

inspiredNAFSi Personal Leadership Program

Trauma, particularly emotional and psychological trauma, results from unusually stressful events that fragment one's sense of safety and security, making one feel helpless and stuck. Traumatic experiences often involve a threat to life or safety, but any situation that leaves you feeling overwhelmed and isolated can be traumatic, even if it doesn't involve physical harm. The more frightened and helpless you feel, the more likely you are to be traumatised.

This is where the inspiredNAFSi personal leadership program (a signature program of the Centre for Islamic Thought & Education, UniSA) can benefit you. The inspiredNAFSi program is underpinned by a strength-based approach and Muslim worldview, that utilises the *nga thana lui dha* Yarning Circle Framework (developed by Auntie Debra Bennett) to create self-awareness in individuals facing daily life challenges and struggle with articulating their thoughts and views. This framework has been adapted, infusing Islamic worldview as this informs Muslim people's ways of knowing, being and doing.

The program offers a holistic approach to development of human potential. It depicts a journey of learning and self-discovery, empowering the individual and the community and enabling individuals with skills to heal any trauma through sharing, learning and transforming life into new futures.

Individuals participate in activities that helps them gain practical skills to assist them in decision-making processes and links them with various support and services that exist within their communities, thereby reducing their isolation and reintegrating them into workplaces/society as a way forward.

What past participants have said...

"Before this course, I would have been scared to say anything"

"course was empowering, insightful, informative, exciting and fun and personally empowering";

"revealed the potential it has to transform lives for long term practice and empowerment";

"I have used the framework in my personal life when confronted with issues";

"I am so happy to attend this workshop and open my horizon to new things"

"I have learnt a great deal about myself and my strengths"

"I loved everything about the program especially the hands on practical exercises that we can apply in our daily lives"

"I would definitely recommend this program to everyone because of the great benefits"

When: Every Saturday starting, 7th October – 16th December 2017

Time: 9.30am-3pm (Lunch and refreshments provided)

Where: 53 Corella Place, Runcorn

Please call

Muna on 0431 360 418

Or

Nora on 0431 100 846

to book your spot



Centre for Islamic Thought & Education