MAY-JUNE 2023

LEARN FOR LIFE LANKA

WHO ARE WE?

Learn for Life Lanka is a small yet committed organization comprising Sri Lankan professionals of various backgrounds who are passionate about contributing to the development of Sri Lanka through uplifting the education system and specifically contributing to the teaching and learning process. The founders set up the organization because they strongly believe that to tackle the economic and social needs of Sri Lanka, students need to be taught social and emotional skills and provide them with exposure to the world of work to create a generation that has the mindset and skills for the 21st century.

CLOSING SESSION AT SOS CHILDREN'S VILLAGE

On the 11th of May, the closing session revisiting the skills taught was held at SOS Children's Village, Piliyandala, with the first cohort. The event focused on the skills; gratitude, positive communication, empathy, and growth mindset. The enthusiasm and dedication of the young participants filled everyone with hope for a brighter future. The initiative aims to support and empower the next generation, fostering positive change and growth. The journey with SOS Children's Village continues, promising a compassionate and thriving community.







OUTREACH AT ST. ANTHONY'S BALIKA VIDYALAYA

On the 15th of May we ran the second session St. Anthony's Balika Vidyalaya focused on spreading the power of positive communication. Participants engaged in uplifting conversations, honed active listening skills, and fostered deeper understanding. Empowering young minds to build strong connections and express themselves effectively was the event's central goal. The initiative's success instilled confidence and strengthened interpersonal relationships. It reflects the commitment to equipping the youth with essential life skills and fostering an environment where positive communication thrives, enriching the lives of all involved.







LIFE SKILLS TEACHER TRAINING PHASE 02

Learn for Life Lanka and Serendib Schools Development Foundation partnered for the second round of the two-day teacher training on life skills. The training held on the 27th and 28th of May was dedicated to the second cohort of local teachers from Al Hijra Vidyala, Darrusalam School, and Sir Razik Fareed Muslim Ladies School in Colombo. Led by Sumaiya Iqbal, a Technical Specialist in Mental Health and Psychosocial Support (MHPSS) for Learn for Life Lanka, the sessions aimed to equip teachers with essential tools.





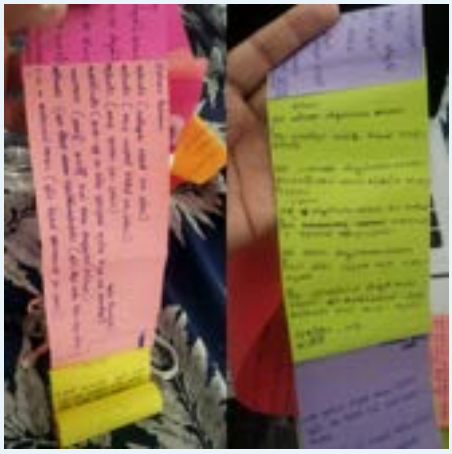




OUTREACH AT ST. ANTHONY'S BALIKA VIDYALAYA

We ran our third session at St. Anthony's Balika Vidyalaya on the 19th of June, on the power of gratitude. Together, the students explored the incredible impact of appreciating the present moment and cultivating a grateful heart. Witnessing the students wholeheartedly embrace this transformative mindset was inspiring. The session emphasized the significance of gratitude in fostering positivity and enriching lives, aiming to instill these values in the young minds for a more compassionate and harmonious community.

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OUTREACH AT FOG

The fourth session of the L4LL SEL series, held at the Foundation of Goodness in Seenigama, on the 24t h of June, was a profound experience with an exceptional group of teens. Together, we explored the significance of gratitude and its potential to lead to a life of abundance and fulfillment. Witnessing the embrace of gratitude by these young minds was heartwarming, as we work towards nurturing a mindset of appreciation and empowerment. This initiative aims to instill lasting values for personal growth and well-being, fostering a culture of positivity and inspiration for a brighter future.







FOLLOW-UP OF THE LIFE SKILLS TEACHER TRAINING PHASE 01

In our recent follow-up session held on the 27th of June with the first cohort of teachers from Al Hijra Vidyala, Darrusalam School, and Sir Razik Fareed Muslim Ladies School in Colombo, we celebrated their growth and resilience while practicing life skills. The teachers shared their experiences and challenges, highlighting the positive impact they have had on their students' lives following the life skills training they received. This inspiring gathering reinforced our commitment to creating a supportive community of educators, breaking barriers in education together.









TRAINING OF TRAINERS

In a successful "Training of Trainers" conducted by Sumaiya Iqbal at Shangri-La Colombo on June 30th, a set of trainers were equipped to teach the skills such as Positive Communication, Resilience, Respect for Diversity, Empathy, Critical Thinking, and Gratitude. Under Sumaiya Iqbal's expert guidance, the trainers delved into the significance of these skills and their potential to make a positive impact on individuals and communities. The session left participants inspired and ready to impart these transformative skills to others, fostering a resilient and harmonious community.



