

# Transform4Life Newsletter, February 2021

Online meetings have increasingly become crowded spaces. And many of us are finding it difficult to choose from the many programs and activities. However, online programs also connect people from around the world and allow interactions that would not otherwise be possible. As you read on, we invite you to see for yourself how Transform4Life is connecting people and creating opportunities where learning and sharing of resources are happening in a very meaningful way.

## **Online Workshops:**

We started the year with a workshop by Dr. Varghese Philip on the topic: Know Your Story: The Key to Unlock Your Greatest Potential. It was a reflection on the kind of story that we are experiencing as we live. The disciples on the road to Emmaus were living a story of fear and disappointment. After their encounter with the risen Lord, they lived on with a story of hope and vision.

In December, we had realized that mental health is a much-appreciated topic when we had a large number of people registering to attend the session on Mental Illness and Suicide. However, our experience was nothing like what we saw for the workshop on Christian Perspective on Mental Health. There were more than 525 registrations. As our sessions are interactive, we could not accommodate so many. And we had to send assurances to more than two-thirds of those who had registered that we will be running the session on multiple days. Even after we closed the registrations, people kept hitting our website and filling up the form for their desire to be a part of this session.

## **Online ALIVE Training Program:**

*"The pleasure is mine. It's exciting and precious journeying with you all through this course. I'm learning so much."* This was the response to a routine letter by a participant of the ALIVE Level 2 Training program. The Level 2 Training for South-East Asia and Australia had 19 participants who added immense value in the discussions and sharing. We held the training on Wednesdays. Scheduled for five weeks, we had two sessions on each day.

The stories shared by the participants opened our eyes to rich life experience, serious research, and above all the wounds and scars from deep within. It demonstrated that the struggles of life are very close to us.

The Batches 3 and 4 of ALIVE Level 1 Training concluded with many participants who want to do Level 2. *"I want to do everything that Transform4Life has to offer:"* is what a participant said during a session. The person joined for the Being an Agent of Healing training even when the ALIVE Level 1 was going on and wants to do Level 2 in February. The ALIVE participants doing the Agent of Healing program show that the shorter training is highly appreciated and has content that compliments the ALIVE training.

## **Agent of Healing Training Program:**

We are planning to offer a shorter version of the Agent of Healing program to make our resources available to as many people as possible, especially in partnership with the

churches. This training was offered after a gap and, we have concluded a batch who did the five-module training. The next batch is scheduled as a four-module training for March 4, 11, 18, and 25. If you are interested in the training or would like to recommend the training to your friends, please write to us: [info@transform4life.org.au](mailto:info@transform4life.org.au)

**SAATHI (Fellow Traveller) project:**

The introductory sessions were very interactive as teachers from several schools came together to learn about emotional trauma and caring. They were impressed by the methodology used by Transform4Life facilitators. As a team, we could gauge the challenges that we encounter in managing a diverse group having issues of connectivity and language barriers in addition to the stress of life in general.

The team is focusing on providing regular content over social media to those who have attended the introductory session. We are also working on developing the three-module training content for the Training Program.

**Partnering with Transform4Life:**

The friends who support us generously, make it possible to conduct the free workshops and offer scholarships to the training participants. If you would like to be a part of this amazing story of training people to be caregivers, or if you would like to support the SAATHI (Fellow Traveller) project for the schools, please write to us: [info@transform4life.org.au](mailto:info@transform4life.org.au)

**Upcoming Programs:**

- Online ALIVE Level 2 – Starting on 20<sup>th</sup> February for 10 Saturdays.
- Online ALIVE Level 1 – Starting on 13<sup>th</sup> March for 10 Saturdays. To register: <http://transform4life.org.au/alive-registration/>
- Being an Agent of Healing – Starting on March 4<sup>th</sup> for 4 Thursdays. To register: <http://transform4life.org.au/an-agent-of-healing-regi/>

**Prayer Points:**

- Requesting your prayers for the participants who are attending the workshops and the training programs.
- Please pray for us to reach many more people and for access to do the programs in partnership with the churches.
- For the SAATHI project to reach out to the schools and educational institutions and for the team preparing the content for the three-module training program.
- For the new website being designed which will help us to operate more efficiently. We request you to pray for the financial needs of this venture.

Thank you for your kind prayers and support for Transform4Life.

T4L Team.