

RESILIENCY WORKSHOP A RESOUNDING SUCCESS!!

Saturday April 16th 2011 marked the launch of a pioneering project for our Zambian youth! Mrs. Angela Malyo and Mrs. Chipo McNichols volunteered their time to design and facilitate the workshop, which was very well attended. Eighteen children and youth ranging in age from 7 to 20 participated in various sections of the workshop that were specifically tailored to be age appropriate.

Topics covered included: respect with a focus on the Zambian perspective, family quality time and relationship building, self-esteem and confidence building, assertiveness and effective communication and its role in intergenerational conflict.

The youth participated with much enthusiasm and demonstrated exceptional acting skills as they engaged in various role-playing activities. Judging by the amount of laughter and applauding, both participants and facilitators alike had an enjoyable and memorable day! Feedback from the youth after the event and their requests for a follow-up workshop for themselves and for their parents sent a clear message: our youth enjoyed being given a forum to learn while expressing themselves in various ways and would like to share this with their parents.

The success of the day would not have been achieved without the full support of the parents, participants and our association; ZamBC. Although we were able to provide all the meals without accessing the associations' funds, Mrs. Malyo and Mrs. McNichols would like to thank the executive committee for offering to cover the cost of lunch for the participants had it been required. We wish to extend special thanks to Mr. Andy Mtambo and Mrs. Carol Mumba for working tirelessly to co-ordinate all the logistical details of the day, and to Mrs. Jessie Moyo, Mrs. Vera Muhongo and Ms Shila Ndaba for their practical assistance and support during the workshop.

Thank you parents, thank you youth and thank you ZamBC!