

AMKA AWAKE!



Scalabrini Centre, Cape Town

Arts&Movements therapy 2018

SUPPORT BOOK

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www.scalabrini.org.za www.123lestimides.net



AMKA/AWAKE!

Scalabrini Centre, Cape Town

AMKA is a Swahili word which means to **wake up**. It is a Welfare Women's Programme initiated in 2013 at the Scalabrini Centre, Cape Town.

The Objective of the AMKA Project is to **raise self-esteem** among the selected participants and **empower them to be productive, self-sustaining and respected in their communities, striving to lessen dependency from Welfare Desk**. They will be offered classes in literacy as well as life skills and counselling throughout the duration of the project.

The focus of the **art therapy workshops**, which open the AMKA sessions for the selected female participants is to promote group cohesion, trust and discipline as well as help assess individual needs and strengths. **The 5 days sessions, facilitated by Sylvie Phillips, with Lulu Erasmus intervention as Movements therapist**, aim at building self esteem to enable the participants to take full chance of the learning process offered to them through the AMKA project at the Scalabrini Centre.

Eventually, the sessions create a support group; **a place open to mutual understanding, integration, acceptance of self and of others**. An opportunity to build up a feeling of self-worth, while pursuing a personal and global reflection on themes linked to identity, fears, hopes and personal aspirations. A Space Of Self allowing the development of self and collective energy through group work.

On the last day of each sessions, the artworks are on show at the Scalabrini Centre with the participants each doing their own presentation to the AMKA leaders, **sharing and evaluating their experience**.

You have participated successfully
to the AMKA Arts&Movements therapy workshops
12 – 16 February 2018 at the Scalabrini Centre.

This booklet is a Tool : a “Support Book” that you can use to follow up
on your experience. Some exercises can be performed daily, others
before an interview or in times of stress, anxiety or anger.

The aim is to help you continue on the path of self-knowledge, to
energize, release, feel positive, focus, be in the present
Be Awake AMKA!



*It was a pleasure to work with you. Never easy but life is not always as
easy or difficult as you think. You have learned focus, visualization,
positive attitude and postures exercises and how to release stress. You
have clarified your goals and know yourself, needs, qualities and
abilities. Tasks now await you where you will need to gather all your
positive energies and resources to succeed.
We trust these workshops and the present book will ease your path.*

Feedback on the Arts & Movements therapy sessions AMKA 12-16 February 2018

Group cohesion was excellent from the start. The participants are very supportive of each-others, inquisitive and all have very strong personalities.

They managed time well and there were few late arrivals (very few considering trying circumstances with trains delays).

They are motivated, they understand the aim of AMKA and are proud to have been selected for the programme. Some ladies mentioned that they are talking about the workshops at home with their families, how they feel about themselves and become confident in a possible future in south Africa

The change of space into the hall felt quite positive with adjustments to new environment. It is interesting to be more in the thick of things – with groups happening next door, the entrance, the kitchen nearby – I had to try and be less over-protective of my group!! Which is a good thing of course!

The participants who have applied for the afternoon computer classes got a bit drained and very tired by the middle of the week and Thursday was not easy. They all proved themselves, even at times of lassitude, capable of harnessing to the task and make the day a success.

We worked on Strengths & Abilities: the Tree of Life – the roots represent what makes me strong, the trunk my abilities, the branches my achievements, the fruits what I want to reach.

The participants were asked to identify their goals (medium term, making the best of my skills and abilities). These ladies have had training and can make themselves useful to a community/country: they have engaged in NGO's for youth at risk, women's organizations and old age care, as well as having experience in office works. Some have had their own small business and are willing to open business in cape town, which is one sensible way to go as well.

Goals are the Drive, the reason why you are ready to apply and sustain a Job (reachable in short term such as house keeper, kitchen help, waitress etc). So it is important to keep it in mind. Motivation and a clear understanding of "what it takes" is essential.

