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**Program dates:**

**23 - 31 August 2026**

Arrival date: 23.08.2026 by 6 pm in Radomir

Departure date: 31.08.2026 after 9 am

Drugan, Bulgaria

[Apply](#) before June 1st 2026



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## Summary

**Emotional Safety Academy** is a 7-day experiential training designed to deepen your capacity to create emotional safety — for yourself and others. Drawing on practices from Authentic Relating, Compassionate Inquiry, Gestalt, and Bioenergetics therapy, the program supports both personal growth and your development as a change-maker. Join a vibrant community of international teachers, youth workers, and activists as we explore tools for connection and resilience. The program is led by a stellar team of three experienced mental health professionals, each bringing a rich background in diverse therapeutic modalities.

## Context

We are living in times of constant connection, yet many of us feel increasingly unsafe in our relationships: misunderstood, unseen, or unable to fully express what is true for us. Whether in our work with others or in our personal lives, we often carry invisible tensions: the fear of being too much or not enough, the habit of self-censoring, the uncertainty of how to respond when emotions arise — our own or someone else's. Over time this erodes trust, drains energy, and limits the depth of connection we long for.

Emotional safety is not something that simply happens; it is something we learn, practice, and embody. It is the foundation that allows honesty without fear, vulnerability without collapse, and difference without disconnection. When emotional safety is present, people can think more clearly, relate more openly, and act with greater integrity. Without it, even the best tools, intentions, or projects struggle to truly take root.

For those working with people — educators, facilitators, youth workers, activists — the ability to create emotional safety is not just a “soft skill,” but a core competence. It shapes the quality of every interaction, every group process, every moment of transformation. And yet, most of us were never taught how to do this in a grounded, embodied way.

This is where the journey begins: by turning inward, developing awareness of our own patterns, and learning how to stay present in moments that usually trigger reactivity or withdrawal. From there, we begin to relate differently — with more clarity, compassion, and choice. Emotional Safety Academy invites you into this process: not as a concept to understand, but as a lived experience to cultivate and carry into the spaces and communities you care about.

## Program Goals & Learning Journey

We invite you to explore and expand your capacity to create and sustain emotional safety by showing up authentically, embracing vulnerability, and staying present with whatever arises. Together, we cultivate a space of respect, where different experiences are welcomed and connection is maintained even in moments of challenge.

This experiential program is a journey into authentic relating, radical compassion, awareness, and somatic communication. You will learn to welcome more of yourself into relationships, build deeper and more honest connections, and practice taking emotional risks in a safe and supportive environment.



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Through grounding in the body and real-time expression, you will strengthen your ability to stay present in difficult moments, navigate challenging conversations, and reconnect with your authentic experience. Along the way, we co-create a space of trust, consent, and honesty, where healing and growth can emerge through connection.

As a result, you will develop greater self-awareness, expand your comfort with discomfort, and grow your ability to express needs, give and receive openly, and engage more fully in life. You will leave with practical tools and strengthened leadership, communication, and conflict navigation skills — ready to bring more presence, authenticity, and emotional safety into your relationships and communities.

### Daily Flow

We will start every day with movement and meditation to gently awaken our bodies and minds. During sessions we will explore and practice honesty, somatic awareness and relational leadership through teaching, group and paired exercises, as well as sharing circles.

During lunch breaks we will have time to relax and explore the village and nearby nature, as well as engage in experiments outside of our group space. After dinner we will continue to get to know each other and our cultures through activities organized by the participants.

One day of the training will be spent in nature nearby a local lake.

