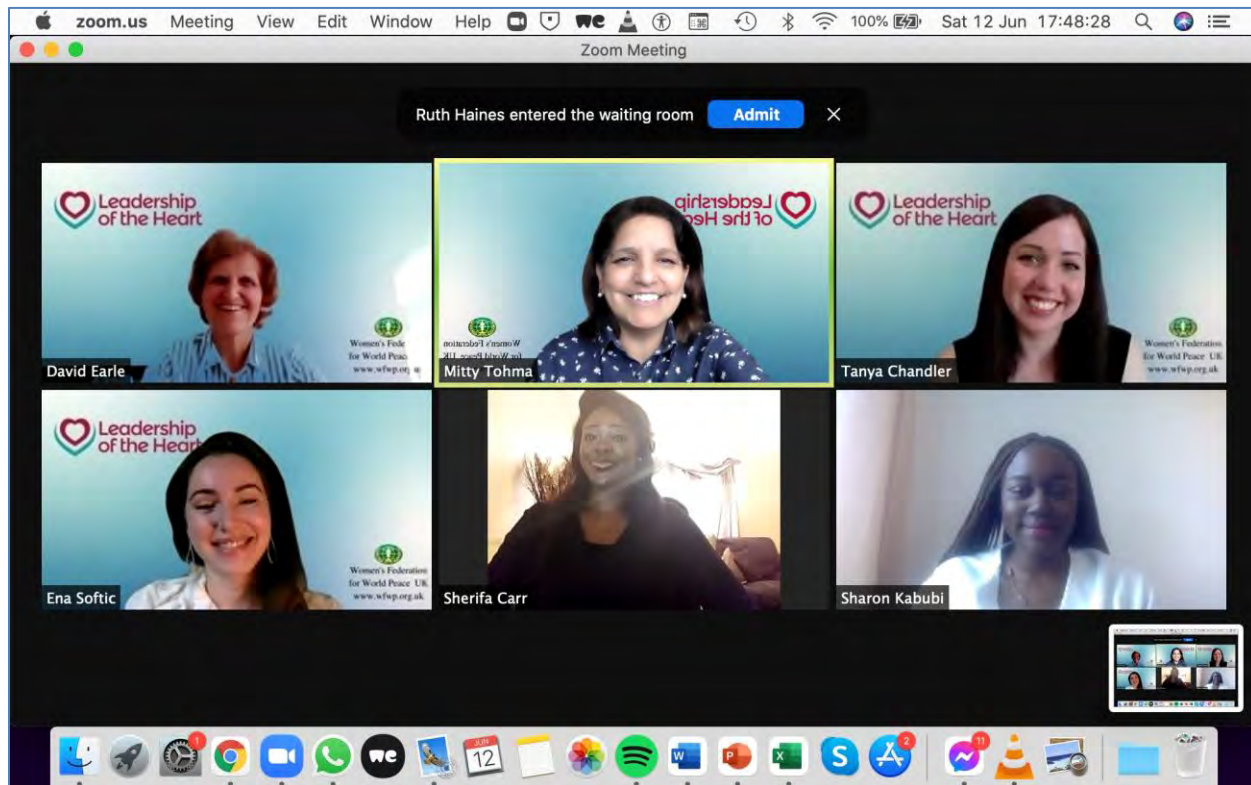


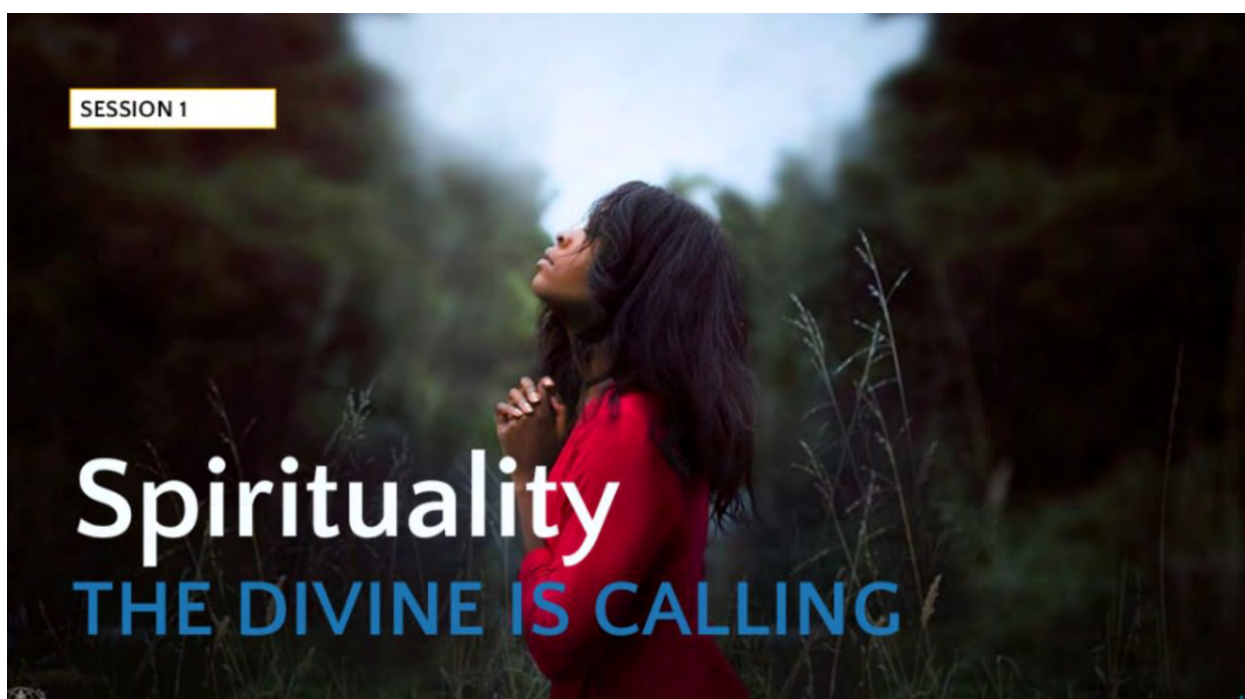
WFWP UK: Launching of the Leadership of the Heart Programme in the UK