The Hands: They were asked to identify what is going to be needed for them to succeed and achieve their goals ie: learning, being alert and responsive to opportunities, applying successfully for jobs so that money can be made to sustain my future.

They were asked to specify, using their now clear knowledge of their skills, abilities and qualities to determine which kind of jobs they would be more likely to keep (for example do I like service and teamworks or to work alone...?).

We worked on posture, confidence, voice and did a variety of “presentations” that involved re-enacting previous exercises and being able to express themselves clearly using their own personal abilities.

They all have great personalities and I have encouraged them to speak their truths with an engaging attitude.

With movements, we worked on stress release and anger management on how to be present and alert. They have been very responsive to a number of exercises and many mentioned that they were using them at home already!

We also discussed about Nutrition: Healthy body Healthy mind and how you can keep a healthy budget by eating better, simpler unprocessed foods.

The group: very inclusive, supportive and friendly. No barriers or hate speeches. They have strong respect for themselves and others and have been helping and supporting each-others through the workshops. They are curious and query about what is asked of them.

They are strong capable women who are ready to take steps now and go into action to better their future. The have the stamina to do so.

Some of their comments: “I feel proud to be part, I am learning” “I use the anger release exercises”, “I talk at home about the workshops. I feel important and active” “I appreciate coming to share with others” “it is exciting to come and participate to learn and discover things about myself” “you drive hard and friendly!!!” “I am ready!”

Sylvie Groschatau-Phillips

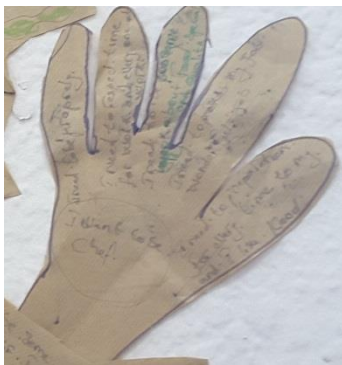
Who I Am :

The Tree of Life



Draw your Tree :

The roots represent your strengths & what made you
The Trunk represents your qualities & abilities now,
the Branches your achievements, Foliage are the skills
you need to acquire to reach the Fruits : your goals.



The Hands

Draw the outlines of your hand and image: the
centre of my hand (the palm) represents my goal,
what I want to reach. My fingers represent the
skills, qualities, abilities I have & need to learn to
succeed.

Qualities

- reliable , trustworthy
- hardworking
- organized person
- dutiful , punctual , flexible
- friendly , open , motivated

Abilities

- teamworker
- able to work under pressure
- focussed
- effective communication
- multi-tasking
- creative, innovative, ...



Draw the outlines of your two feet : first foot is
“my here now” what makes me strong.
Jump far with the other foot: “my here tomorrow”
Write between the feet how, using your qualities
and your abilities, you will reach your goals.

Learn to Visualize

Change your mood from negative to positive: it is your choice.
Changing your point of focus will change your thoughts.

Switch on my joy: Gratitude exercise: Focus on your breath and name aloud 5 to ten things you are grateful for in the moment right now.

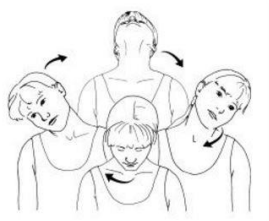
Release and let go: Shake it all. Stand on one place and just shake your body. Do this for 2 to 5 mins to release the stress (adrenaline) out of your body. Breath deep while you do this.

Warm up your body:

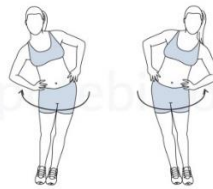
Shoulder rolls



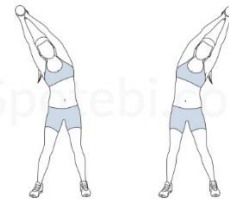
Neck rolling



Hip circles



Side bend



Do all as far down as u can. 😊 Do the bends 3 times each hold for 1min if can .



