



displaying great distress, no longer wanting to live (Jonah 4:3). This was to demonstrate the fact that these people were grappling with the difficulties of life, as opposed to the result of curses or them sinning. I created three questions to facilitate group discussions. There were a few challenges that occurred, largely due to the infamous 'Fiji time' (extreme lateness) which led to us reschedule the workshop. Therefore, we were only able to do it with the women in the village, though the youth helped us to translate and write out the bible verses in Fijian. We also encouraged them to use support services such as counsellors, just as one would visit a doctor if their physical body was ill. One of the women who formerly had breast cancer shared her story on how prayer, her faith and doctor Sarah helped her to recover. As well as rescheduling the workshop, one of our group members were unable to partake in delivering the workshop as they were ill. It was great to see us overcome the few challenges we faced. The workshop was a success, and it was inspiring hearing the women beautifully share their experiences.

Before starting the workshops, I created a few personal, professional and contribution goals. My personal goals were to experience and learn a new culture, which I was able to do through learning my village's dialect, a traditional 'meke' dance, making a cava bowl, and trying various foods such as dalo. Another goal was to overcome challenges, which I did when there were change of plans, difficult living conditions, my phone stopped working, getting infections and being unwell. Professionally I wanted to plan and deliver workshops, which I was able to do with YC4MH for the support systems session as well as our 'faith and mental health' workshop. Lastly, I was able to contribute by teaching the children and youth how to knit, providing some educational resources, and helping the children with their work in homework club. All of these goals developed my leadership skills and built resilience.