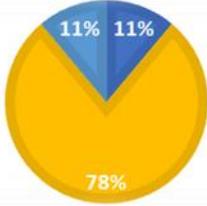
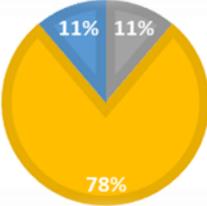
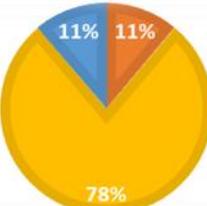
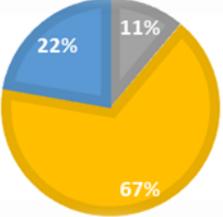
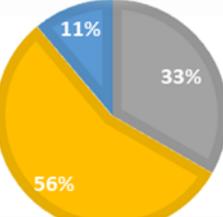
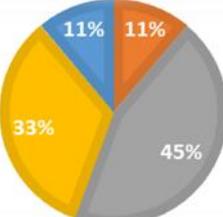
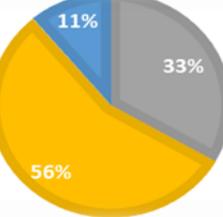
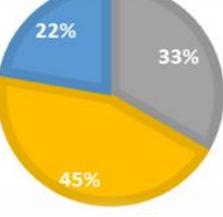
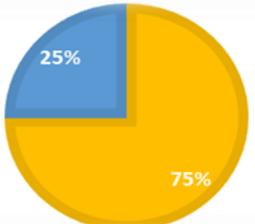
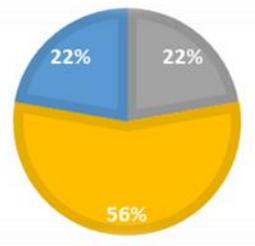
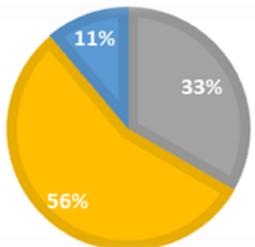
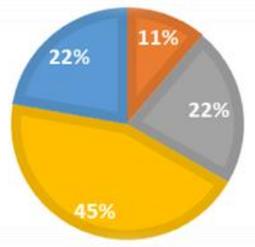
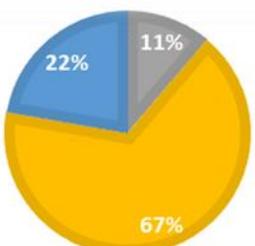


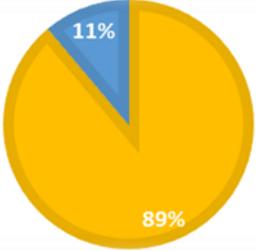
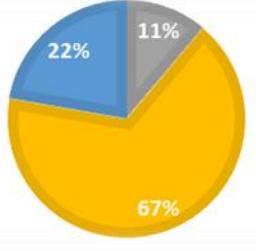
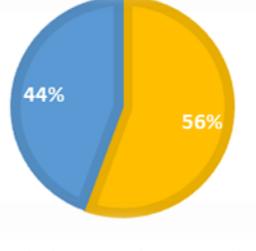
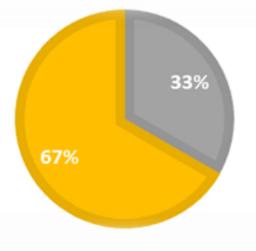
## Questionnaire for measuring personal growth

1. During the course of education, or upon its completion, did the following changes occur on a personal level? (mark with X: 1 - I completely disagree, 2 - I disagree, 3 - I cannot decide, 4 - I agree, 5 - I completely agree). You can also add your own findings in the boxes below and evaluate them similarly.