Forward bend



Back bend



Warrior pose – I can do it

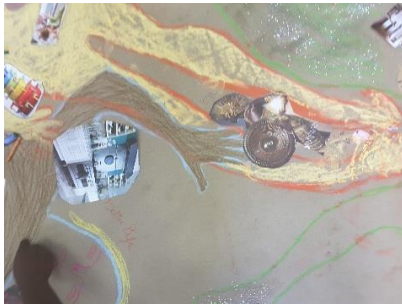


Focus on your breath and visualize yourself having succeeded: You are where and who you want to be.
Picture the moment in your mind.

The Body Maps

Being in the present. Acknowledging myself, my abilities.

Being receptive to mine and others needs



Positive attitude: Focus and Determination

Knowing myself, my strengths, my abilities.

Capable of expressing myself, of clarifying my goals and what I need to reach my goals. Being a good listener, paying attention

Being in the NOW Alert and ready to grab at opportunities

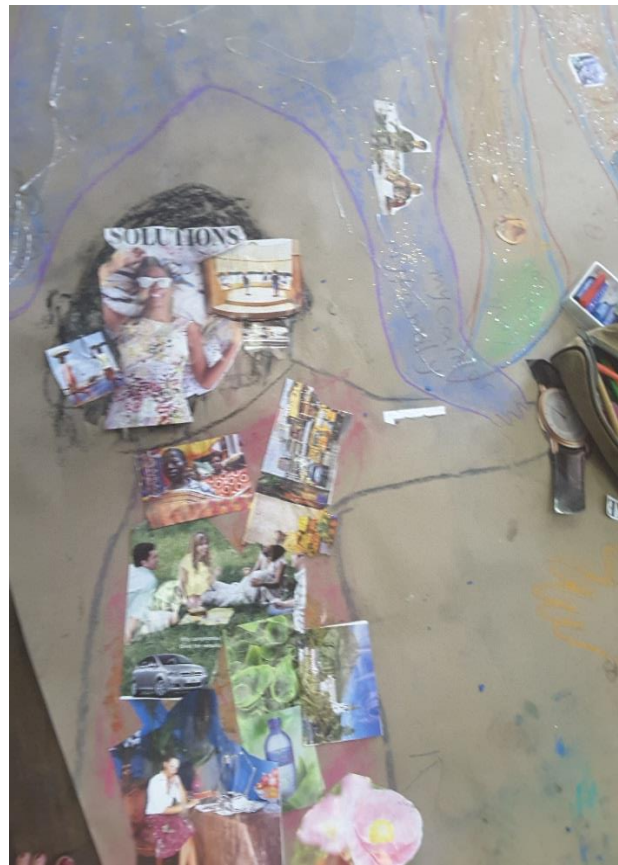
Posture: Being balanced Feeling strong

Stand Proud: Remember to stand up straight, feet align hips, shoulders align hips. Knees slightly bent.

Taking the walk of life : How do I walk, how do I present myself?

Body awareness: Do I walk proud, or shy or lazy ?

Shaking hands: Be firm, not too strong not too soft. To achieve a good presentation will help you succeed when applying for work and in your future career. A good hand shake says a lot about the person.



9 steps to success

Building trust and confidence in ourselves and our abilities.

1. Passion, dedication. What is my passion. What brings me joy in life?
2. Understand your strengths, your abilities.
What is my special gift to serve others? What are my talents/special skills?
3. My goals and plan how to achieve my dreams. See your long-term goals and the short-term goals to reach them: the 1st small steps to be taken to achieve the bigger dreams.
4. Focus and clarity. Stay focus, stay clear don't be distracted.
5. Communication: work on proper presentation, confidence in your voice and body posture. Clear and clarity in communication. The gift of a good listener: listen clearly before answering. Listen to understand. Less words can be more powerful. Direct and clear to the point explanations.
6. Commitment. To yourself first and to others.
7. Reliable honest. This will take you far in life. Showing up at work on time.
8. Awake and present, see your opportunities that open up around you. Keep your ears open. Be aware of your thoughts and actions. Think before acting. Stay positive. Every day is a new day!
9. Believe and trust. Trust in yourself. Know when to trust others and how to listen to your own inner guide. Be calm to be able to hear, not to act from over extreme emotion. Find stillness and learn to listen within.

