



Excelling Communication Through Innerworth

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Table of Contents

MODULE 2 The Importance of Communication in Shaping Mindset	5
1. The Role of Communication in Shaping Thought Patterns	5
1.1. Digital versus Human Communication:	5
1.2. Thought provoking question	7
1.3. Points to ponder.....	7
2. Communication by Design Not by Default.....	9
2.1. Beyond spoken words	9
2.2. Example of Unsaid/Unspoken dialogue.....	10
Autistic Individuals / Intellectually Challenged individuals.....	10
3 Communication Pattern	12
3.1: Why some people refuse to talk? – they need trigger	14
4 The Power of Communication in Giving and Gratitude.....	18
4.1. Role Play	18
4.2. Raising your sense of worth.....	20
5 Summary	21
MODULE 3 Empowering hearts, Nurturing nature, Transcending innerworth into action	23
1.1 Cultivating Adventure and Balance: Connecting Self-Reflection, Nature, and Community	23
1.2 Activity.....	24
1.3 Recap	25
Appendices.....	29
Sample Execution	29
Commentaries	30
Reference	33

How does communication change destinies in a world without boundaries?

"Understanding our own worth and value can greatly enhance communication. When we are confident in ourselves, we can express our thoughts and feelings more effectively, leading to clearer and more meaningful interactions with others."

Excelling through Communication is a combination of two modules: module 2 "Communication in Shaping Mindset" and module 3 "Empowering hearts, Nurturing nature, Transcending innerworth into action" which can be used independently or as a continuation from Module 1, "Navigating Innerworth."

Learning Objectives

1. Enable participants to explore the value of self-awareness and mindfulness in understanding themselves (thoughts, emotions, and communication patterns).
2. Enable participants to learn to recognise limiting beliefs and replace them with positive, empowering beliefs.
3. Help participants navigate challenging conversations or situations with composure and empathy and learn to effectively communicate their ideas.

Audience

Particularly indigenous youth, communities, and individuals who seek to improve their personal growth and, more significantly, create changes in the way they think (changing mindset).

Aim

Our aim is straightforward. We seek to guide participants navigate their emotions and actions they may face during trying times. We assist their quest to greater wisdom and self-awareness because we know how much better life is when we live in harmony with our true natural selves.

Techniques & Tools

Personally crafted incorporating first hand real-life experiences to make learning even more relatable, fun, and meaningful, we also share the stories of industry experts who are ambassadors of their own life experiences. Importantly, using Neuro-Linguistic Programming (NLP) approaches, tools,

and strategies, we teach participants how to enjoy the journey toward the next level(s) guiding them the proper solutions and to apply in their daily lives. These approaches will be elaborated at the beginning of the sessions.

Disclaimer

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Top Tips

We need you to empty your cup before diving into this intriguing program with us!

MODULE 2 The Importance of Communication in Shaping Mindset

1. The Role of Communication in Shaping Thought Patterns

Communication is a complex interaction influenced by numerous external factors that extend beyond mere emotions. These factors encompass cultural backgrounds, personal histories, individual differences, perceptions, beliefs, environmental contexts, social circles, and more (Lewar et al., 2023). This module primarily explores the subtleties of unspoken, unconventional, and often overlooked forms of communication in human interactions. Each chapter delves deep into various aspects, theories, case studies, and practical applications pertaining to these subtle communication dynamics. The examples, topics, and case studies discussed here draw heavily from the personal experiences of the module's writers, supplemented by insights from renowned communication coaches, writers, and practitioners. Understanding these aspects of communication is crucial because despite its everyday nature, the significance of effective communication is frequently undervalued in our daily interactions.

1.1. Digital versus Human Communication:

Digital Communication

As most of our communication nowadays is communicated via the electronic medium such as Facebook, whatsapp, emails, telegram etc., it's common to experience frustration when messages are misunderstood, potentially leading to negative emotional responses that may affect our *emotional state*. Understand that most of the replies, text, comments we received comes from our *mind and our emotion* (inner communication) at that particular time and it is not supported by our tone of voice, facial expression and body languages. Communication through electronic devices, social media platforms, and virtual environments has become increasingly prevalent. While widely used, the complexities and implications of communication mediated by technology may not always be fully understood or appreciated (High et al., 2023).

