

Leaders First: From Roots to Wings

A restorative course for educators and school leaders who need to pause, reflect, and reconnect. Through storytelling, forest bathing, and creative tools, participants explore new ways of leading with clarity and courage.

Training location: Poland, Gran Canaria

Language used for the training: English

Trainer: [Katarzyna Baca](#)

Target group: kindergarten teachers, pre-school teachers, primary teachers, secondary teachers, adult education providers, head teachers, deputy heads, future head teachers, trainers, councilors, librarians, researchers, NGO workers, volunteers serving in the education sector, as well as university professors and lecturers.

Description

This 5-day course supports teachers, Erasmus+ coordinators, and leaders experiencing stress or burnout. Participants are invited to reflect, recover, and grow through storytelling, forest bathing, journaling, and creative expression. Each day combines emotional insight with practical tools, such as leadership archetypes, digital storytelling, and guided journaling. Sessions help participants rediscover their “why” and reimagine their leadership in a sustainable, life-affirming way. A safe, inclusive learning environment where personal stories matter—and where slowing down is part of the plan.

Course objectives

- Reconnect with personal leadership identity and purpose.
- Explore leadership archetypes using storytelling and self-reflection.
- Learn techniques to prevent burnout and nurture resilience.
- Develop confidence in communication and English expression.
- Practice forest bathing and somatic awareness to reset the nervous system.
- Create visual journals and leadership postcards as tools for insight.
- Design an action plan for sustainable and human-centred leadership.

Methodology and assesment

This experiential course blends storytelling, embodied reflection, nature-based learning, and collaborative dialogue. Learning is supported by creative workshops, myth-inspired exercises, movement, and peer sharing. Daily reflection circles and story labs allow for personal and

professional insight. While there is no formal assessment, participants develop a final story, a visual leadership postcard, and a personal action plan. These outcomes, along with daily reflection, form a portfolio of growth by the end of the course.

Materials, Digital Tools & Other Learning Resources

Materials include visual journaling prompts, leadership archetype maps, and forest bathing guides. Participants use Canva, Google Docs, and storytelling frames. All materials are provided digitally. English is the working language, and creative expression is welcomed in all forms.

DETAILED COURSE AGENDA

Day 1.

Rooting in Place & Connection – We Begin in Belonging

- 14:00-15:30 ▶ **Welcome Lunch** (traditional meal) – local dishes, informal networking, first impressions.
- 15.30–16.00 ▶ **Welcome Circle** – Setting intensions, course overview, opening ritual.
- 16.00-16.30 ▶ **Quiet Journaling** – “Where am I now? What do I hope to grow this week?”
- 16.30-18.30 ▶ **Learning Without Walls** – a guided educational and orienteering walk around the city:
Katowice – *“From Industry to Innovation”*
Warsaw – *“Resilience and Rebuilding”*
Gdańsk – *“Solidarity and Collective Leadership”*
Maspalomas – *“Fluid Identity and Borderless Horizons”*

Day 2.

Reconnect and Reflect I

- 9:00– 09:30 ▶ School/project presentations.
- 09:30-10:30 ▶ Weaving activity. Darts game.
- 10:30-10:50 ▶ Coffee Break
- 10:50-13.15 ▶ Story Circles: Finding my why.
Weaving or targeting?
Redefining success.
Leaving rushmageddon.

13:30-14.30

- ▶ Storytelling Workshop – Pick up your story to tell.

In the
afternoon

- ▶ Cultural programme - (optional)

Day 3.

Reconnect and Reflect II

9:00– 09:30

- ▶ Storytelling & Mindfulness – Setting the tone through breath and presence.

09:30-10:30

- ▶ Personal Myth Lab – Archetypes reflection:
 - The Snow Queen / The Lone Wolf
 - The Martyr / The Over-Performer
 - The Tamed One / The Provider

10:30-10:50

- ▶ Coffee Break

10:50-12:35

- ▶ Love and Courage Workshop – Choosing what serves you.

12.35-12.45

- ▶ Break

12.45-13.15

- ▶ Introduction to Forest Bathing:
 - What is Forest Bathing?
 - How the forest heals
 - Who needs the forest?

13.15-14.00

- ▶ Take your story for a walk.

In the
afternoon

- ▶ *Cultural programme - (optional)*

Day 4.

Reset your Nervous System through Forest Bathing

9:30– 12:00

- ▶ Forest Bathing Session: Exercises for body, mind, and soul.

Body:

- Shaking off the leaves
- Breathing with the wind
- Growing roots
- Gentle swaying
- Shifting perspective
- Becoming the forest
- Forest on your desk

Mind:

- Snail's pace

- Close your eyes
- Exploration walk
- Sensory guided walk

Soul:

- Your place of power
- In nature's cycle
- Don't sugarcoat it
- Stories of the trees
- A strong shoulder
- The wishing tree

- 12:00-13:00 ▶ Picnic in the forest.
- 13:00-15:00 ▶ Storytelling Frame – What is the story my leadership is telling?
 • Creating a leadership eco-art installation using forest elements.
 • Creating a bookmark with forest treasure.
- 15:00-16:00 ▶ Take your story for a walk in the forest.

Day 5.

Create, Journal, Express

- 09:00-11:00 ▶ Guided Journaling – “A Room of One’s Own” (in museum or public space).
- 11:00-11:20 ▶ Caffe Break
- 11:20-13:00 ▶ Storytelling Rehearsal – Shaping your final story (peer coaching)
- In the afternoon ▶ *Cultural programme - (optional)*

Day 6.

Celebration & Commitment

- 09:00-11:30 ▶ Storytelling Festival part I – Telling stories in a safe, celebratory space.
- 11:30-11:50 ▶ Caffe Break
- 11:50-13:30 ▶ Storytelling Festival part II – Telling stories in a safe, celebratory space.
- 13:30-14:00 ▶ Harvesting the Story” – Collective Reflection Ritual
- In the evening ▶ *Networking dinner. (optional)*

Day 7.

Leading Through Place - Educational City Experience

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| 10:00-12:30 | ▶ Walking Reflection: "Streets of My Leadership"
▶ Cultural activities in the city. |
| 12:30-13:00 | ▶ Evaluation of the course. Group discussions to share insights, challenges.
▶ Closing Circle - Group storytelling |
| 13:00-13:30 | ▶ Certification ceremony.
▶ Circle of Reflections - What will I stop / start / continue? |
| 13:30-14:30 | ▶ Group photo and networking.
▶ From Insight to Action - Vision boards or leadership action plans. |
| 14:13-15:00 | ▶ Certificate Ceremony & Farewell Ritual. |

What to Bring

- ▶ Comfortable clothes and walking shoes for outdoor excursions.
- ▶ And above all - a **positive attitude** and a **smile!**

While a standard indicative daily program is in place, the course is flexible and can be personalized based on the participants' needs. Costs:

The 560 EUR fee covers the course tuition, guided tour of the city and issuing the required Erasmus+ documents, and coffee breaks. The prices of optional cultural and social activities, as well as the cost of transport for outdoor education activities will be provided one month before the start of the course.

[See our entire range](#)