

WFWPI Headquarters' Virtual Cafe Healing Therapy Session

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April 23, 2021



WFWPI Virtual Café is a new bi-monthly implementation hosted by WFWPI Headquarters, with the purpose of having WFWP leaders, members and guests gather in a hospitable space to explore issues and questions that matter. In addition, this platform connects diverse perspectives, allows people to listen to one another and is an open space to share discoveries.

The third Virtual Café was centered on the theme: "Healing Therapy Session" and was held on April 23, 2021, at 8 PM (KST) with over 50 people from 28 countries participating. WFWPI offered three different online therapy sessions that the participants could choose from- happiness consultation, flower arrangement and origami folding. The instructors and experts prepared special classes to guide participants in practicing positive self-statements and building self-esteem, all while having a fun time.

The WFWPI Virtual Café began with welcoming remarks and an introduction from the moderator, Mrs. Paris Moon, International Secretary General of WFWP. Shortly after, the participants played an icebreaker called "Home Scavenger Hunt." The program was then followed by 40-minute therapy sessions led by each specialist.

Ms. Isabel Costa, Happiness Consultant, Creator and Trainer at the Holistic Nutrition Course at the Institute of Traditional Medicine, hosted a meditation session on 'A Life of Happiness' to share the strategies for overcoming difficulties and achieving a fuller, successful life.

Ms. Irit Mirzaiev, Professional Florist, Owner of a flower business and President of WFWP Israel, taught the flower arrangement session for the flower admirers to deepen their knowledge on flower arrangements through bringing their own creativity to the craft.

Ms. Remi Yagyu, an undergraduate student majoring in Korean Language and Culture Education at Yonsei University in Korea, held a session on origami folding to foster creativity and concentration skills.

The event culminated with the reflections from participants, who shared their experiences and thoughts on the event. One participant was so inspired by the session that she expressed her gratitude by playing the violin! WFWPI Virtual Café was a perfect remote interaction where WFWP participants from all over the world could reconnect and have a space to unwind with global friends.



Reflection from the participants:

Ms. Patricia Rangala: "It was a great educational session to experience how someone can make a good difference in other's lives."

Ms. Sur Claudia Rotgans: "Flowers bring a lot of happiness. You can play with them by using your creativity and imagination."

Ms. Silma Rotgans: "I am familiar with origami because missionaries to Africa came and taught us. It was a good session."