

RELIEF FOUNDATION NEWSLETTER

1st Edition

Feb/ Mar 2006.

Editorial

Relief Foundation Creates awareness about the handling of children in schools.

The population of school going children in Kenya has tremendously gone up as a result of free primary education introduced by the government in the year 2002. This is a very good indication of efforts to eradicate illiteracy in the country. However, this does go without challenges and the main challenge is the shortage of learning facilities and teachers in these government institutions. But efforts are done by the government, the NGOs and the private sector to see that at least all children in Kenya access basic education. I congratulate these organizations for these noble efforts.

I would like to categorically single out the role played by the non- formal schools in bringing education to children from the slums. In areas like Kibera and Kawangware of Nairobi you will meet many children in the streets not in school. Non- formal schools are set up to accommodate these children although not all are absorbed because of one reason or the other. The main objective of most of these schools is to give education to children from poor families that live in the slums. This is quite a good idea and UNIP has partnered with some these institutions to give empowering and motivational training to the teachers and parents of the schools. This training is based on the models of NLP (Neuro-Linguistic Programming) and NEI. These two approaches give a person very important tools for personal development and handling various situations especially when dealing with children. Many non-formal schools such as St.Christine, Anajali School, and St.Juliet, Kibera among others are benefiting from this programme. We have our coach, Mr. Ignatius Ochieng who visits these schools to train the teachers and counsel parents on a weekly basis. Now children stay in school unlike before and parents are realizing their roles as parents to their children. This is the grand effort UNIP is offering towards poverty alleviation in Kenya.

Change of name and a new location

As you all know Unip is a project of **Relief Foundation**. Since the activities of UNIP have grown so much in the past years we have decided to run our activities under our official name **Relief Foundation**. Relief Foundation therefore, has different projects as: **UNIP** which is involved in trainings on personal empowerment, capacity building and counseling services; **TAMALAJE** which trains tailoring and dressmaking; language services and **Peters Poly village** in Western Kenya. From August 2006 we will open doors to our **Health Department**. Our lines of contact remain unchanged and our objectives also remain the same.

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We are also happy to inform our clients, partners, sponsors and well-wishers that we have since March, 2006 moved to our own Centre in Kabiria opposite Kivuli Centre along Kahuho Road off Kabiria Road.

We are a very proud family of Relief Foundation to be on our own piece of land!

Personal Development Perspective

What are you worth?

In the last newsletter I was sharing with you something from the book “The Mind of the Soul” by Garry Zukav.

It had a great deal about how you look at yourself. Some of you might have made the list as required and they perhaps decided to look at themselves in a different way.

Others might not feel very comfortable to change the way they look at themselves out of various reasons. In the talks and sessions I was privileged to join, one would like to share out his experience and you would recognize yourself in it.

I have seen that some people fear to boast, they want to stay humble and they have the impression that when they change their view on themselves they will not be pleasing to their creator.

I hear people saying that they feel like unworthy sinners, not worthy to receive ‘the good things’ of life. They believe that this behavior is required...

In one of the discussion about that subject one said, “How do you look at your child?” Then that person smiled and said, “Oh! My son is now three and he is so nice. He experiments with everything; often he does not succeed and becomes angry. But he tries...he learns so much. And humor, he also has. It’s a joy to see him growing up.”

Then that person asks the father, “So he does not do everything perfect and still you look at him as perfect?” “Yes of course”, the father says, “He learns that it is part of growing up. He learns from his mistakes and that’s what counts...”

Then the person continues and says: “Now this is how I look at our Heavenly Father as well. He has told us that we were made in his own image and that means we have all good things in us. We are His children and life in itself is a learning journey, it does not stop when you have turned 18 years, He does not expect us to do everything perfectly as long as we learn from our experiences. He sees us just as perfect as the other father sees his son.”

I was thinking of that comparison and thought by myself how the father might have felt when the son would think as unworthy of himself. It reflects also to him, after all he is his son and his son lives in him. So when the son is worthless...it is easy to think that also the father is not worth much.

Then I was thinking how our Heavenly Father might feel when He sees us feeling like unworthy.... I do not know for sure, but father and mother reader, tell me how you feel?

Karin Masnicza
PD trainer UNIP

Projects of UNIP

Working with the teachers from the non-formal schools.

Teachers play a big role in shaping up the personality of children. Positively brought up children will be positive in life, children who are subjected to mistreatment may also want to mistreat others when they grow up.

