LOVE, LEAD & ACHIEVE
The Power of Change is in Your Hands
INTRODUCTION

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OBJECTIVE

- Self Awareness and Self Responsibility
- Identity & Cultural Influence
- Behavior & Attitude Change
SELF AWARENESS
SELF REFLECTION

- Obstacles & Challenges
- Thinking out of the box
- Behavior Change
- Breaking the barriers
- Focusing on the vision
QUESTION

- Identify some of your challenges & problems in your life and work?

- Observe how do you feel when you think about your challenges and problems?
Emotional Intelligence

- Thinking & Feeling
QUESTION

- What Makes You feel Powerful?

- What makes you feel Powerless?
The Power of Positive Thinking

- Negative thinking - infected heart
- Neutral thinking - balanced heart
- Positive thinking - pure heart
Feelings

- **Bad Feelings**
  - Heavy
  - Depressed
  - Angry
  - Frustrated
  - Stressed
  - Powerless
  - Helpless
  - Stuck
  - Sick
  - Revengeful
  - Weak
  - Rejected
  - Unloved

- **Good feelings**
  - Joy
  - Love
  - Forgiveness
  - Compassion
  - Understanding
  - Patience
  - Empowered
  - Helpful
  - Open
  - Kind
  - Generous
  - Giving
  - Powerful
Turn Around: From Negative to Positive

- Bad Feelings
  - Heavy
  - Depressed
  - Angry
  - Frustrated
  - Stressed
  - Powerless
  - Helpless
  - Stuck
  - Sick
  - Revengeful
  - Weak
  - Rejected
  - Unloved

- Good Feelings
  - Light
  - Optimistic
  - Peaceful
  - Balanced
  - Relaxed
  - Powerful
  - Helpful
  - Free
  - Healthy
  - Forgiving
  - Strong
  - Accepted
  - Loved
QUESTION

- Look at your challenges and identify all the negative feelings you feel [in all nuances] and list them one word per feeling.

- Then turn each feeling around in using positive word next to it. Read them silently and observe how do you feel?
BEHAVIOR CHANGE

- Stop
- Look
- Listen
- Learn
- Let go
- Love

- Kindness is not stupidity
- Knowledge is only a tool
- Wisdom is freedom
- Generosity is ownership
- Humility is power
- Compassion is love
REFLECTION

- The River of Life
- Lessons Learned
IDENTITY

Identity: Our way of being
Coping with the each other and the world
Culture is a system of shared Values, Beliefs, Behaviors, Norms (VBBN)

Learned:
Passed between generations
Universal:
Behaviors that cross cultural lines
Identity & Cultural Influence

Behaviors, Norms
Observable

Values, Beliefs
Unobservable
WHO AM I?

Considering
Values
Beliefs
Behaviors
Norms
Patriarchy & Feminism in Kosova

- Identity Formation
- Where we are now?
- Where do we want to go?

- Power walk
- Power Talk

Open discussion
Practical Exercise

Reflecting on Values
MY IMAGE MY WORLD

- HOW DO I SEE MYSELF?
- HOW DO OTHERS SEE ME?
- HOW DO I SEE OTHERS?
TRADITION & INFLUENCE ON IDENTITY - QUESTIONS:

1. What role does tradition play in your life?

2. How has tradition influenced your identity?

3. What is unacceptable for you about your tradition?

4. What are negotiable and non-negotiable aspects of your tradition for you?

5. How can you best use tradition in work diverse setting please give an example?
Mission, Vision, Values
MY PURPOSE – What Do I Want?

I Do Have it in My Hand . . .

What –
How –
Who –
When –
What Resources –

Purpose
Question

- Does your success match your happiness?
CHANGE

- Understanding
MANAGING CHANGE

- Identify the change
- Prepare the change
- Plan the change
- Implement the change
- Sustain the change
CHANGE- QUESTIONS

- What kind of change would you like to make in your life?
- What kind of changes would you like to make in the following:
  1. Feelings
  2. Relationships
  3. Body
  4. Love
  5. Work
  6. Money
  7. And spirituality

- What stops you from making these changes in your life?
Women’s Empowerment and Solidarity

- Women’s Empowerment and Solidarity
- Women, Peace & Security in Kosova
PRACTICAL EXERCISE: SAY NO TO VIOLENCE

• WHAT IS VIOLENCE?
• HOW DO YOU SAY NO TO VIOLENCE?
• WHICH WAY DO YOU CONTRIBUTE TO END VIOLENCE?
• WHAT STEPS DO YOU TAKE?

Examples:
Community outreach
Media outreach
Public Campaign
Education through Trainings and workshops
Practical Exercise

CREATE YOUR VISION FOR CHANGE

- First identify your values
- Then write your Mission
- And finally write your vision
Questions
MEDIATION & VISUALIZATION

THE GARDEN
REVIEW

- Self Awareness and Self Responsibility
- Identity & Cultural Influence
- Behavior & Attitude Change
Picture Speaks a Thousand Words

- I hope you enjoyed this Presentation?
CLOSING

- Poem “Women” Safete Rugova
- List of Wishes
- Lessons Learned
- Evaluations
- Certification and Closing Ceremony
- Group Photos
Forgiveness:

- Outer and inner circle – talker-listener; changing places, sharing, forgiving, receiving, and letting go.
CELEBRATE THE CHANGE

- Movement Slow Dance