



- Actively participated in constructing the health dispensary in Dreketi Settlement
- Led the creation of informative posters on active listening and mental health hotlines for the dispensary
- Facilitated connections between the village and NGOs providing free healthcare and counseling resources
- Established partnerships with organizations offering counseling training sessions for the community

Impact

Steps to Sustainability

- Engage the community**
 - Involve villagers in decision-making and understand their healthcare needs.
- Ensure resources**
 - Collaborate for long-term maintenance and availability of resources.
- Provide training**
 - Offer programs on healthcare practices, first aid, and emergency response.
- Foster partnerships**
 - Establish collaborations for ongoing support, funding, and expertise.

Week 1

- Unpreparedness and Arrival in Fiji
- Questioning Expectations and Impact
- Considering Community Needs and Sustainability
- Shifting Focus and Embracing the Experience

Week 2

- Gratitude and Privilege**
- Embracing Gratitude for the Host Family's Generosity
 - Recognizing the Impact of Privilege on Daily Challenges
 - Letting Go of Guilt and Comparison
 - Love and Giving from a Place of Authenticity

Week 6

The End in Mind

- Cherishing Memories and Lessons Learned
- Embracing Vulnerability and Emotional Release
- Reflecting on the Transience of Life's Impact
- Committing to a Meaningful and People-Centered Future

Weekly Reflections.

Week 5

Purpose

- Redefining Leadership and Career Goals
- Understanding People's Needs
- Embracing Vulnerability and Connection
- Prioritizing Impact over Qualifications

Week 4

Leadership Reflections

- Questioning Leadership Norms
- Embracing Diverse Forms of Leadership and Contribution
- Discovering Motives of Care and Love
- Experiencing Deep Connection

Week 3

Injury-catalysed Lessons

- Injury as a Catalyst for Self-Reflection
- Questioning the Need for External Validation
- Rediscovering Existing Connections and Relationships
- Embracing Personal Growth in Social Settings