Write your 5 good qualities and 5 bad qualities and how you will improve .

1

2

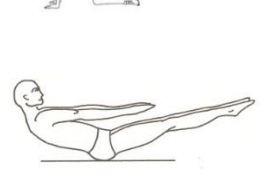
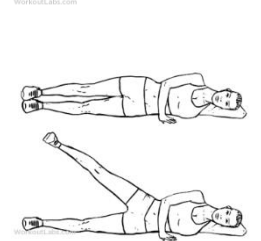
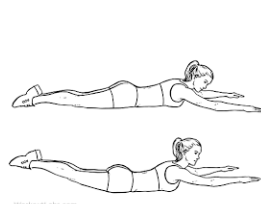
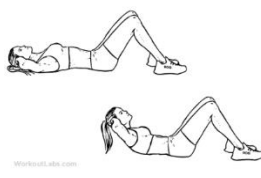
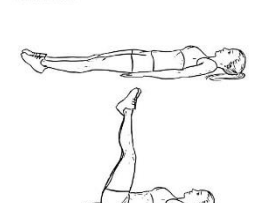
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Healthy Body Healthy Mind

Healthy body = healthy mind = success = energy



Eat as natural as possible – Everything from Mother earth, no preservative, no processed foods. Avoid processed meats. sweets, sugar, refined white flour. (breads, cakes, biscuits). Avoid tin food, soda & fizzy drinks. Avoid chips, chocolates, oily and fried food. Avoid as much as possible anything coming out of a foil packet. (too many preservative and high metal trace in the food from foil packets)

Eat loads of seasonal vegetables, leafy salads, spinach, beetroots, carrots, gem squash, green veggies. Soups are great and easy to prepare! Enjoy nourishing, satisfying food, cooked by yourself or together with family.

Spice up! Just adding garlic, chili, coriander, mint, curry... will create a delicious meal out of simple seasonal vegetables.

Eat raw food: 3 to 2 fruits a day, sprouts, salads, tomatoes, radish, carrots....

Eat good protein every day: eggs, chicken or fish (not fried). Eat less red meat or none.

Beans, lentils, chickpeas, split peas, milk and cheese are also vital as great protein intake.

How to combine food best: Don't mix carbohydrates with protein: eat meat with vegetable, no starch (breads potatoes, cornmeal flour dishes) Eat rather your breads & cornmeal with vegetables.

Eat fermented food – good example Sour buttermilk is very healthy for your digestion system.

Write here about your personal experience:

What do you remember?

How did these sessions help you?

What are your qualities?

What are you abilities?

What are your “bad” qualities?

Are you using what you learnt (stress and anger release, visualization, healthy nutrition, positive attitude and postures ...) in your everyday life?

What can you improve to reach a better future?

Remind yourself clearly about your goals and how you propose to achieve them

What do you need to learn to achieve your goals?

The Four Agreements: **BE IMPECCABLE WITH YOUR WORD** Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love. **DON'T TAKE ANYTHING PERSONALLY** Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering. **DON'T MAKE ASSUMPTIONS** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life. **ALWAYS DO YOUR BEST** Your best is going to change from moment to moment; it will be different when you are tired as opposed to well-rested. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

The AMKA Arts&Movements therapy workshops

were facilitated by Sylvie Phillips, Art therapist
with Lulu Erasmus, Movements therapist



This Book, offered to all the participants at the end of the session, aims at providing insight and continuity to the action.

You can find out more on the AMKA Arts&Movements therapy programme : www.123lestimides.net