In digital communication, remember that active reading and understanding are crucial. They significantly enhance interpersonal interactions, improve response efficiency, and foster better relationships. However, with devices like voice messaging in apps such as WhatsApp, active listening and understanding become crucial.

Despite its critical importance, active listening often receives less attention in training programs compared to speaking, presentation, and writing skills. However, mastering active listening is crucial for effective communication.

What human communication will we understand?

Human Communication

Some individuals possess a superior intellect, enabling them to respond promptly and appropriately to WhatsApp messages or social media comments. Others may struggle to choose the right words, especially if they are using a second language. However, this does not give us the right to belittle others or adopt a condescending attitude. Misunderstandings may occur, leading to potential conflicts. The point is that some of us may not be fluent in a language, but by using common sense and conscience, we can minimize misconceptions. We should practice compassion and empathy for those who are not as fortunate as we are.

I never understand why people behave arrogantly. – Juliana

1.2. Thought provoking question

Imagine you are participating in a Zoom meeting, working with your peers to reach an important decision. Suddenly, your connection gets disconnected. You find yourself in a challenging situation where nothing seems to be working. What do you do first?

Do you let your emotions take over or do you try a new strategy to overcome the obstacle?

How will this affect your communication with your peers once the problem is resolved?

1.3. Points to ponder

- How has social media changed the way youth communicate and interact?

- How has social media changed the way youth receive information?
- How has the explosion of social media and mobile technology changed the way indigenous youth interact and communicate?
- How has technology changed the way today's indigenous youth communicate with others around the world?
- What is the best way to stay in healthy communication?
- What is the future of our indigenous youth communication toward the elderly and community?
- What values do you believe make life worthwhile?
- What is it that nobody tells you about adult life?
- What is some advice for the Indigenous teens?
- If you grew up in the developed country, would you want to learn your mother tongue's language back home?
- What is the importance of communication skills in community development?
- Is Social Media addiction a real problem?
- How will you encourage the youth to be makers, not breakers of communication?
- What should be the role of digital creator in social awareness?

"Knowledge in youth is wisdom in age." ~ Proverb

You show a great knowledge for learning and an even greater knowledge for knowing a good source of valuable learning.

2. Communication by Design Not by Default

The key to a great conversation involves not only understanding, and responding, or remembering what is being said in a conversation, it requires engagement, interaction, cues, creative and witty response to the person you are communicating with. Innovation often comes from unexpected places. One should not be afraid to learn and practice new approaches and techniques to designed communication not by default. When the new method is not practical, churn again. The faster you adapt, the quicker you find what works. Continue to stay creative as the phrase goes "Think outside the box". Challenge your conventional wisdom and be open to unconventional solutions.

2.1. Beyond spoken words

Generally, the existence of unspoken, hidden communication in humans is a complex phenomenon influenced by various psychological, social, and cultural factors. Understanding these factors can help individuals navigate communication more effectively and build stronger, more authentic connections with others.

Unveil the hidden communication and discover the secrets behind people's hidden emotions and true intentions. According to Robert Greene, the American author, we should learn the art of nonverbal communication i.e unspoken through body language, decipher the signs behind fake and real smiles through their non-verbal communication and concealed emotions. Decode the language of body movements and gestures in order to understand better.

2.2. Example of Unsaid/Unspoken dialogue

Autistic Individuals / Intellectually Challenged individuals

The Unsaid - Unspoken / Inner Dialogue (mostly among Autistic people). No one would understand them. Some of them (Autistic) do is to show tantrum and meltdown through trigger

- I work in an Autistic Centre, and I notice how some non-verbal individuals with chronic autism communicate. Those came to the Centre at a later age such as 15 years above who never been to school before may show behavioural cues, sometimes they show some specific behaviours they learn from home. These behaviours can indicate certain needs and feelings, and their parents/guardian learn to interpret these cues.