It is with this in mind that we have started working with teachers and especially from the slums. Most of the teachers working with non-formal schools are untrained and yet they have to handle a lot of children with different problems. Then the question you are bound to ask is “Are they really capable of helping these children grow holistically? When these teachers have skills of NLP and NEI they can easily help affected children overcome their problems and look at life positively again. We also hope that with these knowledge teachers will be very flexible as to help the children grow fully. Our own experiences are that most schools instill fear in the children in the name of discipline and the outcome of this practice is that when these children come out of these institutions they do not feel strong enough to take action of their own. There is that fear that “I might be wrong and will be punished”

Currently there are three schools following the training which aims to improve the capacity of teachers to help the children not only academically, which seems to be the main focus of most schools but in all areas related to a complete being / growth of human being. We are happy that they find the training interesting and good, and we hope that they will use the material in their work.

Ignatius Ochieng

Students Views and Personal Experiences

Noah's Ark.

I would like to share something very important with my dear reader. Perhaps you have read about the biblical Noah. This was a wonderful man who dared do what he had never done in his life.

Noah was a simple village man whom God wanted to use to achieve a grand goal of saving His people from the harsh rains to come. He (God) instructed Noah to build an ark in which he would put the people and animals and other creatures for salvation.

Remember, Noah was neither a carpenter nor a mason nor a statesman who would mobilize people for this purpose. Neither was he a prophet nor a man of substance among his tribes-men. He was just a common man who fended his livelihood through hard work. But God had a purpose for using him. What a privilege!

From this story we see that Noah was **daring, a simple man, did not refuse the call, thus obeyed, faithful** and so on.

This simple story teaches you and me something great in our lives. This is what I would like to share with you now. What are your plans this year, 2006? Have you made any goal or goals to achieve during this year? Have you made them smart enough to be realized? The answer could be yes or not or even fairly done. Whatever the answer!

The point I want to put across is that in our endeavors we need to be daring enough. Many people fear to undertake an assignment arguing that they haven't done it before. People don't do some assignments because

they think they are not worthy to do them. They think they are very simple to do such big assignments. Others would say in their families no one has ever earned one hundred thousand shillings, so who are they to go for that?

Emulate Noah and excel.

Wanyonyi Wafula
PR, UNIP.

Workshops and Courses

Workshops plan for April to June 2006

| Date | Target group | subject | Facilitator |
|---|---|--|---|
| 8 April 2006 9 am – 1 pm | The youth groups of Satellite, Kawangware and Kabiria. | Introduction to Transformational Breathing | Inside Out practjik Marco de Jager |
| 8 April 2006 2 pm – 5 pm | All networks, friends, CBO, NGO of Relief Foundation | Introduction to Transformational Breathing | Inside Out practjik Marco de Jager |
| 22nd of April | All networks, friends, CBO, NGO of Relief Foundation and especially all networks. | Introduction to NLP Representational Systems | UNIP |
| 13th and 14th May 9am – 5 pm | All networks, friends, CBO, NGO of Relief Foundation | Balancing your life | UNIP |
| 24th of June | All networks, friends, CBO, NGO of Relief Foundation and especially all networks | Introduction to NLP Representational Systems | UNIP |

**International Certified
Coach, Motivator, Counselor and Communicator
(NLP, Neuro Linguistic Programming)**

We bring to your attention two new opportunities to follow NLP Training to become a professional and international certified Communicator, Coach, Motivator and Counselor.

Who can follow this training?

The course is of tremendous benefits for:

- ✘ Managers
- ✘ Head of Departments
- ✘ Public Service officers
- ✘ Project Coordinators
- ✘ Human Resource Managers

- ✘ Sales executives
- ✘ Counsellors (or who want to become one)
- ✘ Community- Development workers
- ✘ Teachers / Trainers
- ✘ People who want to professionalize their communication skills
- ✘ People who want to professionalize their motivation skills
- ✘ People who want to excel their own lives
- ✘ People who want to help their companies to excel
- ✘ And many more....

What will you learn?

The contents of NLP Practitioner Course

- Professional communication skills
- Motivation Training
- How to develop desired self-confidence
- How to coach towards desired behavioural changes
- To recognize your own and others motivations/drives/convictions and values to achieve positive changes in yourself and others
- To coach towards setting and realizing goals
- Problem interventions
- trauma interventions
- Phobia interventions

This year we offer next to the normal weekend course two new training opportunities:

Weekend course

The weekend course will start 24th of March 2006 till February 2007

The course will be given once a month on Friday and Saturday form 9.00 am. till 6 p.m. in UNIP Trainings Centre in Riruta Satellite

Crush Course

The crush course will be given in our workshop centre near Busia starting in October 2006. The students stay in the workshop centre during the training weeks. The first week begin in October; second week, end of November; third week half January. The exact dates will be communicated.

