

# Sharing Our Stories

*'A Journey of a thousand miles must begin with a single step'*

*Lao Tzu*

## LifeLine Port Elizabeth Champion's Training

On behalf of the New Brighton Champions I would like to give my Special thanks to LifeLine Port Elizabeth, the director Susan Potgieter for giving us such an opportunity to be part of something amazing and wonderful experience, to the trainers Christa and Rini I take my hat off, YOU are amazing the hospitality and warmth we received from the first day of the training to the very last day. Without these ingredients this training wouldn't be a success and make such an impact to our lives. I mean everyone who attended the Champions training was involved emotionally and sharing tears from someone else's story was just phenomenal/special.

It revived our humanity in a positive way, the scenario that was used by the trainers during the course of the training; **"teaching one how to fish rather than giving a fish"** gives communities a sense of independence than dependence. It's up to us to create a South Africa Ramatopia dream about. "The Ramatopia" could become a reality if we all commit to change our behaviours and start to practice what we are known about **UBUNTU**, Using **LifeLine process (Entry to the community, Dialogue and Empowerment)** our country will surely be free of crime, poverty, abuse and other social ills.

It's been a truly amazing experience, hoping to keep the spirit high, until the next Journey comes, the Emotional wellness Journey Course.

*Kind Regards  
Lucas (LL P.E Champion)*