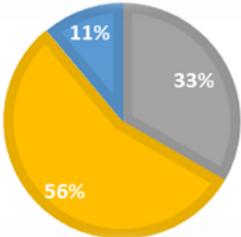
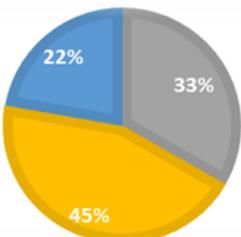
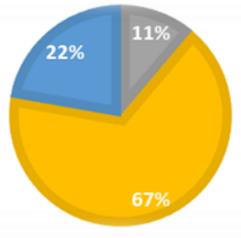
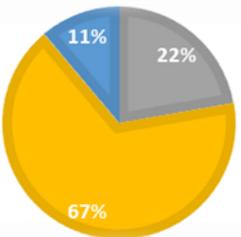
	I completely disagree (%)	I disagree (%)	I cannot decide (%)	I agree (%)	I strongly agree (%)
	1	2	3	4	5
 <p>Changes in the perception and conception of one's life story and the discovery of one's own sources of power</p>	11,11			77,78	11,11
 <p>Deeper and more complex awareness that benefits me in different areas of life</p>			11,11	77,78	11,11
 <p>Self-sensibility</p>		11,11		77,78	11,11

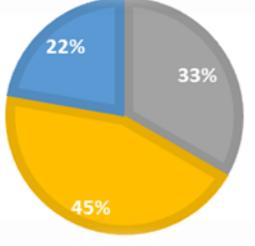
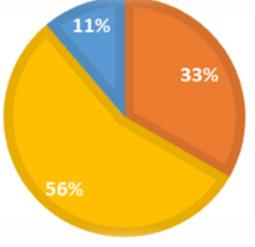
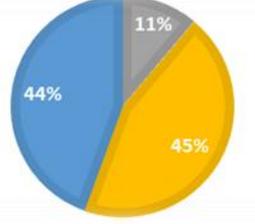
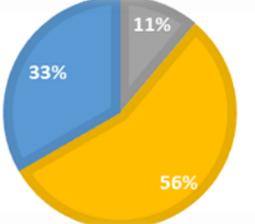
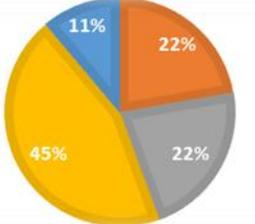
 <p>Sensibility to your body</p>			11,11	66,67	22,22
 <p>Sensibility in relationships with others</p>			33,33	55,56	11,11
 <p>Sensitivity to nature and the environment</p>		11,11	44,45	33,33	11,11
 <p>Recognizing new perspectives on solving and recognizing life stories</p>			33,33	55,56	11,11
 <p>Deeper recognition of (self) responsibility</p>			33,33	44,45	22,22

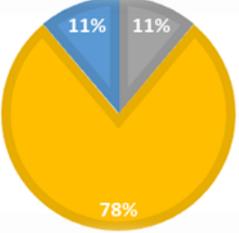
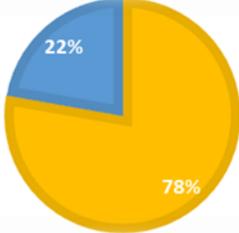
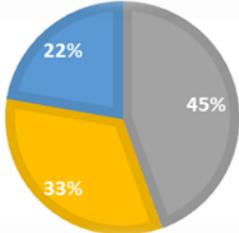
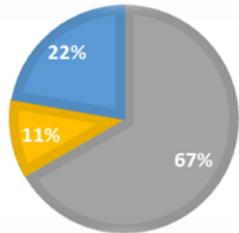
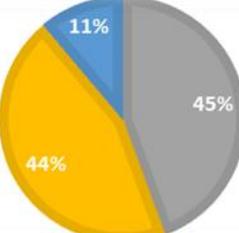
 <p>Focus on "here and now"</p>				75	25
 <p>Positive evaluation of direct experience</p>			22,22	55,56	22,22
 <p>Easier and better restoration of psychological balance and inner calmness</p>			33,33	55,56	11,11
 <p>Reinforcing the confidence that things are happening in life with a specific purpose, that there are no coincidences, that nothing is impossible</p>	11,11	22,22		44,45	22,22
			11,11	66,67	22,22