The Holiday Course

The holiday course will be given at UNIP Training Centre in Satellite Kabiria. The dates are

7th – 11th of August,

28th of August – 3rd of September,

4th – 9th of December 2006 and

2nd - 7th of January 2007.

There are assignments to be fulfilled in the breaks.

Your investment:

The weekend course

Payment in advance: Kshs 1 x 35,000 p.p.

Payment in two instalments: Kshs 2 x 18.000 p.p.

Payment in four instalments:

Kshs 4 x 9.500. p.p.

The crush course

Payment in advance: Kshs 1x 56.300 p.p.

(Payment in instalments is not possible)

The costs are inclusive of course material, overnight stay and full board at our workshop centre in Busia. Transport to Busia and drinks during the stay are at your own expenses.

The holiday Course

Idem the weekend course

The fee is incl. manual and the internal Personal Empowerment coach examination.

There will be extra charges (Kshs 5.800) for the international certification to become a NLP practitioner

Subsidy

We decided to give also this year some subsidy places. People can apply for it in written giving reasons why they want to follow the course and why they think subsidy should be given to them.

The application has to be accompanied by a payslip of your employer or a letter in which the employer confirms that you work voluntarily.

Subsidy is never given fully but only partly. The amount will be determined by the subsidy committee of UNIP for each person individually.

UNIP Course plan 2006

| Course | Start | Duration | Who can follow | Costs | Scholarship |
|---|--------------------------------|--|---|----------------------------|---|
| Tailoring & / or dressmaking (Grade III) | Intake from February till June | Exams are in December | Anybody older than 16 years | Full course is Kshs 6.000 | In special cases partly scholarship might be possible |
| International NLP practitioner (counseling, motivating, communication training) | 28 th of April | One Friday and Saturday every month from 9 a.m. till 6 p.m. | Anybody who wants to excel in his communication, counselors or to become one (KCSE) | Full course is Kshs 35,000 | In special cases partly scholarship might be possible |
| Leadership Training | 27 th of May | Twice a month on Saturdays | Anybody who wants to be or is in a leading positions | Full course is Kshs 17,000 | In special cases partly scholarship might be possible |
| Child empowerment | 10 th of April | 16 half days 10 th – 13 th 18 th – 21 st 24 th – 28 th April 1 st – 5 th of may from 9am – 1 pm | Teachers and people working with children who want to empower children | Full course is kshs 3,500 | In special cases partly scholarship might be possible |
| Personal Power given in English language | May | One Saturday afternoon twice a month for 6 month + one private class each month | Anybody who wants to get more out of life | Full course is Kshs 600 | No |
| Personal Power (Women group) (will be given in Kiswahili) | May | One Saturday morning twice a month for 6 month + one private class each month | All women who want to experience more happiness in life | Full course is Kshs 600 | No |
| Small business skills (in English and Kiswahili) | May | 4 months (you study 2 hours every week) | A must to Anybody who wants to start or improve his/her own small business | Full course is Kshs 800 | No |