- A group of Teachers teaching students with autistic were part of the workshop and they shared experiences on some characters and behaviours they encountered throughout their profession as a Special Need Trainer/Teacher. According to one of the Senior trainers, Hardih, earlier the Centre uses various methods and tools tailored to the students' needs and abilities. These methods include **Gestures and Body Language** -Non-verbal individuals often use gestures, facial expressions, and other body language to convey their feelings and needs. If we do not aware of Autism symptom, we may think that they are snobbish, rude or irresponsible people. Effective communication for non-verbal individuals with chronic autism requires a personalized approach, often involving a combination of these methods to best meet their needs and preferences.

3 Communication Pattern

The Milton Model, developed by Richard Bandler and John Grinder, co-founders of Neuro-Linguistic Programming (NLP) (Bohra & Shukla, 2023), derives its name from Milton Erickson, a celebrated psychiatrist and hypnotherapist renowned for his adept communication techniques. This model adopts Erickson's language patterns designed to induce and promote therapeutic transformation in patients (Loriedo & Genovesi, 2024). These patterns intentionally use abstract, ambiguous, and open-ended language, prompting listeners to interpret and personalize their meanings. The model encompasses a range of linguistic patterns, described as follows:

The Milton Model consists of various linguistic patterns, including:

- **Vague Language**

The practice of employing vague and general language that can be interpreted in multiple ways. Examples include words like "things," "stuff," "it," and "something."

- **Nominalizations**

Transforming verbs or adjectives into nouns makes language more abstract and open to interpretation. For instance, rather than saying "He worries about his future," one might say "He has some concerns about his future."

- **Presuppositions**

Incorporating assumptions or presuppositions into language involves implying the truth of certain statements without directly stating them. For example, "When you realize how much you've achieved, you'll feel proud."

- **Lack of Referential Index**

Using language that avoids specific references to people, times, or places enables listeners to apply the message to their own situations. For example, "Some find that change can be challenging."

- **Model Operators**

Employing model operators like "can," "could," "may," and "might" softens statements and suggests possibilities rather than certainties. For instance, "You could consider the possibility of making a change."

- **Pacing and Leading**

Matching the listener's current experience or beliefs (pacing) before leading them towards a desired outcome or perspective (leading). For example, "I know you've faced challenges before, and now you're ready to overcome this one."

The Milton Model is often used in therapeutic contexts, coaching, sales, and persuasion to influence and communicate effectively with others (Sandua, 2024). By using these language patterns, communicators can create rapport, induce trance states, and encourage open-mindedness and receptivity in their listeners. However, it is important to use these patterns ethically and responsibly, with respect for the autonomy and well-being of others

3.1. Why some people refuse to talk? – they need trigger

Getting someone into a conversation requires a balance of interest, relevance, and engagement (Cegarra-Navarro et al., 2023). This could mean, people may withhold certain thoughts or feelings out of fear of being judged or rejected by others. They may worry about how their words will be perceived and choose to keep their true thoughts hidden to avoid potential negative consequences. The most effective one that most of us not aware of is “trigger” technique. Here are some effective techniques to get them into a conversation:

- Ask a person open-ended questions to encourage detailed responses rather than simple yes or no answers. For example:
 - "What do you think about the result of the State Unduk Ngadau Pageant (Beauty Pageant)?"
 - "How did you get started in your content creator's work?"

- Identify shared interests or experiences to create a natural flow of conversation.
 - "I noticed you also enjoy hiking. Have you explored any new trails recently?"

- Genuine compliments or observations can be great conversation starters.
 - "I really admire your presentation skills. How did you develop them?"

- Offer an intriguing fact or personal anecdote to pique their interest.
 - "Did you know that our friend Ika was a Flight Attendant for an international airline before? It reminded me of an experience I had..."

- Show interest in the person's thoughts, feelings, or experiences.
 - "I'm curious, what motivates you to pursue your career in Special Need Education?"

- Bring up a recent news story or trend to spark a discussion.
 - "What are your thoughts on the recent developments in a local language - Kadazan Language movie?"

- People like to feel that their opinions are valued.
 - "I'm considering starting a new project on Public Speaking for Rural Kids. Do you have any advice?"