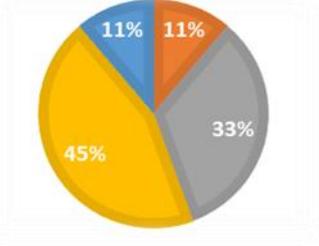
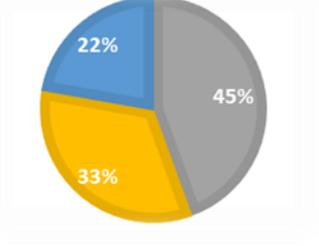
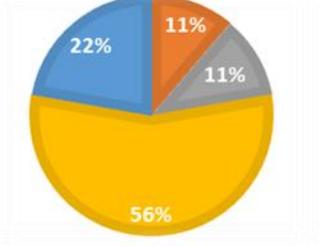
More successful resolution of conflicts and difficult situations on a personal level					
 <p>Positive orientation in forming self-image</p>				88,89	11,11
 <p>Better acceptance of oneself</p>			11,11	66,67	22,22
 <p>Recognizing and accepting one's personality boundaries</p>				55,56	44,44
 <p>Less defensive actions</p>			33,33	66,67	

2. During the course of education, or upon its completion, did the following changes occur on a professional level? (mark with X: 1 - I completely disagree, 2 - I disagree, 3 - I cannot decide, 4 - I agree, 5 - I completely agree). You can also add your own findings in the boxes below and evaluate them similarly.

	I completely disagree (%)	I disagree (%)	I cannot decide (%)	I agree (%)	I strongly agree (%)
	1	2	3	4	5
 <p>Calm and relaxed</p>			33,33	55,56	11,11
 <p>More holistic view of people</p>			33,33	44,45	22,22
 <p>More holistic view of upbringing</p>			11,11	66,67	22,22
 <p>Better insight into situations</p>			22,22	66,67	11,11

 <p>Greater motivation</p>			33,33	44,45	22,22
 <p>Less anxiety</p>		33,33		55,56	11,11
 <p>Increased creativity and confidence in own work</p>			11,1	44,45	44,45
 <p>Including intuition and emotions in decision making</p>			11,11	55,56	33,33
 <p>Discovering new work and research areas</p>		22,22	22,22	44,45	11,11

 <p>Better communication and collaboration with colleagues</p>			11,11	77,78	11,11
 <p>Establishing a healthy work/life balance</p>				77,78	22,22
 <p>Establishing a healthy distance to work and colleagues</p>			44,45	33,33	22,22
 <p>More successful resolution of conflicts and difficult situations in professional life</p>			66,67	11,11	22,22
 <p>Increased sensibility and empathy in relationships with colleagues</p>			44,45	44,45	11,1

 <p>Easier identification of personal crises of individuals and acquiring more appropriate forms of reaction to them</p>		11,11	33,33	44,45	11,11
 <p>Better response in difficult situations</p>			44,45	33,33	22,22
 <p>I do not experience professional challenges with fear, but accept them as an opportunity</p>		11,11	11,11	55,56	22,22

Based on the closed-ended questionnaire presented in the tables above, we have found important findings regarding the positive impact of education. As for the purely positively evaluated statements (I agree / I strongly agree), four stand out. Experiential education had a strong effect on participants' focus on " here and now " (I agree: 75%, I strongly agree: 25%). It also significantly contributed to a positive attitude in the formation of self-image (I agree: 88.89%, I strongly agree: 11.11%). Self-image or self-esteem is closely correlated with recognizing and accepting one's personality boundaries, which was also the third exclusively positively evaluated statement (I agree: 55.56%, I strongly agree: 44.44%). Education has also helped to strike a healthy work-life balance (I agree: 77.78%, I strongly agree: 22.22%). It is interesting to note that 66.67% of the participants did not decide (I cannot decide) whether education influenced the successful resolution of conflicts and conflict situations at work. In addition, the only strong disagreement (I completely disagree) with regard to changes in the perception and conception of one's life story and the discovery of one's own sources of power (11.11%) stands out. Likewise, education in 33, 33% of participants did not have any effect on reducing anxiety (I disagree). It is interesting, however, that none of the participants chose to

disagree, when we were interested in the impact of education on calmness and relaxation, since 33.33% could not decide.