Mitty Tohma and Tanya Chandler
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The Leadership of the Heart (LOH) curriculum is a 3-part seminar newly launched by the Women's Federation for World Peace UK on 11th-12th June 2021. This is an educational and interactive programme created by WFWP USA, designed with the aim to bring out the powerful leader that is within each person, offering tools to make peace a reality within each person's lives, families, communities, nations and the world. WFWP believes that 'peace starts with me' - how can I make positive change in this world? The answer lies within myself, in my family and my neighbourhood.

The programme was spread over two evenings with 40 women from all parts of the UK and some from USA, Sweden and Africa.



Day 1 - Mrs. Mitty Tohma, President of WFWP UK, warmly welcomed everyone, giving a brief overview of the LOH programme. It kickstarted with a pair-share question: "If you had a magic wand and you could change one thing in the world today, what would that be?"

After an introductory video to WFWP's national and international activities, we were truly privileged to have with us a special guest speaker and founder of the LOH programme, Mrs. Angelika Selle, who joined us from her busy schedule. She is the President of WFWP USA and Vice-President of WFWP

International North America since 2010. Before then she served in various public roles, both secular and sacred, and received the "Crown of Peace Award" in 2004 from the Interreligious and International Peace Council for exemplary Leadership in Reconciliation and Peacemaking.

Mrs. Selle described the background and motivation for creating the LOH curriculum, which had very much to do with connecting with our Creator first and foremost, and on that basis connecting to our real value as women and dealing with our fears and shadows, which manifest outwardly. "It always comes down to relationships, right? How can we create harmony where we are?" We were very grateful to Mrs. Selle for pioneering and developing this superb educational programme which is continuously developing.



Mrs. Tohma asked the participants to take a few minutes to set their intentions, to keep a pact of confidentiality and make a promise to go on this sacred journey together, encouraging them to write down 3 things they want to gain from the 2-day experience

Our first presenter was Mrs. Tanya Chandler, WFWP UK Bromley volunteer and contributor to various education projects. Mrs. Chandler shared the Introduction of the LOH programme, emphasizing key aspects of leadership, but also delving into what a leader of the heart means, highlighting feminine leadership qualities. She explained that the balance of feminine and masculine leadership qualities is essential in peace leaders.

After a break and a refreshing breathing exercise, Mrs. Tohma introduced the next presenter, Ms. Sherifa Carr, a British Ordained Minister and Activist. Ms. Carr explored Session 1: Spirituality, bringing our attention to the importance of connecting to the Divine, discovering our gifts and even our purpose, and understanding our journey from this source, uniting our passion to a higher purpose.

After the two main presentations there was time for the participants to share their personal experiences in breakout rooms and then all together again. Some women opened up and shared deep accounts of their own encounters with spirituality, their passion and divine calling.

Mrs. Tohma encouraged everyone to keep a journal about the day's experiences to refer back to and thanked everyone for attending Day 1.

Day 2 - Mrs. Patricia Earle, WFWP Birmingham Branch Coordinator, moderated day two. She welcomed everyone and recapped the first day's programme, mentioning the importance of our relationships and living a life of love and kindness. Everyone enjoyed another icebreaker session, where they were asked to share "What's one thing you learned from yesterday?"

Mrs. Earle reminded everyone to review their intentions and encouraged everyone to take time to reflect, review and prepare for the evening's programme. She introduced the first speaker, Ms. Sharon Kububi, who Co-Chairs the Young Women's Speech Contest UK program since 2018. Ms. Kububi shared Session 2: Self Worth/Self Value, bringing home the importance of knowing who we are, what our value is, and how to heal low self-worth. Amongst other activities, she guided us to visualise how important we are and to positively affirm our true or higher selves. She probed the audience to share their own thoughts about

value and worth, stimulating interaction.

After the break we resumed to a beautiful Tai Chi video where we all got up and practiced our budding Tai Chi skills.



Mrs. Earle welcomed our final speaker for the day, Ms. Ena Softic, a member of the WFWP YWSC alumni network. Ms. Softic presented Session 3: Emotional Maturity, taking the participants on a journey of exploring the emotional blocks hindering development. She shared ways of gaining essential tools to build our faith and trust to help overcome a big factor that many face, FEAR.

Mrs. Earle reminded everyone to journal about their experiences, and to look back on their intentions set at the beginning to see if they've changed in any way in their thoughts, concepts, habits, etc. The participants were encouraged to become a member, follow us on Facebook and go to the www.wfwp.org.uk to view upcoming events.

Mrs. Earle thanked all the participants, wonderful presenters, LOH education team and the tech team. She thanked everyone for their donations as well - the donations will fund our educational and service projects with 10% going to the Jordan Refugee Relief Project. She expressed her final wishes and hopes that after these two days the participants feel more empowered, knowing that they are already leaders of the heart and that they can make a positive difference exactly where they are.



Reported by Mitty Tohma, WFWP UK President, and Tanya Chandler, WFWP Representative