- If you have spoken before, refer back to something they mentioned.
 - "Last time we talked, you mentioned you were working on Effective Communication Training for Adults. How's that going?"

- A light-hearted comment or joke can break the ice.
 - "I tried to follow a new recipe last night from youtube, and it turned into a comedy show. Have you ever had a cooking disaster?"

- Show that you are engaged and interested in what they are saying. Nod, maintain eye contact, and respond appropriately to their statements. Be respectful and considerate of the other person's comfort and boundaries in any conversation.

According to an article written by Soul Anchorage – NLP & Hypnosis Experts (Soul Anchorage - NLP & Hypnosis Experts, n.d.) one of the ways to discover what truly matters in communication is to reflect on what you talk about the most as our conversations are a mirror reflecting our inner world. Asking

questions such as “What topics do you naturally gravitate towards?” These are often windows into our core priorities.

4 The Power of Communication in Giving and Gratitude

Giving should come from a place of self-satisfaction rather than gratitude or attention. It is an act of self-worth development. If we continue to strive for other people's acceptance, we then will be chasing a mirage. If we genuinely start working toward self-acceptance and increasing our sense of value, we will likely receive all the praise or approval we require. The greatest way to do something is to do it naturally.

We can use our increased level of self-awareness we learned from the previous module to our advantage while establishing our own objectives and goals. We learned that strong communication between the self-aware and their subconscious provides us with a crucial tool for establishing and accomplishing goals and objectives.

4.1. Role Play

Communication that integrates the mind, heart, and body language is powerful and authentic, conveying both the intended message and the emotions.

Examples of such communication:

Context A team meeting where a project has encountered challenges, and the team needs to regroup and find a solution.

- **Communication from the Mind (Rational and Clear)**

Person A (Team Leader): "Good morning, everyone. Today, I'd like us to address the challenges we've encountered with the current project. Let's go through the issues one by one and analyse the root causes. We need to figure out a way to move forward and overcome these obstacles."

Outcome In this part of the communication, the individual is engaging the mind, presenting a clear agenda for the meeting, and focusing on the logical aspects of the problem-solving process.

- **Communication from the Heart (Emotional and Empathetic)**

Person B (Team Member): "I understand that these challenges have been tough on all of us. I want to assure everyone that we are in this together, and I believe in the strength of our team. We have overcome obstacles in the past, and I have faith that we can do it again."

Outcome Here, the person taps into the emotions and speaks from the heart, acknowledging the emotional impact of the challenges and offering reassurance and support to the team.

- **Body Language (Non-Verbal Communication):** As the team members continue the discussion, they maintain open body language, making eye contact with each other, nodding in agreement or understanding, and using affirmative gestures to show unity and cooperation.

Person C (Team Member): Nods while listening to others, leans slightly forward when speaking to show engagement and interest.

Person D (Team Member): Smiles and makes eye contact when expressing agreement with a proposed solution.

Person E (Team Member): Uses open and gestures to indicate inclusiveness when offering suggestions.

The body language reinforces the words spoken and emotions conveyed, emphasizing the unity of the team and creating an environment of trust and collaboration.

By combining communication from the mind, heart, and body language, individuals can effectively convey their thoughts, emotions, and intentions. This holistic approach to communication fosters stronger connections, promotes understanding, and nurtures a positive and supportive atmosphere within the team.

4.2. Raising your sense of worth

The first step towards long-term success in excelling a powerful communication is gaining an understanding of and communication with our

inner selves. To improve the image, we might need to make a few little adjustments. Let us take a short look and make some fixes after all the inner turmoil so many of us have experienced.

How are we going to do that?

Developing one's self-worth is, in the opinion of many prosperous people, the best investment one can make. They have consistently emphasised the virtues and significance of generosity. The majority of individuals laugh at this concept and believe that they can only offer when they have more than enough, which is a common sign of lack of self-worth. The following wisdom, taken from my late mother, emphasizes "The only way to build self-worth is by doing good to others and by giving." (Juliana Jimis). The good news is that we can contribute by offering our time, donating food, blood, and various other resources, rather than solely giving money.

