

Empowering Hearts, Nurturing Nature: Transcending Innerworth into Action

Sunday, 21 April 2024 “This workshop themed “Translating Inner worth into Reality towards Nature and Indigenous Communities” is one of its kind”, said KK Willie Joseph, the village head of Kg Natai-Siba, Telipok during his welcome address and subsequent launching of the workshop. He added, "I find this a unique and invaluable endeavour as it exemplifies a successful effort of two entities to carefully design an inclusive program that engages the local communities of this village."

This program represents a collaboration of innovative initiative of UMS Labuan Faculty of International Finance (FKAL) and Mindset Solutions, that is partly aimed at encouraging people to reconnect with nature. It fosters appreciation for the hard work of rural communities, expressing gratitude for activities like rubber tapping and rice planting that sustain our food, living, and connection to the land. Moreover, it served as a platform for the exchange of knowledge and learning, providing valuable advantages for participants' mental and physical well-being.



L-R: Tuan Terence Dolinting, owner of TAMAZA Adventure Village, Tuan Willie Joseph, Kg Natai -Siba Village Head, Juliana Jimis of Mindset Solitions, Mary Monica and Dr Noor Hasanah of UMS FKAL.



Group Photo: Participants joined by program facilitators from UMS FKAL and Mindset Solutions, as well as Kg Natai-Siba Village Head KK Willie Joseph and Terence Dolinting, owner of TAMAZA Adventure Village

Held at Tamaza Adventure Cultural Village in Telipok, the event brought together 15 local community members from Kg Natai-Siba with 15 returning participants from prior workshops. This place nurtured a supportive atmosphere, allowing participants to share experiences and perspectives through a variety of activities. These activities, ranging from blindfold exercises to community walkabouts, were thoughtfully designed to encourage empathy, improve mindful communication, and deepen understanding of the connection between humans and nature. Through shared reflections, gratitude circles, and knowledge-sharing sessions, participants emerged with a renewed dedication to continue translating their innerworth into tangible actions for the betterment of themselves, others, society, and the environment.

Mijan, one of the returning participants from Sekolah Seri Mengasih 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.



Participants posing for a group photo