**3. Were there any significant changes in your personal life during your education or upon its completion? Can you list those changes?**

- It helped me look into my life with better insights. So, significant changes are happening in my personal life. I could find some sense of my behaviour as it was related to my past and roots.
- I realized that the relationship with my sister and brother was more important than I thought; partnerships have also been strengthened.
- More awareness of my body. It was very good to have more attention for the body. The idea of working holistic is very good to take to our practices. Communicate more about my (difficult) feelings. To try more creative ways of getting in touch with my own feelings and naming them was refreshing for me as I found this to be a good way for me to express myself. I used to think that my drawings, paintings or work with clay was not nice enough, but now I write my fairy tale, as I received very good feedback about it, so when I get home I will draw a picture. It might also be a good idea to use this in my work to make it easier for children to talk about difficult things. Drawing or painting (doing something with my hands) is good for me, because this is how I can get out of my head.
- There were no major differences, but I can testify to the increasing openness.
- The focus on life here and now has improved the mental (mental) balance. There was also a decision to stabilize my life in the near future.
- The realization that my life is not perfect and, if I want to change something, I have to stop burdening myself with what others will say and do what I think is right.
- Yes, there were. I broke up with my long-time friend; I quit eating meat and decided to become more independent in housing (accommodation).
- No
- No

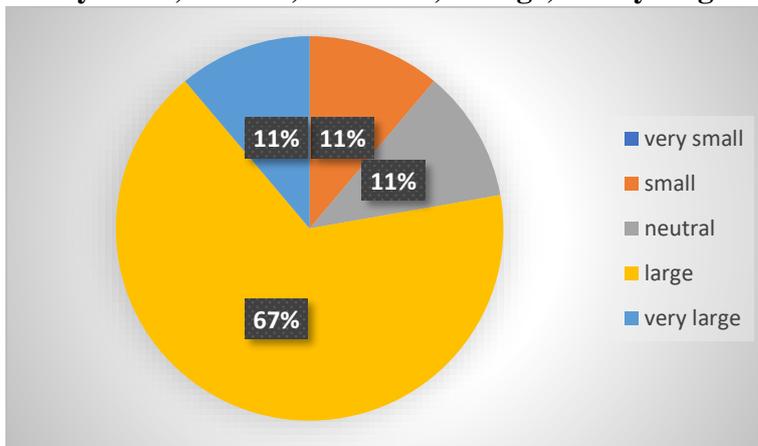
**4. Were there any significant changes in your professional life during your education or upon its completion? Can you list those changes?**

- Education has helped me approach young people with a different and more holistic view of their personality / behaviour. It created and helped to better understand the situation.
- Yes. Education was a good help to start distinguishing, which is very important to me in life and to be able to limit myself.
- I take with me the idea of working with children more and more holistically on their personal level. Maybe give them some yoga poses or work on imagination (meditation) and drawing / painting...
- Initially, no major changes could be detected. With the development of the program itself and the next module, more and more benefits were perceived at the personal and professional levels.
- I am not afraid of new challenges, I treat everything as a post-development, I do what gives me pleasure, I work 100% professionally.

- I feel like a valued employee and have the opportunity to develop through participation in various training courses, which translates into earnings. For the sake of increasing self-esteem, I am not afraid of challenges at work, as through education there has been a greater openness to challenges.
- No, I don't remember any significant changes ...
- No.
- Yes, more self-esteem at work and greater sensitivity to others.

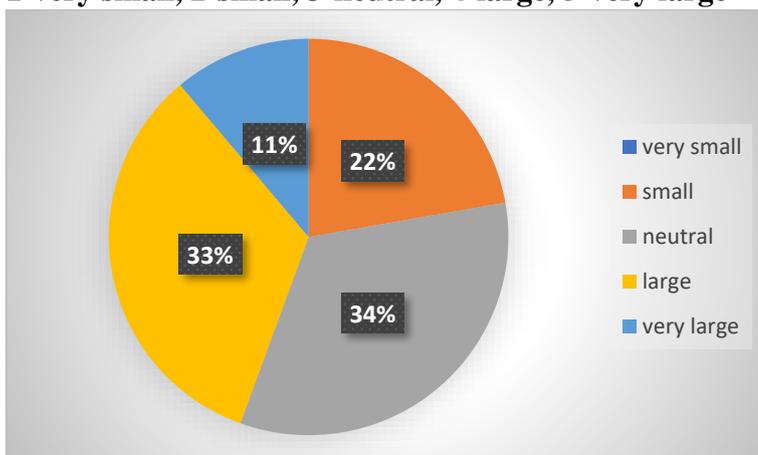
**5. Please evaluate to what extent you perceive a positive change in your satisfaction with personal life after education?**