8.45 - 9.15 am	Body Awareness Session
9.15 - 10.15 am	Breakfast
10.30 - 1pm	Morning Session
1:30 - 4.30 pm	Lunch Break
4.30 - 7pm	Afternoon Session
7 - 7.30 pm	Community Service
7.30 - 8.30 pm	Dinner
8.30 pm	International and Participant-led evenings

#### Commitments:

In order to create a safe and effective container for sharing and learning, all participants and facilitators will be asked to keep several agreements for the duration of the workshop. Agreeing to them is a requirement for participating in the workshop. The two crucial agreements are:

**I agree to tell the truth.**



### **I agree to support others in telling the truth.**

**Agreeing to tell the truth** means that you agree to honestly speak about the thoughts and feelings that arise for you during the workshop. The facilitators will support you in doing so. By “telling the truth” we understand on one hand - no straight out lying, and on the other - no withholding or hiding things you’d rather not share.

**Supporting others in telling the truth** means that you agree to stay physically present while other people tell their truth, and doing so without trying to comfort them or get them to change. This also means participating in all sessions and not walking away even in “difficult” moments.

Additionally, we are envisioning this experiential program as a **no alcohol and drugs** space (excluding nicotine).

### **Trigger Warning**

The kind of work we will do during the workshop often has therapeutic impact. This means you might have the opportunity to work with personal triggers, access childhood wounds, or go into deep interpersonal processes. Still, the workshop is not designed to substitute personal therapy and does not replace it.

**Due to the agreement that we will all tell the truth and stay present with each other, you might witness other people speaking about difficult events from their life, such as war experiences, abuse, suicidal thoughts, trauma, and intimate aspects of sexuality. If you think hearing about such topics might trigger you deeply, please reconsider applying for this workshop.**

Please be aware that this workshop might not be suitable for you if you have major untreated trauma. Also, if you have an acute mental health challenge, discuss it with your therapist/doctor and then with us upon applying.

### **Preparation tasks**

We recommend that you read one of the following books, in order to arrive at the training with some understanding of how honesty and embodiment can change the way we approach relationships and conflicts. The training is aimed to be an experiential immersion into the practice.

- [“Radical Honesty: How to transform your life by telling the truth”](#) by Brad Blanton
- [“Getting Real: 10 truth skills you need to live an authentic life”](#) by Susan Campbell
- [Authentic relating: a guide to rich, meaningful, nourishing relationships](#) by Ryel Kestano

Also, plan to bring some materials to present your country and culture with - snacks, non-alcoholic drinks, souvenirs, photos, etc.



## Profile of participants

Participants in the training will be:

- Youth workers, teachers, young leaders, activists, community organizers working with disadvantaged communities
- Residents in an Erasmus+ program countries (EU Member States, as well as Norway, Iceland, Liechtenstein, North Macedonia, Turkey, Serbia), and neighboring countries
- Highly motivated to apply their learning in their work back at home
- Willing to further disseminate the project results and participate in the follow-up phase
- Comfortable with shared accommodation (participants will be accommodated in shared rooms with 2 - 5 other people) or may choose to stay in a solo black-out tent provided by SolidarityWorks.

## Trainers



**Maggie Nazer** is a social entrepreneur, and a [Gestalt psychotherapist under supervision](#). Maggie studied Sociology (B.A.) in the United States, as well as History of Women and Gender (M.A.) and General Psychology (M.A.) at Sofia University. Maggie creates spaces for encountering oneself, others, and what longs to unfold. She supports processes of awareness and connection, where embodied authenticity opens the way to more alive and meaningful contact. Maggie is passionate about working with dreams, intuition, plant medicine and spiritual wisdom from across the world.



**Silvana Paneva** is a clinical psychologist, trained in Compassionate Inquiry (CI), the body-oriented and trauma-healing approach by Gabor Maté. Silvana believes that we are interconnected, and that when we are kind and compassionate to ourselves, we are more capable of compassion towards others, towards animals and plants, and towards the Earth itself. Thus when we take care of ourselves, we are ultimately contributing to a world filled with solidarity and love.



**Teodora Zareva (Facilitator of days 5 & 6)** is a body psychotherapist with a rich personal journey that has taken her through several countries and professional fields. She has a love for science and business as well as art and spirituality. She writes poetry, takes photographs, and dances. She is a graduate of the Bulgarian Institute for Neo-Reichian Analytical Psychotherapy, and has her full-time psychotherapy private practice based in Sofia.