(See <http://www.communication-skills-4confidence.com/characteristic-of-leadership.html>)

5 Summary

Recognizing your inner worth can enhance communication by boosting self-confidence, fostering authenticity, promoting empathy, facilitating assertiveness, building resilience to criticism, encouraging positive

communication patterns, and nurturing healthy relationships. These qualities significantly contribute to meaningful and effective interactions in all areas of life.

Is this conversation helpful so far?

Effective human communication in today's digital age hinges on several critical factors that harness the strengths of modern technology while addressing its challenges. Key elements include staying abreast of the latest communication tools and trends, remaining open to feedback and new methodologies, and continually improving digital communication effectiveness. By integrating these components, human communication can thrive even amidst the rapid evolution of the digital landscape.

MODULE 3 Empowering hearts, Nurturing nature, Transcending innerworth into action

1.1 Cultivating Adventure and Balance: Connecting Self-Reflection, Nature, and Community

Combining self-reflection, nature, and community programs can foster a deeper, more meaningful connection with both the natural world and those around us, all grounded in a strong sense of self-worth. Some people are natural risk-takers, while others prefer to play it safe. There are those who act decisively and those who hesitate, unsure of what they might be missing. Often, we find ourselves lost in the wilderness of life's uncertainties. These traits are deeply rooted in our ancestral instincts, yet there's no reason why we can't change the course of our lives. We have the power to pursue our desires, take risks, and explore new paths – and ultimately, create the life we truly want.

This third module / workshop helps to strengthen the participants' sense of curiosity and transcend their innerworth into action and become more adventurous. Some of us feel our life to be one-sided and needed to balance the different areas of our life, rather than feel stressed or anxious because we do not have the time to do what we would like to do. It is natural and

important to be happy, and we cannot be happy if we live our lives in constant chaos, or if we are working so much that we cannot enjoy the fruits of our efforts. Of course, it all depends on an individual's priorities in life but if they are stressed at work, their mental health can suffer, personal life, relationships, ability to focus can be adversely impacted. Getting out of the rat race can teach us to think or feel differently about situations that have been bothering us. So, our team decided to organise a two-day trip to Natai-Siba as most of us enjoy adventure, away from the busy city.

1.2 Activity

A two-day-trip themed "Translating Inner worth into Reality towards Nature and Indigenous Communities". A unique and invaluable endeavour that exemplifies a successful effort of two entities to carefully design an inclusive program that engages with local communities.

Exercises

- Blindfold exercises to community walkabouts,
- Reflections
- Knowledge-sharing sessions,

1.3 Recap

Routine is essential for those who wish to be more organised, but it can also become a safety net that is hard to escape from, and we may yearn to become spontaneous and take more risks in life. If you feel 'stuck in a rut' and yearning to spread your wings and take your chance on venturing into the unknown it is time to get in touch with nature. Getting in touch with nature and community through "inner worth" involves a blend of mindfulness, personal development, and community engagement. Here are some ways to achieve this:

- **Connect with Nature**

1. **Mindful Walks:** Take a walk in a greenery nature, focusing on the sights, sounds, and smells around you. This can help you feel more grounded and present.
2. **Sit and relax:** Sit on the rock, relax in a natural setting. Sit quietly and observe the natural river flowing, allowing yourself to connect deeply with your surroundings.
3. **At home you can do gardening:** Spend time in a garden, whether it's your own or a community garden. Gardening can be a therapeutic way to connect with nature and nurture living things.

4. **Outdoor Activities:** Engage in activities like hiking, camping, or birdwatching. These activities can deepen your appreciation for the natural world.

- **Connect with Community**

1. **Community Events:** Participate in local community events, such as farmers' markets, festivals, or clean-up days. These events offer opportunities to meet new people and build connections.

2. **Volunteer Work:** Volunteer for community projects, such as tree planting, park maintenance, or working at a local shelter. Volunteering can foster a sense of belonging and purpose.

3. **Local Groups:** Join local groups or clubs that align with your interests, such as book clubs, hiking groups, or art classes. These groups can provide a sense of community and shared purpose.

