

Anja's journey. Oslo Oct. 2-6, 2023

⇄ Day 1: Leadership, Inclusion, Exclusion

Rock: This quote really hit me ... If you are not consciously including, you are subconsciously excluding.

Stick: Abdinur's story really touched me, and I love how he used all of the life hard experiences and transformed them into his strenghts and started to change his world and also the world of people around him.

Leaf: I am not really sure what to leave behing after this day ... but maybe I want to really leave my old way of thinking behind and try to be more present in the moment and consciously including myself and others more.



⇄ Day 2: Active Listening

Rock: I feel it was very important to go through the CPR procedure again as we may all be in the position of needing or offering life saving help. I was quite shocked again on how deep you must really press the chest.

Stick: I am proud of all of us to be brave and excited enough to go to the cold water and demonstrate a short pulling-saving out of the water. I also loved the conscious approach in active listening and observing the conversation. You can really notice a lot if being present.

Leaf: I received quite a good feedback regarding being the active listener, but I have to leave the asumptions that we all comunicate similar. Sometimes people are just more analitical but that doesn't mean that they are not interested in conversation, even tho they didn't express their emotions during the conversation.



Day 3: Positive feedback

Rock: The whole day was a positive surprise overall, I really enjoyed the trip around the city. The biggest shocks are probably the prices of coffee and other stuff.



Stick: I want to keep working on putting the positive feedback on others and on myself as well. I am usually much better at motivating and finding good points in other people's work and it was always harder to be gentler with myself.

Leaf: I want to let go of self sabotaging myself and build better self confidence.



Day 4: Problem solving

Rock: I am very happy and surprised how wonderful weather we had this whole week, especially today again, so we could enjoy kayaking even more. And I was surprised of some of the falling to the water as well 😊

Stick: I loved the presentation we watched. The stamina of this guy is just amazing. I want to have this kind of attitude achieving my goals.

Leaf: I would love to leave behind all of the fears and just enjoy the adventures like today. ♡



Day 5: Conflict resolution

The rock: I loved and was really touched by the "positive gossipings" game. I loved how we all found beautiful yet very reliable compliments about each other. This really touched our hearts. ♡

The stick: I would love to improve the things we were discussing today, especially having more confidence while debating, I notice I get quite nervous while under time pressure.

The leaf: I would love to leave behind all of the tiredness and only take beautiful moments from this amazing course & people.



↩ **Day 6: Last day in Oslo** 😊

I really had an amazing time and already miss all of you beautiful people and this amazing city. I wish we really had few free days to just enjoy eacgothor's company and talk/play/have fun a bit more with everyone. ♡

I would leave behind this stressful airport runnings, it killed me. 😂



↩ **Day 7 and on: Forever in my heart** ♡