## Practical Information

### Venue

The project will take place at [SolidarityWorks' Youth House](#) in the village of Drugan, 12 km from Radomir. The venue includes a spacious garden and a renovated rural house with two bathrooms. The house includes three shared bedrooms for up to 14 participants. Rooms are assigned by gender to ensure comfort. Bedsheets, pillows, and blankets are provided.

There is also an option to camp in our birdsong-filled garden. Each camper receives a 2-person blackout tent with a mattress, lamp, pillow, and a warm sleeping bag (extra blankets available). If you prefer camping, please indicate this in your application. This is a recommended option for those who value personal space and privacy.

### Food

We will have breakfast at the house, and home-cooked meals two times a day. The food options are vegetarian and vegan, with fish served once during the program. If you know that you like late-night snacks, or have a sweet/salty tooth, you can buy snacks from the nearby shop during your free time.

### Traveling

**!!!** You are expected to arrive in Radomir on **23.08.2026 by 5 pm the latest**. We will have our first group dinner and an introductory circle to get to know each other and get started on our journey together.

You can follow these [directions on how](#) to reach the town of Radomir from Sofia via train. We will arrange group pick-ups from Radomir to the venue in Drugan. However, if you arrive late and don't manage to get on a train to Radomir, your only option will be to come by taxi (= around 60 Euro, non-reimbursable).

On 31.08.2026 between 9 - 11am we will drive you to Radomir to take a train back to Sofia.

**Please, coordinate your travel and don't buy tickets before discussing your travel options with Maggie Nazer ([magi.nazer@gmail.com](mailto:magi.nazer@gmail.com)).**

## Financial conditions

Our program combines small-group training and individual coaching with three experienced, licensed mental health professionals, all within an immersive, international learning environment. To support both the accessibility and sustainability of the program, we invite you to choose your contribution based on your current financial reality:

- €75 contribution - for those with more limited financial resources
- €150 contribution - for those able to contribute more and support accessibility for others.



We trust you to choose the contribution level that best reflects your current financial situation.

Food, accommodation, international and local travel costs (only during the workshop dates) will be covered by Foundation “SolidarityWorks” through the support of the Erasmus+ Programme.

## Reimbursement

Foundation “SolidarityWorks” will cover 100% of your travel costs, within the maximum allowance allocated to you. Please make sure to use the most affordable travel options (economy class; taxi rides are not eligible).

To receive your reimbursement, you’ll need to provide your original tickets, invoices, and boarding passes. These should clearly show the price, currency, passenger name, and date of purchase — otherwise, we may not be able to process the reimbursement. Any tickets purchased in a local currency other than EUR, will be converted and calculated according to the exchange rate of the official European Commission website<sup>1</sup>.

Reimbursements will be made by bank transfer after the workshop, once we have received your return travel documents, international bank details, and dissemination activity report.

SolidarityWorks is not responsible for, and will not cover bank charges administered by receiving banks.

If you want to explore Bulgaria, you can arrive/leave up to two days before/after the official dates of the workshop.

## Health insurance

Health insurance for participants from non-EU countries has to be provided by the participants themselves. Participants from EU-countries are encouraged to use their [European health insurance card](#).

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<sup>1</sup> [www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en](http://www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en)



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**Foundation "SolidarityWorks"**  
**Drugan, Radomir municipality, Bulgaria**

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Our goal is to promote, encourage and support the sustainable development of individuals and communities through solidarity and collective action for social change.

We integrate mental health, psychotherapy-informed practice, and youth work to equip educators and young people with the relational skills necessary not only to prevent harm, but to build resilient, emotionally safe communities where people can thrive.

Reach us at: [hello@solidarityworks.eu](mailto:hello@solidarityworks.eu)