



Tuesday, November 2, 2021

RENEE WWAP Program Assessment 2021

BARIBEAU

THE PRACTICAL SHAMAN

Rate your overall experience with the wind apprenticeship using a 1-5 scale. 1-needs improvement / 5-doing well.

5

Please elaborate with the score given. Your feedback helps the organizers to assess and implement necessary changes to the program.

It has been an enormous year of growth and leadership skills.

Did the apprenticeship meet your expectations? Please explain in detail.

Beyond!

What skills/tools did you learn?

How to hold a group container consistently for 10 months.
How to remain present.

What did you value most about the program?

The community sharing and waves of energy shifts

Is there anything else you would like the organizers of the Wind Work Apprenticeship program to know?

How much I appreciate their hard work and integrity!!



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The monthly calls with incredible slideshows (clear, structured, balanced)
Organized website to access calls etc.
Journeys of transformation
Supportive "wind" calls
Guest Speaker calls
Support through facebook
Appreciate authentic transparency around administrators process and commitment to resolve issues that arise.

Did the apprenticeship meet your expectations? Please explain in detail.

Yes, exceeded expectations. Appreciative of the space held on the team, and the extra guest speaker calls etc. The presence, connection and reflection offered on calls.

What skills/tools did you learn?

- breath consciousness
- wind knot variations
- adding whistling to tracking and clearing
- creation dynamics
- working with archetypes
- grief altar
- wind assessment
- reconnect and work with values, assessment
- financial assessment
- listening to winds
- ask questions... to get answers

I am sure there is more, these are at the forefront

Would you use these skills in the future? Please explain.

Yes, I think aspects are being integrated.

What did you learn about yourself in these 10 months?

I learned that with the right support and right "winds" I am birthing myself into the world.

I am on an incredible journey

What did you value most about the program?

The miracles!
And the flow of continual a-ha moments and realizations!
And the genuine support offered with the right amount of space to navigate. Honouring everybody's process and meeting them where they were at.

If there is something that we could improve on in the future about the apprenticeship, what would that be? I.e. The small group calls, the monthly teachings, study buddy's, the FB group, monthly teaching calls, access to admin. etc

I think this might already be shifting as next year sounds like formatting groups to be with the same group cohort. I feel this will definitely shift things for sure in terms of connection in small groups and the overall group dynamic process.

I think group calls, like we did on our last call by calling the next person etc. (people can pass, or we take some breathes as a group if they choose not to share or speak). Shifts the energy to more of a circle and can have more of an organic process.

I think having attendees have a checklist for the month and for the year. Short and big picture. homework etc. They can track and see things for themselves, checking things off. (might be more the fundamentals for the year)

I feel like something wants to come in for study buddy's, but maybe you guys already are on it. :)

Is there anything else you would like the organizers of the Wind Work Apprenticeship program to know?

Very grateful!



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I think over the course this subject has been addressed many times and I feel that the appropriate measures have already been put into place. Thank you ladies for all your hard work and dedication. So grateful to have been in this apprenticeship with you.

Did the apprenticeship meet your expectations? Please explain in detail.

This apprenticeship exceeded my expectations. I feel I know the winds much better and in turn learned more about myself and plan to continue to work with the winds for the rest of my life.

What skills/tools did you learn?

I learned the impact on the from the winds and how they are here to guide me and my intentions and that they are always ready to help me. I also learned how to really listen to them and it has been wonderful with the help of the book to get to know each cardinal and inner wind. Thank you!

Would you use these skills in the future? Please explain.

YES!!! I plan to use these skills daily.

What did you learn about yourself in these 10 months?

I learned that I have been holding myself back and not releasing or purging. I also really learned that My tool box is an instrument of wealth and that I need to really listen to gut and believe that the world I live in is what I make it for the most part. Helping me with releasing and dissolving PTSD, Depression, Self doubt, turning my attention to being more positive with myself. Learned trust in the process. Yes, I have learned to let go of whatever it is that isn't mine or I can not fix or have control over.

What did you value most about the program?

The knowledge that everyone shared and the beautiful guidance of Renee and Brigid, Terry, Kerry and community with everyone.

If there is something that we could improve on in the future about the apprenticeship, what would that be?
1. The small group calls, the monthly

Okay you asked. My suggestion would be to have the slides formatted for easy

group, monthly teaching calls, access to admin. etc

material in hard copy as well.

Is there anything else you would like the organizers of the Wind Work Apprenticeship program to know?

