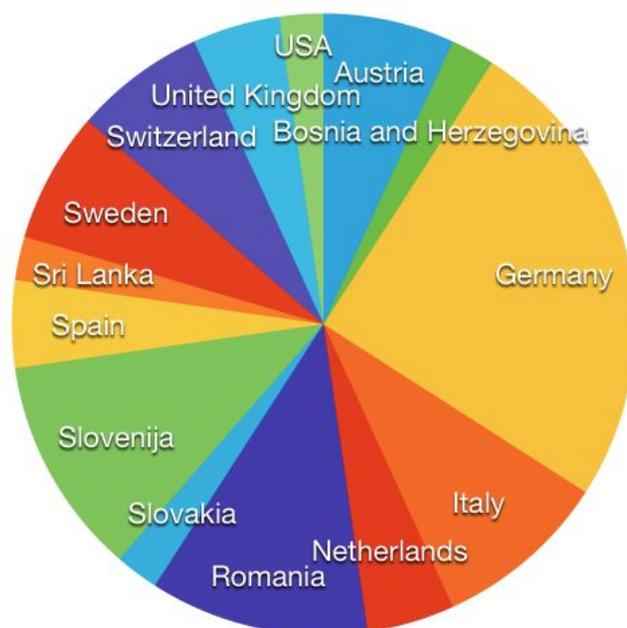
The Leelab is a unique learning space for us all who come together and build the classroom we always dreamed of - for a future of shared power with our children.

Organizing the LEE Lab was an exceptional learning experience to be in touch with and also balanced a lot of different needs.

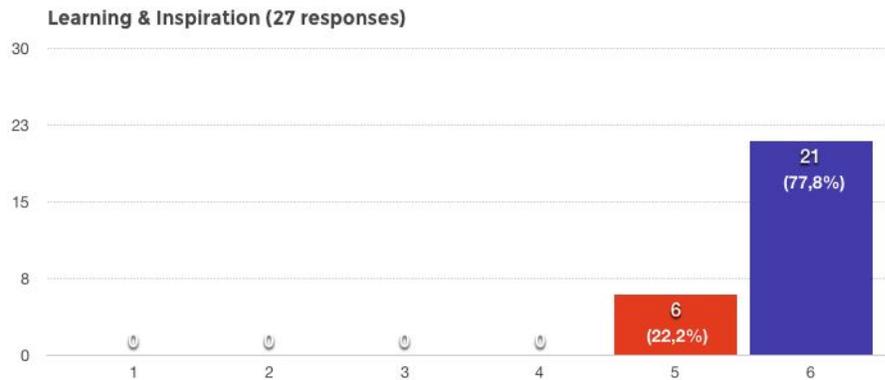
We treasure the form of the LEE lab which strongly reflects mutuality and everyone’s contribution to create the space. It is very empowering to realize how much people are doing in the world. The actions shared reinforce our trust that we together can empathically influence education. The enthusiasm, creativity, commitment and diversity was present as a spark for fun and meaningful learning.

The principles of NVC learning in action!!

### **Represented Countries at LEE Lab Germany 2019**

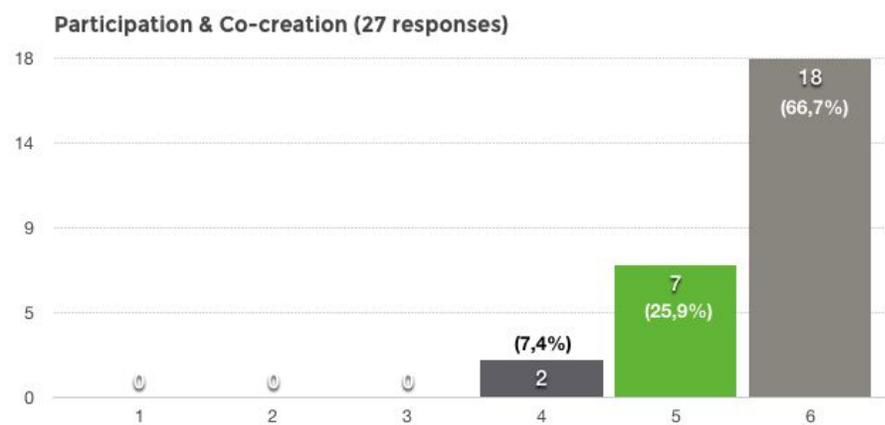


## Did the leelab meet needs for (where 6 is met needs):



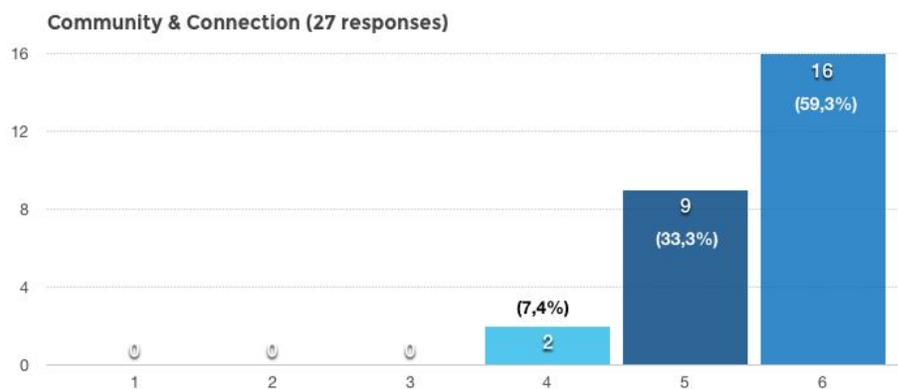
### How? (example of a response)

“Hearing from fellow teachers how they bring NVC to life in their environment is so inspiring and encouraging to find my way to live up to my potential..”



### How? ( example of a response)

“I thought I would only listen and attend workshops. But during the week I changed my attitude. I felt secure enough to start showing myself, offer activity, Brainstorming and asked for teacher feedback. I am really glad for these great opportunities of participation.”



### How? (example of a response)

“I felt like home and this I think it sums it up. I loved being part of this community and enjoyed the friendships and the connection with the people from the LEE Lab.”