| | | | | | |
|---|--------------------------------------|--|--|--|---|
| Tailoring & / or dressmaking (Grade III) | June (last intake for exams in 2006) | Exams are in December Full time course | Anybody older than 16 years | Full course is kshs 6.000 | In special cases partly scholarship might be possible |
| Interview training | June | 3 afternoons on weekdays from 2p.m. till 5p.m. | Anybody who wants to be more in control during an interview | Full course Kshs 300 | No |
| Women defensibility training | August | 8 afternoons once a week | Women from 18 years and above | Full course is Kshs 300 | NO |
| Girls defensibility training | August | 4 afternoons once a week | Girls between 14-18 years | Full course is Kshs 100 | NO |
| International NLP practitioner (holiday course) | 7 th of August | 7 th -11 th August 28 th of august – 3 rd of September 4 th -9 th December 9 a.m. till 6 p.m. | Teachers, counselors, leaders, managers (min. KCSE) | Full course is Kshs 35,000 | In special cases partly scholarship might be possible |
| Leadership Training | September | Weekly ½ day (15 weeks) | Anybody who wants to be or is in a leading positions | Full course is Kshs 17,000 | In special cases partly scholarship might be possible |
| Small business skills | September | . 4 month (you study 2 hours every week) | A must to Anybody who wants to start or improve his/her own business | Full course is Kshs 800 | No |
| International NLP practitioner (counseling, motivating, communication training) | October | Three times one weeks training with 6 weeks break in between in our workshops center near Busia | Anybody who wants to excel in his communication, counselors or to become one. (KCSE) | Full course is Kshs 56,300 (incl overnight stay and fullboard exl. Travel) | NO |
| Child empowerment In Kiswahili | October | 16 half days from 9am – 1 pm | Parents and caretakers of children | Full course is Kshs 500 | NO |
| Basics in Counseling (Kiswahili) | October | 4 month, you come every week one morning or afternoon | Private people who want to be more helpful to their community, friend and family | Full course Kshs 800 | NO |
| Personal Power given in English language | November | 6 month two Saturday morning each month + one private class each month | Anybody who wants to get more out of life | Full course is Kshs 600 | No |
| Personal Power given in Kiswahili | November | two Saturday afternoon each month for 6 month + one private class each month | Anybody who wants to get more out of life | Full course is Kshs 600 | No |
| Women defensibility training | November | 8 afternoons once a week | Women from 18 years and above. | Full course is Kshs 300 | NO |
| Girls defensibility | November | 4 afternoons once a week | Girls from 14-18 years | Full course is Kshs 100 | NO |

| | | | | | |
|--------------------|----------|--|---|----------------------|----|
| Interview training | December | 3 afternoons on weekdays from 2p.m. to 5p.m. | Anybody who wants to be more in control during an interview | Full course Kshs 300 | No |
|--------------------|----------|--|---|----------------------|----|

Please ask for the subjects and dates of our frequent workshops

Training on Archetype Healing

A very special experience was waiting for us who have followed the Training on Archetype Healing.

The training on Archetype Healing was offered by UNIP to the NLP Coaches since they have sufficient experience in coaching and counseling. The training was facilitated by Annemieke Heinst. She owns the clinic “Joya” in the Netherlands in which she helps people with all kinds of physical and mental challenges. She came to UNIP to introduce and foremost enrich our coaches and others with techniques of Energy work.

With her techniques, she activates the self healing ability of the human body.

It was the most fascinating and breathe taking workshop I have followed in a long time. To be able to physically experience something abstract like “energy” was a wonderful experience. Nevertheless, the effects of the learned treatment were even more amazing.

Archetype healing is like a big medical and mental checkup, but on energetic level. Changes are often instantly measured.

It is used with physical issues as well as with mental issues like depression and others.

In the mid of this year, 2006, UNIP will start its “health department” which will offer a wide scale of alternative medical treatments to the public.

We are happy and proud to be able to add Archetype Healing to the existing activities.

When you are curious on what this is all about, please do not hesitate to visit us. We will be happy to explain more!

Karin Masnicza

Donors & Well-wishers

Polysport
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Dieren Netherlands
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www.polysport.nl

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Netherlands
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Change in the Air
Emile den Os
joe@hetnet.nl

Naaiatelier
Gerry Lubbers
ger.lubbers@hetnet.nl

JMJ CONGREGATION
Netherlands

Kairos
Praktijk voor NEI en
NLP
Nardie Krabbenborg
nardie.krabbenborg@wanadoo.nl

Chispa
Levensloopbegeleiding
Nijmegen
tel.: 0031-24-3604256
chispa@hetnet.nl

JFL-Hosting VOF
Cong Thanh Van &
Herman Wijnhoven
<http://www.jfl-hosting.nl>
info@jfl-hosting.nl

Editorial Team & Contacts

EDITORIAL TEAM

Wafula Wanyonyi - Editor
Daniel Marungu - Logistics
Savier Obee - Advisor
Karin Masnicza- Advisor

Contacts

Stitching Relief
Netherlands
Postbus 241
2980 AE Ridderkerk
(Netherlands) Tel. 31-(0)
180-425636
www.stichtingrelief.nl
info@stichtingrelief.nl

Relief
Foundation
Kenya,
UNIP a project of Relief
Foundation, Kenya
PIN Number
P051147758K
Income tax exemption
certificate No: 17753

UNIP Training centre
Riruta Satellite, Box 5438,
00200 Nairobi, Kenya,
Tel.: 254 (0) 733 801 825 /
733 299 776 / 020-571 630
Unip@stichtingrelief.nl /
www.united-inner-power.com