

Expert Review Free Your Mind

“Free Your Mind – Start New Life” has been a pleasurable, satisfying and accomplished working experience made possible by the cohesion and teamwork of the partner organizations from North Macedonia, Portugal and Poland. This project started as an idea to create modern tools applicable on a European scale that would develop the mental health, soft skills and interpersonal abilities of young people motivating them to envision their future, find their path and work to develop their professional careers while keeping European values and inclusivity.

Through constant healthy and constructive communication the idea and the project was developed with a clear vision of targeting mindfulness, attentiveness, emotional stability and prioritization in young people, them being the first target group. We understood that these afore mentioned aspects play a role in the mental stability in young people in a period in which they are finding their professional roots. Connecting young people with trainers, which represented our second target group, who could provide them with crucial tools to develop these aspects was the next step in our project vision.

Understanding the project goals, objectives and target group of young people and trainers brought us to the development of the main cohesive project results of the “Free Your Mind” project program as pillars for its success.

- TOOLBOOK FOR TRAINERS – this tool book represented the first step into realizing the project objectives and goals. Analysis of the tool book shows the quality of the material that provides resources, a guideline and tools for trainers to adapt in future situations. It provides essential innovative methods to approaching non-formal education of young people in dealing with emotions, understanding prioritization and being mindful.
- TOOLBOOK FOR YOUNG PEOPLE – comes as the second project result that successfully developed and included various techniques, methods and tools that self-motivated young people can learn to focus on their mental health, attentiveness and mindfulness. This tool book stands as another of the projects accomplishments in creating opportunities for self-development.
- BOARD GAME FOR YOUNG PEOPLE “MILESTONE CARDS” – the board game represents the most creative and innovative project result that focuses on involving young people in the world of self-development through an interactive experience of dealing with emotions, understanding and accepting emotional baggage.

These project results carry the project vision and through a thorough analysis of each result I can conclude that each of the tool books and the board game bring up and explore relevant topics of dealing with difficult emotions, understanding them and young people utilizing them for development. In addition, these results foster positive communication facilitate the development of self-esteem, confidence and a positive mind set in young people working on their mental health. In general, these project results have provided resources and platforms for trainers who aim to work with and help these young people in their development. The tool books carry crucial innovative methods that have a positive impact on youth at risk, youth with fewer opportunities and young people who are trying to be active and persistent members of society and their local communities.

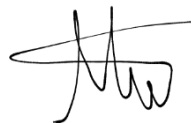
The success of the project and its results lays in the piloting and implementation of the TOOL BOOK FOR TRAINERS, TOOL BOOK FOR YOUNG PEOPLE and BOARD GAME “MILESTONE CARDS”. Being a trainer involved in the entire piloting process, I have seen the success and positive impact of the tool books on target groups of young people and trainers in addition to the positive feedback from the innovative and creative board game.

Piloting the tool books in the workshop activities held with young people gave us positive feedback in the sense of these youth indulging in the material of the tool books to learn new methods for self-development and mental health. In addition, the successful dissemination of the project results through the seminars provided us with the necessary feedback that showed the positive impact of the project results. The dissemination proved that trainers can use the “Tool Book for Trainers” to utilize new non-formal educational methods, young people can use the “Tool Book for Young People” to work on their mental health through attentiveness, mindfulness and prioritization and the “Board Game – Milestone Cards” can stand as a tool for youth working on their emotions.

The main vision behind the project “Free Your Mind – Start New Life” has been a success by increasing the professional potential in trainers by providing them with a new and innovative program that further aims to improve mental health in young people in general through working on emotional stability and mindfulness. All partners equally contributed to the development of the project and fostered a successful partnership based on healthy and positive communication, professionalism and a great creative team of people in all partners.

Expert – Monika Markovska

31/03/2023 Signature:

A handwritten signature in black ink, appearing to be 'M. Markovska', written in a cursive style.