4. **Neighborhood gathering (Gotong Royong):** Get involved in neighborhood activities i.e cleaning up the area initiatives, neighborhood watch programs, or community gardens. These initiatives help build a strong, supportive community network.

- **Cultivating Inner Worth**

1. **Mindfulness Practices:** Incorporate mindfulness practices into your daily routine. This can include stretching, quiet moment alone, or simple breathing exercises.

2. Self-Reflection: Spend time in self-reflection, journaling your thoughts, feelings, and experiences. This can help you understand and appreciate your own worth.
3. Personal Growth: Engage in activities that promote personal growth, such as reading, attending workshops, or taking courses. Investing in your development enhances your sense of inner worth.
4. Gratitude Practice: Maintain a gratitude journal where you regularly write down things you are thankful for. This practice can shift your focus towards positive aspects of your life and enhance your self-worth.

Continuing learning is essential for people who are so bogged down with work, and to challenge themselves to learn new things outside of their comfort zone. This program is created with a strong emphasis on experiential learning, community engagement, and personal introspection. The workshop was aimed to harmoniously merge the principles of innerworth learning with practical applications in both natural environments and local community settings. It is one way to encourage people to get in touch with nature and also foster appreciation for the hard work done by the rural communities by expressing gratitude to those involved in activities like rubber tapping and rice planting to sustain our food and living. In addition to having numerous benefits for both mental and physical well-being.

Overall, the participants also voice out that this program should be extended to school children and youth as it is essential to instil a sense of appreciation and gratitude for nature early on, as it can lead to a lifelong commitment to environmental stewardship.

Appendices

Sample Execution

Workshops that have been executed for this Communication Module:

1. **Communication and Empowerment Workshop: “Developing a Great Mindset for Effective Communication”** Date: 19th August 2023 (Saturday) Time: 9.00am to 5.00pm Venue: Kinabalu Room I & II. SHANGRI-LA, Tanjung Aru, Kota Kinabalu. This is a Communication and Empowerment workshop to all staff members of Seri Mengasih Centre (Teachers and staff of Special Need Education) in order to enable them to engage with our local communities, strengthen and support especially Seri Mengasih Centre's teachers and staff's overall understanding in today's digital communication.

Co-organised by UMS, UMS Fakulti Kewangan Antarabangsa Labuan, and Mindset Solutions. Workshop Speaker & co-organizer: 1. Juliana Jimis @NLP Practitioner and 2. Mary Monica Jiony @Senior Lecturer, UMS, FKAL, Dr Hassanah Husin, UMS, FKAL

2. **Asnafpreneur MYWP Labuan, 31 July 2023.** “Empowering mind For Effective Communication” Workshop to Asnaf-Entrepreneurs in UK, Labuan. The activities include embracing the magic within their inner worth. role-play and self expression.

This workshop session combines mindfulness, emotional intelligence, sharing life experiences, and creative expression to help participants develop a positive mindset and learn how to communicate well to their customers.

3. Building Career Opportunities: Understanding Communication in Today’s Job Market.

Date: 6th December 2023.

UMS students Business Communication Semester 3 students

Throughout all the above programs, various interactive exercises, role-plays, group discussions, and mindfulness activities were incorporated to ensure active engagement and application of the concepts. Participants would leave the program equipped with valuable communication skills, a positive mindset, and a greater sense of self-awareness, gratitude, and empathy.

Sample Commentaries

Commentary 1

"My experience at Natai was awesome! What I like the most is the nature, and the activities. I was one of the winners of the nature-fashion design competition. I learned that we have to be confident and trust ourself. If other people can do it, I can too. Never give up! From this workshop I become more confident to talk in front of people, interact with other people you don't know before (community) and have good teamwork" – Lisnie Jimit

