

Faith

Attending the residential training was an answer to many prayers I had made to the Lord. I was asking for guidance as to how I could move my life forward after I had been hurt by church members and people I considered my friends. The training empowered me and imparted to me strategies on how I could begin my journey of healing and restoration. It educated me on strategies I could implement to manage specific aspects in my interpersonal relationships that I had been struggling with and perhaps people had been exploiting me because I had allowed them to.

Since this training, I have reclaimed my right to be. I am on a journey to self- discovery, identifying areas in my life that have hindered my growth and potential because of the negative messages and experiences and turning them around into positive paths by applying the principles outlined in the book "The Truth About Us". The positive affirmations have been a great source of encouragement in this process.

This residential training, as well as the continuation of the same training on a weekly basis, plus individual counseling has boosted my confidence, transformed my approach to dealing with issues, handling people and living my life. This is a journey I will continue to travel and my life will never be the same again. It is my prayer that the Lord helps me realize my full potential. Lord willing, next year I hope to embark on a counseling course on a part time basis. This, I hope, is the beginning of my journey to an enriching career.