Thank you and look forward to working with you all again and this is not goodbye.



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This program was well organized even with the shifts and expansion in certain directions that it took during the year. It is a growing organism though so these shifts are to be expected.

The only thing i did not enjoy was knowing the leader struggled to be open and teach both in zoom and on the wall because of certain members that took offense to the challenge to grow.

Did the apprenticeship meet your expectations? Please explain in detail.

Honestly this apprenticeship went beyond my expectations of what I originally thought would happen. I honestly had no idea of the depth of internal work that would happen nor the broad impact it would have within me along with my relationships.

What skills/tools did you learn?

I learned deeper self analysis, relationship reaction awareness, working in a group, learned about the wind and the intricacy and dynamics of said wind.

Would you use these skills in the future? Please explain.

Absolutely will be using all these skills and more as fine tuning and more learning occurs. I am excited to step in to bringing the winds teachings to my community and beyond.

What did you learn about yourself in these 10 months?

I learned that i still had a lot of internal work to do even though i had spent years already doing it. I have become very aware that i need to connect to the instructors to really feel part of the group and learn the best. If i feel invisible or discounted, i feel seperate even if i am not.

What did you value most about the program?

My most valued impression has been the realism within the instructor group. The honesty and the effort for even the teachers doing the work with the apprentices.

If there is something that we could improve on in the future about the apprenticeship, what would that be? le. The small group calls, the monthly teachinas. studv buddv's. the FB

I would choose to be firm that there will be question times within the lessons but not immediate while the

questions before
moving on.

**Is there anything else you would like
the organizers of the Wind Work
Apprenticeship program to know?**

All in all, this has been an amazing experience. Thank you
for all the effort.. You are all rockstars..



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I loved everything about it and I felt very supported throughout by Renee, Brigid, Kerry, and Terry. My reason for a 4 instead of a 5 is regarding Facebook. Going forward into 2022 I plan to participate fully. I know I cannot sit on Facebook all day so, for me, it makes the most sense that if something is required that particular day, it be emailed to the entire group with a link to that request for those of us not watching the group every minute.

Did the apprenticeship meet your expectations? Please explain in detail.

It was beyond my expectations. I really wasn't sure what to expect but the space that was held really helped the unfoldment of the material and I am looking forward to learning all the new things in 2022.

What skills/tools did you learn?

Tracking and Clearing and Wind Knots were my favorites! I love the magic in the wind knots. Additionally, Wind Flags, protecting yourself with the Wind Zip, and whistling up a wind.

The Dynamics of Creativity and Archetypes also feel important and I believe those teachings will be expanded in 2022.

Would you use these skills in the future? Please explain.

Definitely! I have used the wind knots throughout the year and really appreciate the tracking and clearing to use with clients. I am also creating my presentation for the Symposium and will use that as a launching platform for that material to come through as it speaks directly to my niche people.

What did you learn about yourself in these 10 months?

I learned so much about unwinding and unbinding the past, clearing the cobwebs, and creating from a completely different kind of space.

What did you value most about the program?

The support of the leaders and the entire group AND the space to be and allow this year 🙏

If there is something that we could improve on in the future about the apprenticeship, what would that be? le. The small group calls, the monthly teachings, study buddy's, the FB group, monthly teaching calls, access to admin. etc

The biggest thing for me (since I understand there will be some Facebook interaction required for 2022) is that those FB post links be emailed so I am not sitting and waiting on the assignment in Facebook.

Is there anything else you would like the organizers of the Wind Work Apprenticeship program to know?

Not at this moment other than love you ladies!!!



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At first I needed to get used to this program being online only, the style of teaching etc... But I am truly amazed at what energy exchange can be reached online, and of course the information and support given is very professional.

At a certain point I did feel that personal issues between people, definitely in my case, was getting a bit in the way of my learning. Maybe this could be foreseen in the next edition? People will be resistant to doing the inventory f.e. and will stumble because of this later on and get sensitive about things.

Did the apprenticeship meet your expectations? Please explain in detail.

It turned out to be very different than I expected, I thought we would really dive into cultural understandings of the wind, learn about each wind etc...

It was instead a dive into the winds of our own life and body, I expected this not to be so intense and so immediate actually. I really love the emphasis on our personal relationship with each wind.

This is a big plus for me because by knowing ourselves we know each other.

Expectations that were met are: learning how to wind walk, how to receive information of the wind, wind knots, wind healing and tracking...