1-very small, 2-small, 3-neutral, 4-large, 5-very large



**6. Please evaluate to what extent you perceive a positive change in your satisfaction with professional life after education?**

1-very small, 2-small, 3-neutral, 4-large, 5-very large



**7. Which topic was crucial for your personal growth? (Sort by relevance. Highlight important matters in the description.)**

- a. Integration of my personality – Tree (3. most frequently mentioned and evaluated)
- b. Messages from my parents - My backpack (2. most frequently mentioned and evaluated)
- c. This is me – Modelling (5. most frequently mentioned and evaluated)
- d. Permanent and temporary relationships – Sociogram (4. most frequently mentioned and evaluated)
- e. Visions, goals and communication - Looking to the future (1. most frequently mentioned and evaluated)

**8. Which of the following methods of work have particularly influenced your personal growth? (Choose up to three.)**

- a. Searching for and identification of symbols (4 marks)
- b. Dancing (1 mark)
- c. Guided imaginative meditation (4 marks)
- d. Artistic expression and modelling (5 marks)
- e. Verbalization and "reading" of pictures - a process with an individual in a "small" group (6 marks)
- f. Creative writing (1 mark)
- g. Body work and exercises (4 marks)
- h. Theoretical explanations (3 marks)

**9. How has education influenced your view of your childhood and adolescence?**

- It helped me get back to my childhood. Although I had done this before, education had a different dynamic, because it was done in a different group, with different layouts.
- It did not change my view but confirmed it.
- My view of childhood and adolescence was already 'in the composition', in progress. However, I can say that there is more room for a positive look back and for a milder view of what has been happening in the past. The fact that I drew a tree without roots certainly says something about myself and it was good to reflect this side of myself.
- It did not affect.
- Situations where I was not heard as a child have a direct impact on my adult life and the decisions I make.
- It came to the realization that negative childhood experiences had 'shut down', prevented the possibility of exploring new areas within me to authentically "become", be and take from the world what I needed.
- Education was just a confirmation that in my life my parents were always 'on the sidelines' because they were more focused on quarrelling with each other than on us, their children.
- It did not affect.
- Now I can look at childhood events from a distance and from a professional perspective.

**10. How has education affected your view of relationships in your primary family (relationships with parents, siblings)?**

- It reaffirmed the connections and influences of the family.
- I can better accept things from the past and that also makes our contact calmer and more pleasant. I have found a healthy balance between distance and proximity.
- There is more room for positive thinking than negative. When I was telling the stories, good things about the past came up; and it was nice to feel them again.
- I realised that the relationship to my primary family is very loose.
- I understood that because of the rigid rules at home these were not the right relationships, I felt a lot of injustice from my parents. I felt lonely without any involvement with my loved ones, but now I know that it all made sense and that no one wanted me bad.
- While creating the sociogram of my family, I saw what places they occupy in my life and how important their presence is. I also realized that everyone has to talk about everything going on here and now in order for these relationships to be good.
- I understood the relationship with my sister in a new light. Now I know that what I feel and think about my relationship with my mom is not wrong or abnormal.
- It did not affect.
- The view became more realistic, and not so much idealized.

