



MENTORING IN NATURE REHABILITATION

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Introduction. In today's World of urgency and technological progress, where the problems of planetary degradation and urbanisation are evident, the reasons for this are becoming more and more apparent - the tragedy of Human-and-Nature loss of connection and the reflection of this in everyday decisions. And the questions are being asked - are there any solutions?

Keywords: nature rehabilitation, mentoring, human creativity

Research purpose. I- Present a personal "Nature Mentoring" project, started in 2015, which develops a holistic concept of "Nature Rehabilitation" in order to find friendly ways of restoring the health of the whole planet and of human beings, where the most important steps are: 1 - Reconnecting with one's inner Nature-spiritual intellectual personality, 2-Expression of creative potential and responsibility, 3-The human being-the authentic cell of the whole. II-Disclosing the need of the society to know oneself, one's natural powers and to learn to express them in creating a harmonious lifestyle with Nature, by presenting the CNE model (Connect with your Nature and Express) applied in one's own practice, opening up the importance of mentoring, responsibilities and competences.

Research Methodology. Since 2015, exploratory analysis in practical Natural Lifestyle workshops and art therapy (analytical and creative) sessions (picture 1-2), discussions and conferences in personal and community projects.

Results / Findings. These few years of practice, which have revealed a broader approach to the concept of "rehabilitation", have not only led to the development of natural lifestyle projects with like-minded people, such as the "Idea for Human", where specialists in various fields teach an independent lifestyle in harmony with Nature, but have also opened up a huge need for the creative potential of Human to be released through Scientific and Technological advances, for the purpose of global recovery and progress.

Originality / Practical implications. The possibility of applying the CNE model in the Health System, where the restoration and promotion of health focuses on recovering and awakening a person's natural abilities and creative potential, or on the development of new ones, and the importance of mentoring as a form of pastoral care in this.



1pic. Natural Mentoring Workshops in summer 2021. Photo by Jurgita Grigaitė



2 pic. Art therapy sessions in 2015- 2021. Photo by Jurgita Grigaitė