What skills/tools did you learn?

Wind walking/jogging : setting of my day with an intention, question and just listen and watching the teachings of the wind

Wind knots: solving and getting insight in a question by releasing knots into the wind

wind bath: getting a "clean" energy field

wind tracking: amazed at what information comes trough

Would you use these skills in the future? Please explain.

In my healing sessions I always invite the cardinal winds, they sometimes step up to shift somethings in the clients and other times other healing spirits come to help.

I do use the wind walk/Jogging, wind knots and wind baths on a very frequent basis.
Wind tracking is something I use for friends and family only at this time

What did you learn about yourself in these 10 months?

That I roll with storms, that I often incite storms in my life... that all is well as it is and that I can always rely on my wind friends.

I learned to defend boundaries with friends and family and work, I learned which old patterns I can let go off (especially the archetypes were very illuminating for this)

One pattern that I lost was the conflict avoiding one, I step up and speak my mind, in a friendly assertive way. I also am so much more capable of compassion and forgiveness.

I also learned that my path in this life is serving community, being of service... still figuring out how to do this, one day at a time

I learned the embrace the circular time, this is a big one for me as a control freak, LOL. This gives me so much more freedom and space to breath

What did you value most about the program?

the tools: wind walk, wind bath, etc...
the monthly classes which were always so WOW! - Renee's wisdom sharing
the small groups in which we could go deeper and which keeps us on track, the keepers of the cardinal winds
vulnerability and openness
the videos most people posted so I could really get to know them and their process
the extra speakers were always to the point, I feel very grateful for this

If there is something that we could improve on in the future about the apprenticeship, what would that be? Ie. The small group calls, the monthly teachings, study buddy's, the FB group, monthly teaching calls, access to admin. etc

Maybe there is a way to enhance the group cohesion, I never saw some people on video nor made they a post or shared something... which is a pity for me as I missed a chance to get to know them
Study buddy's was not easy since Anne was upset with me and did not change her mind during the rest of the year. I didn't find another buddy, due to all kinds of reasons.
The program is a lot: new info each month, weekly questions, small groups...so the study buddy was a bit too much in my year.

Is there anything else you would like the organizers of the Wind Work Apprenticeship program to know?

Thank you from the bottum of my heart
looking forward to roll some more with the Wind Clan



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I am living a wind life that is deep inside of me. I feel the 4 quadrants of seasons, cardinal winds guiding my life. The winds support me, nudge me, kick me, into working my inner landscape daily, sometimes hourly. I feel almost like it is part of my blood if that makes sense. I am deeply honestly in the wind as guidance of the rest of my life, Especially with my cardinal year directions.

Did the apprenticeship meet your expectations? Please explain in detail.

Yes it did. My expectations were to deeply learn the wind work, which have called to me for years. I felt nudged and kicked, to step out of my comfort zone so many times ,as the winds dismembered me continually. The modules felt succinct in the learning that was evolving.

What skills/tools did you learn?

Wind breath, wind knots, tracking skills, use of grief altar, wind flags and inner wind guidance , living in the cardinal directions, stepping fully and allowing the guidance in. Using the inner garden journeys regularly to tend my self in ways that have made a difference in my outer world. I tend a daily outdoor altar to start my day almost daily.

Would you use these skills in the future? Please explain.

I use all these skills in my life and have become part of my rituals and use some of them with clients mess the tracking exercise.

What did you learn about yourself in these 10 months?

I am much more integrated and strong. I do feel as though I am just beginning on this wind journey. I am more centered than I have ever been and know if I am off, how to step back in.

What did you value most about the program?

My team, this community. The depth of the wind work as guidance.

If there is something that we could improve on in the future about the apprenticeship, what would that be?

Depending on numbers we may need to increase the frequency of small group calls. And these calls to me were important. Longer time for the teaching monthly

Is The small group calls the monthly

group, monthly teaching calls, access to admin. etc

presentations. Maybe 3 hours with a break in between. Questions times are important after you present the lectures. More meetings with the team to check in. Maybe 2x a month.

Is there anything else you would like the organizers of the Wind Work Apprenticeship program to know?

I would like to see a monthly calendar on the facebook group page to keep track of events. I don't think we need as many presenters as we had . Im excited that Rob will present to us ways of getting the zoom sounds tweaked to keep them easier to listen to. It might be good to have a tech support person available to assist the students. Maybe someone they can pay to help with this part so that it does not take time away from Renee or the team.



