



Case Study 100/70- Anna

Anna, from Poland (name changed), has always admired beautiful gardens but was not particularly enthusiastic about gardening herself. With a small garden at home, she wanted to introduce more flowers but lacked the motivation and knowledge to do so. Anna's busy lifestyle and reluctance to get her hands dirty had kept her away from gardening activities.

Anna decided to sign up for our hanging basket workshop led by a professional with years of experience in horticulture. The expert's reputation and the promise of hands-on learning drew her to the event. The workshop was held outdoors, taking advantage of the lovely weather.

Anna found the workshop incredibly beneficial for her well-being. She appreciated the relaxed, outdoor setting and enjoyed interacting with other participants who were friendly and supportive. Despite her initial hesitation about handling soil, she found herself engaged and intrigued by the process.

During the workshop, Anna created a beautiful hanging basket, filled with vibrant flowers. She learned essential tips and techniques for planting and maintaining flowers in her garden. This hands-on experience not only boosted her confidence but also sparked a newfound interest in gardening.

Anna said: 'Every time I see my basket I feel happy watching it grow and attract pollinators.'

Anna's participation in the hanging basket workshop transformed her perspective on gardening. It provided her with the new skills. The experience underscored the therapeutic benefits of engaging with nature and the joy of creating something beautiful.