



Dear Chantal and Matthew,

We would like to thank you for taking the time out of your Saturdays to train the Sizanani/Ikusasa Lethu alumni as Peer Coaches to assist our current learners during and after our Expressive Art Therapy Sessions. Thanks to you, we have alumni who can show extra support to the learners who need it.

Please find below some comments sent by the alumni:

*"It was a great experience for me in a sense that I learnt quite a lot about myself and was able to discover a lot more about my intentions than I had quite anticipated"* - Chantal Mashele

*"I am very glad about the training it was the best and would do it more because it helped me understand a lot not only about me but other people's emotions and challenges. As a psychology student who's having passion help, I learned how to tackle problems..how to be aware with people in future I can say my practicals will also get better because I've gained tricks..experience or methods to help the challenges I might face in future"* Sarah Ramogale

*"I'm happy with the training. I was thinking of having a safe space program where peers can discuss their problems in a circle with no judgements, bullying or criticizing. I am happy with the training I got although it triggered so much in me. I would like to use it to help other kids in dealing with life difficulties and finding confidence in themselves by offering support. I am, very much so happy. Since I'm HR and I deal a lot with people, for me, I'll continue to use the training in my daily life. E.g, during an interview I've been conducting this week, I was able to use the principle of creating a safe space for the candidate. So for me, it was not only a training but an initiative into bettering myself and those around me"*

- Sophie Mmamoshole Sekhololo

*"This has given me a lot of Self awareness and how to pay attention to my inner being, it gave me an acceptance of where I am taking a step forward. Not only did it give me an opportunity to help others heal, but it has also given me an opportunity to heal myself by healing others". With knowing how difficult it is to suppress emotions and feeling alone, with the training I received I would like to give a very safe settings for my peers to talk about their challenges without feeling judged, scared and without holding back. Would love to give such individuals the support, a reflective space and an acknowledgement to help them achieve their goals in any way possible. Like said before, I would like to help all those broken beautiful souls out there like myself by helping them be aware of their self healing to also heal myself as well"* - Patricia Moholo

*I am very happy -I would like to use it in my relationships with others, and I will also like to help others who have problems too* - Hilton Moyo

Thank you so much for exposing our alumni to different tools and techniques that they can use towards their own emotional fitness, as well as that of the learners whose lives they will touch.

From the Sizanani Mentorship Programme, a big thank you!

Yours sincerely,

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