Friday, December 3, 2021

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5

Did the apprenticeship meet your expectations? Please explain in detail.

yes.

What skills/tools did you learn?

tracking process with wind
deeper knowledge of wind work overall

Would you use these skills in the future? Please explain.

Yes. All the practices will be great to support people in any situation

What did you learn about yourself in these 10 months?

How to be aware , honor and better control / discern my habits, patterns and choices in order to transform and make change.

What did you value most about the program?

community support

If there is something that we could improve on in the future about the apprenticeship, what would that be? le. The small group calls, the monthly teachings, study buddy's, the FB group, monthly teaching calls, access to admin. etc

some community building events like drum circle ,
meditation , journeys etc ,
book discussion

Is there anything else you would like the organizers of the Wind Work Apprenticeship program to know?

Keep Going Strong !



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The objectives and content was well organized and clearly presented. There were many magical moments. I love the interaction between class members and the use of assistants in the program. The group and allowing us the do lives was wonderful. Love talking Tuesdays!

Did the apprenticeship meet your expectations? Please explain in detail.

The main suggestion I offer here is there needs to be much more clarity given upfront on day 1 on the requirements to meet in order to qualify for certification. Additionally there needs to be clarity on how we are allowed to structure our courses and what we can charge. I am still very unclear on this part.

What skills/tools did you learn?

I learned all of the skills presented. I had already taken the wind work basics and this built upon what I had. I think the most interesting new skill was the tracking. I do other types of readings but never any done in this methodology. It's truly unique and useful.

Would you use these skills in the future? Please explain.

I am using the wind work every day as part of my normal life. Yes, these are useful skill sets for living! I like using the wind flags for cyclical timing of working with various winds. And I like the wind knots although I don't do that every month but as needed.

What did you learn about yourself in these 10 months?

The doldrums showed me how to slow down and appreciate even more signs and synchronicities and to learn that shadow work is not always about healing what hurt you. Learning to embrace that you do have anger, sadness and fear and that's a polarity that we need to experience fully the light inside us. I wrote a song about it for winter solstice.

What did you value most about the program?

The interaction with other students and seeing how others were integrating the teachings.

If there is something that we could improve on in the future about the apprenticeship, what would that be?

I would add one zoom meeting at the end for those who want to teach to explain the teaching expectations and ask

group, monthly teaching calls, access to admin. etc

questions about it.

Is there anything else you would like the organizers of the Wind Work Apprenticeship program to know?

Great job! I appreciate the efforts of the entire team.



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I was grateful for the amazing connections and teachings. A lot of stuff that was covered I already knew. From my personal perspective I find it great to re-learn and visit familiar topics
It takes to deeper awareness
The winds were amazing to connect with the journeys in such a large group was ok. Sometimes as a medium or reader I sit back and make sure my journeying was mine and that I didn't pick up other things. I had that before and it was an invasion of privacy to some. I am better at separating from that but I still get hesitant when around others.

Did the apprenticeship meet your expectations? Please explain in detail.

For my expectations I wasn't sure what to expect. It was an eye opener for me about personal value and what to offer out there

What skills/tools did you learn?

I learned how other people responded to certain topics.

To be brave about the work I do

Trust in community and value of having different souls around to hold space.

Would you use these skills in the future? Please explain.

Yes. During my online women circles I will use the basic teaching of winds for support and combine in my tool belt I learned. .

I plan to do more writing and work with archetypes.

I understand how supported I was the whole apprenticeship Spirit really helped me with this

What did you learn about yourself in these 10 months?

I learned much. Where do I begin

My health really got the best of me. I felt I failed and wasn't doing the work. Upon further reflections

I realized the work was done in my own way. I was on my own path this whole time. It went the way it was suppose

to. I learned i value and accept more recieving from others. Being down physically taught me its ok to allow others to help in some way.

What did you value most about the program?

The journeys
They were powerful in themself and the whistles

I valued the time spent in small gatherings

If there is something that we could improve on in the future about the apprenticeship, what would that be? le. The small group calls, the monthly teachings, study buddy's, the FB group, monthly teaching calls, access to admin. etc

I think everyone did fantastic
I wouldnt change much

Is there anything else you would like the organizers of the Wind Work Apprenticeship program to know?

You all rock. I am truly grateful for the support, understanding and teachings.

I put trust in universe that this apprenticeship would be paid for and it did. I was shown over and over to trust and let it happen. No regrets