

WFWP Malaysia: Authentic Encounters Communication Skills Workshop

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Women's Federation for World Peace Malaysia (WFWP Malaysia) held an "Authentic Encounters" Communication Skills Workshop at the Peace Embassy in Petaling Jaya on October 15, 2023. Sixteen young people, including students, participated in the 3-hour program, which was part of the Give Me A Chance Education Empowerment Initiative.



In her opening remarks, WFWP Malaysia President Madam Lina Cheng highlighted the importance of personal development and growth while encouraging the youths to be proactive in learning.

The main speaker and trainer at the workshop, Madam Annie Ling, a licensed educator with Personality and Human Relations (PRH) International, led the participants in an interactive yet informative session. The aim of the workshop was to guide participants in learning to encounter others authentically, utilizing the best of themselves and drawing strength from within in the face of a difficult encounter.

Participants were divided into pairs whereby they engaged in conversations and were later asked to share how they felt during that encounter. Some participants reflected that they were nervous while conversing with strangers, while others were excited to meet new friends.

Madam Annie guided participants to discover good inner qualities and values within themselves and how to converse confidently by affirming those inner strengths. Examples of these qualities are being a good listener, helpful, kind, caring and understanding.

"I learned to be mindful and aware of my inner feelings and keep a positive attitude while communicating

with others. This workshop also helped me to express myself in public - something I did not have the courage to do in the past," said Winnee, one of the youth participants.



Another working youth, Su Ching, realized through the workshop that she was not able to communicate well with her loved ones due to her lack of patience. "Since I really love my family, I shouldn't let my emotions come in the way and affect our relationship."

One university student, Mary, also benefited from the workshop, "I find communication becoming easier when our heart is filled with love, patience and understanding for others."