Commentary 2

"Pengalaman saya berada di Natai, berkursus Bengkel 3 adalah saya belajar cara untuk hidup di komunitas walaupun tidak mengenali antara satu sama lain. Sepanjang aktiviti berkumpul hanya saya sahaja yang berkumpul sama komunitas Natai di sana, di mana pelbagai jenis usia dan tingkah laku. Walaupun berlainan namun semangat satu kumpulan itu kuat dan saling bekerjasama antara satu sama lain untuk menyiapkan tugas. Selain itu, berkongsi rezeki kepada masyarakat di kampung Natai, dalam perjalanan untuk menghantar barang makanan, pelbagai keindahan alam sekitar sangat cantik, masyarakat juga mesra kepada saya dan juga yang lain. Dari modal 1 dan 2, saya terapkan dan guna pakai dalam menjalani aktiviti dalam modal 3. Dari sini juga keperibadian saya juga menonjol dan keberanian saya juga semakin meningkat. Jika diberi kesempatan untuk mengikuti aktiviti seperti ini saya sangat berbesar hati untuk mengikuti. Thank you so much Ms Juliana and Ms Mary" – Bibiana Jimmy

Commentary 3

"Natai.. Nama tempat yang menjadi pertanyaan sebelum memulakan bengkel disana..

Suatu tempat yang jauh dari kesibukan kota. Membawa saya lebih menghayati suasana kehidupan yang lebih dikelilingi oleh hutan semulajadi dengan air sungai yang bersih.

Bengkel ini banyak membantu saya lebih berani untuk mencuba sesuatu yang luar dari kemampuan saya. Dan ternyata saya boleh melakukan dengan baik dan tenang. Terima kasih Pihak Penganjur Bengkel ini, Ms Juliana dan Ms Mary Monica” – Irene Lidi

Komen daripada Afra Calistus

1. Pengalaman pertama saya masuk ke hutan untuk aktiviti lasak seperti meredah jalan hutan yang bersungai dengan mata tertutup kain sangat mengajar saya erti persahabatan dalam kumpulan serta komunikasi antara komuniti.

2. Pengalaman pertama saya juga tidur di dalam khemah. mengajar saya erti keberanian walaupun berada di kawasan berhutan.

3. mengajar saya erti persahabatan bukan sahaja dengan sesama staff tetapi juga bersama dengan komuniti orang kampung nantai.

4. mengajar saya untuk lebih yakin berhadapan dengan orang- orang sekeliling tanpa mengira umur agama bangsa dan darjat.

5. mengajar saya untuk tidak berasa takut berkomunikasi walaupun cara komunikasi saya masih banyak perlu diperbaiki.

6. mengajar saya untuk memupuk semangat setia kawan dalam apa juga aktiviti berkumpulan.

7. mengajar saya betapa penting nya menjaga alam sekitar semulajadi apatah lagi pada zaman moden masa kini yang penuh dengan pencemaran.

8. Mengajar saya untuk sentiasa bersyukur mahu pun terhadap diri sendiri pihak penganjur dan semua yang terlibat.

Commentary 4

Mijan, one of the returning participants shared: "I feel immensely grateful for the opportunity as a returned participant in this workshop. The theme of 'Translating Inner Worth into Reality towards Nature and Indigenous Communities' resonated deeply with me, and the experience exceeded my expectations. The focus on experiential learning and community engagement fostered a sense of unity and shared purpose among us. Through mindful communication and collaborative activities, I gained valuable insights into the interconnectedness of humanity and the environment. As I reflect on my journey, I am inspired to carry forward the lessons learned and actively contribute to positive change in myself, my community, and the world around me. The experience gained from this workshop could greatly benefit me as someone who work with intellectually challenged individuals - by fostering empathy, effective communication, and resilience, ultimately enhancing my ability to create inclusive and supportive environments for the children I serve. Caring for intellectually challenged individuals requires the skills I learned through the workshops as the job demands an abundance of patience, empathy, and resilience, alongside a commitment to mindful communication that must remain steadfast at all times.

Experiencing firsthand the beauty of the land and understanding the efforts required to sustain it can indeed cultivate a deeper respect for the environment and encourage responsible behavior to protect it from damage and pollution. Empowering and deepening connection with innerworth and mastering communication skills in the heart of lush greenery. The beauty of the green nature was also appreciated by the participants. Almost every one delights to see the river, and the numerous birds and animals that found in every part of the area, for these are part of the ornaments of nature. Even the tiniest of creatures such as frog, fish, butterflies have a beauty of its own.

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