

Workshops

Tuesday, 16 September 2025

10.50-11.50



10.50-11.20 (30 mins.)

Theme:

AS (Activity and fellowship department at Sødisebakke Denmark) focuses on GT in daily pedagogical practice.

Presenter(s):

Anne Koch-Mikkelsen
Music therapist - Sødisebakke
Mariager, Denmark
anbomi@rn.dk

The purpose of this method is to create reflection of Gentle Teaching in pedagogical practice, so that the individual employee gains greater self-insight in a targeted use of GT as an overall approach.

Content of the workshop:

- Presentation of the development of the GT trainers' tool/guide.
- Presentation of the GT trainer's work.
- Participants can try out a short exercise in the GT trainer guide in a two-on-two exercise.



11.20-11.50 (30 mins.)

Theme:

How gentle teaching can transform mindsets.

Presenter(s):

Martin Bryde Poulsen, Gentle Teaching Mentor -
Landsbyen Sølund
Skanderborg, Denmark
Martin.Bryde.Poulsen@skanderborg.dk

This presentation is a case study of how Gentle Teaching can transform not only individual lives but entire institutional mindsets. It provides a compelling narrative of the shift from coercion and control to trust and relationships, demonstrating how core values such as safety, love, community, and respect can become the foundation for meaningful change.

The case presented is particularly significant because it challenges the deeply rooted belief that high-risk behaviours can only be managed through force and restriction. Instead, it showcases how a dedicated group of professionals, guided by the philosophy of Gentle Teaching, successfully transitioned from a fear-based approach to one centered on human connection.

This transformation was not only theoretical but had tangible, lasting results: a man once defined by restraints and isolation is now living a life of freedom and dignity.



10.40-11.40 (60 mins.)

Theme:

I'll Be There for You: Gentle Teaching and Building Meaningful Connections

Presenter(s):

Kristen Mathews
Chief Operations Officer – Eiros Group
New Jersey, USA
kristenm@eiros-group.com

This interactive workshop will explore the principles of Gentle Teaching through a unique and engaging lens using storytelling, humour, and pop culture references inspired by the TV show Friends.

Drawing from my experience with Charting the LifeCourse and Gentle Teaching, this session will incorporate practical tools and philosophies to demonstrate how we can build relationships rooted in safety, trust, and unconditional love.

Participants will engage in hands on activities that illustrate how Gentle Teaching can be applied in real world settings to foster meaningful, supportive environments.



10.50-11.50 (60 mins.)

Theme:

Turning the Kaleidoscope: A Transformative View of Quality Of Life through Gentle Teaching

Presenter(s):

Alex Kimmel – Trainer and presenter,
The SelfDeterminator
Dr. Anthony McCrovitz – Clinical Psychologist &
Mental Health Counselor, Quality of Life Institute
Indiana, USA
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Join Alex Kimmel and Dr. Tony as they guide participants through the kaleidoscopic lens of Gentle Teaching.

Through storytelling, lived experience, and interactive reflection, they will explore how the core elements of companionship and community unfold the “many colours” of Quality of Life when viewed through the eyes of both caregiver and individual.

This workshop invites participants to engage with the metaphor of a kaleidoscope as a dynamic model of relational and personal transformation. Using the children's book Gretta and the Kaleidoscope of True Colors as a narrative foundation, and integrating the philosophy of Return to Gentleness, we explore how the seemingly fragmented pieces of life — shaped by trauma, difference, or disconnection — can be restructured into beauty through intentional, gentle teaching interactions.