**11. How has education influenced the formation of your permanent (family) relationships?**

- /
- I take more time for myself, my partner and my extended family. I have gained more confidence so that I also let others come closer.
- I think I'm more connected to my parents than before. However, I am really leaning on my husband knowing that the focus now is more on creating our own family with the help of my family / parents. I feel that I have progressed more as an adult; I am no longer a child of my parents, but I may become a mother myself.
- I realised again (what I already knew) how important my children are to me.
- I understood how important it is to have someone close with you. a person you can trust, with whom you can enjoy life together and take all the best from it. I don't have to do it alone as I thought.
- In my opinion the answer is simple. Changes in relationships or marriages can be painful but sometimes we have to make them to see that staying in a place where we are uncomfortable is much more painful.
- I understood that if I wanted to be a good parent, one that I never had, I needed to allow my children to leave, make their own decisions, mistakes, and the like. I allow my kids to go and come back without complaining(s) and not feeling guilty. These are the things I miss about my parents ...
- It did not affect.
- Education did not greatly affect lasting relationships. I may experience them just a little more distant.

**12. How has education influenced the formation of your temporary (colleagues and friends) relationships?**

- It helped me understand my behaviour as well as the behaviour of my colleagues and friends.
- I try to communicate faster when I reach my limit and ask for help. I strive for more quality time with my colleagues and friends.
- I will no longer be satisfied with 'less'. If I am investing in a relationship, it must be worth the deep rather than the superficial relationship. I need a relationship more than some superficial conversation.
- I have found that each colleague has their own backpack, so I can more easily understand reactions to certain situations.
- It did not affect, although now my Belgian colleagues know more about me than before and more than my other colleagues.
- Before this education, I had a very large distance to the people and did not need close relationships. I did not trust my friends and I preferred to do everything myself with caution; now I'm starting to realize that it's nice to have people you can rely on.
- I now understand that setting boundaries and healthy distance affects my friendships, my psychological well-being, and my inner peace.
- I am more certain of myself and better protect myself; I don't let others hurt me so easily.
- It did not affect.
- In temporary relationships, I can keep a healthy distance, while being open and empathetic enough for the relationship to develop.

**13. How has education affected your spiritual, ethical and moral dimensions of life?**

- It certainly influenced the spiritual, ethical and moral dimension of life. It has helped me to look at certain situations in a different way.
- I have received some new insights into my spiritual life e.g. regarding the connection between developmental psychology and biblical stories.
- I think that it just confirmed that this side of me is an important side. It encouraged me to keep this part 'warm'.
- It did not affect, and I am very pleased that education leaders were open to it.
- With the help of faith in God, I began to see signs that I had never paid attention to before, but now I know that certain things happen in life for some reason, that it is no coincidence that everything happens because of something (with reason).
- I do what I think is consistent with my principles and my ego. I began to believe that nothing happens by chance, that all actions are the result of something. My values have also changed.
- It helped me to be more honest with myself and with God; now it's easier to name certain things by name.
- It did not affect.
- Education has deepened the spiritual dimension of life and added a bit to the overall understanding of one's life.

#### **14. What obstacles and barriers do you still encounter in your personal life?**

- I still find it hard to say no and set boundaries.
- I like to help and please people, so it's hard to say no when they ask me for help.
- I think the hardest part is the transformation of acquired knowledge into real life. I really liked the silence, rest and breaks, thinking about myself and getting to know other stories. It is easy to forget when I get home, so I have to stick with it and do more things that are good for me and make me happy.
- The problem that I'm afraid to set for myself is repeated.
- For me, the biggest obstacle in life is low self-esteem. I am working on it now and am changing my boundaries.
- There are still a lot of negative feelings about my parents ... I change, but they don't ... :( they get older and thus less susceptible to influence and change.
- Lack of confidence (self-esteem).
- Above all, how to evaluate yourself in a circle of family and lasting relationships.

#### **15. What obstacles and barriers do you still encounter in your professional life?**

- It is a challenge that needs creativity to be able to apply these good methods to young people at our center in Belgium and Ostend.
- I feel a strong responsibility, so I will take on a number of tasks. Learning to say no occasionally remain a point of attention.
- Bridging acquired knowledge into real professional life.
- Similar to my personal life... Everything is one Gestalt ;)
- /
- I am a very sensitive and empathetic person. When someone is hurt, I immediately express a desire to help, but it often happens that people do not do so because of jealousy or lack of understanding and are unable to identify and respond to other people's crises.
- /
- /
- Above all, with a sense of doubt and uncertainty, will I be able to help someone in the way they need to accomplish change.