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worth.

SESSION ONE | AM VALUABLE

MATERIAL REQUIRED: Money note, 'I am valuable' handouts (see Appendix B), name badges, jewels x 2, brown paper bag, beautiful box for jewel, coloured permanent markers, big piece of paper, whiteboard markers, whiteboard **HAND MASSAGE MATERIALS:** Paper towels, raw sugar and oil (baby oil or olive oil), exfoliation product or hand cream, bowls (for sugar and oil)

Please see recommended layout below.

ACTIVITY	DETAILS	NOTES/MATERIALS
Introduction (15 mins)	Introduce the team. Explain the message and the outcomes. Ask the women to introduce themselves and explain what they are expecting from Shine. Establish group guidelines. Fill out the survey.	Come up with some group guidelines that can be displayed on the whiteboard.
Icebreaker (5 mins)	Illustration: Train Journey	
Power Focus (5 mins)	'I AM VALUABLE'	
Laying The Foundation (15 mins)	Group Discussion: You are valuable Demonstration: Local currency note Illustration: Jewel in paper bag vs. jewel in beautiful box.	RESOURCES: money note, 2 x jewels, paper bag, beautiful box, big piece of paper, coloured permanent markers.
Presentation (45 mins)	GROUP DISCUSSION: How do hands relate to value? Caring for our hands Group Activity: Hand massage	RESOURCES: oil, raw sugar, bowls or hand cream, handouts, whiteboard markers, whiteboard.
Group Discussion and Wrap-up (5 mins)	Q. What have you learnt about your own value today? Q. What can you do to show someone in your life that they are valuable? Reinforce the Worth concept 'I AM VALUABLE'.	
Shine Factor	As you give out the gifts, encourage each women	Gifts

outcomes.

By the end of this session, each women will be able to:

GAIN AN UNDERSTANDING OF THE CONCEPT OF VALUE
IDENTIFY WHAT SHE PERSONALLY VALUES AND WHY
DEVELOP AN AWARENESS OF PERSONAL VALUE

introduction.

Welcome the group.

The facilitator allows the team to introduce themselves and share why they are on the team and what they have learnt about Shine. Explain the message and the outcomes to the group. Encourage the women to introduce themselves to the group and explain what they are expecting from the message. Establish group guidelines. See Appendix O and fill out the before survey in the Appendix K section.

icebreaker.

ILLUSTRATION: TRAIN JOURNEY

Imagine you are going on a train. You are waiting at the station to get on a train. You are embarking on a new journey; going to a new destination. There might be some apprehension or nerves about this next step. You will be travelling past varied scenery and stopping at different stations. Make sure you don't get off the train until you have reached your destination. What distractions might break the journey for you? Discuss.

*Keep your eye on the destination. Commit yourself to this journey of
ShineWOMEN... the journey of discovering YOU and your value!*

power focus.

I AM VALUABLE

There are no mistakes! Life is created with a purpose and a reason for existence. We have been born for a reason, a purpose. No one has been created by mistake.

Our value has nothing to do with what we think or what people say about us. Our value is not attached to our performance. It is not based on our circumstances, family background, religion or socio-economic status. Human value is not determined by what people say about us. It's not determined by whether we have failed more times than we have succeeded. Our value is not determined by whether we have finished school, have a job, a car, a boyfriend or are popular. Circumstances like whether we are sick or healthy, rich or poor do not determine our value.

Our value is linked to our very being – it is intrinsic. Value cannot be earned, regardless of what circumstances we find ourselves in, we all qualify for value and worth.

Explore the questions:

Am I accepted?

Do I matter?

Do you see me?

Do you hear me?

Does what I am saying matter to you?

Do you recognise me?

Do your eyes light up when I am around?

*Every one of us has this need for acceptance. It's a universal need. You matter!
What you have to say matters. You are worth being cared about, listened to and validated.
You are recognised. You are important.*

laying the foundation.

GROUP DISCUSSION: YOU ARE VALUABLE

Emphasise to the women that living a life of value loves the woman within and gives her space to grow. This is a whole adventure to value.

DEMONSTRATION: LOCAL CURRENCY NOTE – FOR EXAMPLE, \$5 OR \$10

Here is a \$10 note. What if I scrunched up this \$10 note? What about if I stepped on it, crinkled it up and got it dirty? Would its value change? No, its value remains the same even if it isn't treated with care. No matter what happens to you, whether you have been treated well or you have been mistreated. You have not lost your value. We are valuable and we remain valuable.

ILLUSTRATION: JEWEL IN PAPER BAG VS. JEWEL IN BEAUTIFUL BOX

Hand out two jewels to two participants. One scrunched up in a paper bag, the other wrapped in a beautiful box. Ask them to both open up what they were given. Inside both is a jewel that carries exactly the same value. So no matter what's on the outside, intrinsically, we have this treasure inside that carries weight.

we are all
PRICELESS

presentation – value outworked.

GROUP DISCUSSION: HOW DO HANDS RELATE TO VALUE?

- Hands were never designed to cause harm to ourselves or to others. Hands are an extension of our gifts and talents into the world.
- Our hands are designed to serve us well and serve others well in love. A hurting humanity can end up having hands that hurt others, but it's not what our hands are meant to be doing.
- Hands are only one part of our amazing body. They are never insignificant and add to our worth as a human being.
- Every hand not only looks unique and is one-of-a-kind but every hand does unique things.

GROUP DISCUSSION: CARING FOR OUR HANDS

Explain interesting facts about hands (see Appendix C for handout sheet)

Brainstorm either in small groups or all together:

- What do we use our hands for?
- What are some things hands can do for people – helping and giving?

The demonstration below is only one example of our unique one-of-a-kind nature and individual form.

GROUP ACTIVITY: HAND MASSAGE

Use an exfoliating hand scrub or hand cream for this activity.

EXFOLIATING HAND SCRUB:

Make sure everyone has easy access to hand towels and locate where the nearest sink is.

Ask the women to get into pairs and explain the activity including what is in the scrub and the benefits of exfoliating regularly.

As an alternative to a product scrub, you can use olive or baby oil and raw sugar. Mix some oil with raw sugar and keep it a thick consistency. Give each woman a tablespoon full of the scrub. Ask the women to massage the scrub into their hands.

HAND MASSAGE: Ask the women to then pass around hand cream and give themselves a hand massage. Be aware of sensitive skin. See Appendix B for alternate activities.

discussion and wrap up.

Q. What can you do to show someone in your life that they are valuable?

Q. What have you learnt about your own value today?

ASSESS OUTCOMES

Reinforce the Worth concept. Affirm the group as a whole or to each individual by name – ‘I am valuable.’ This exercise is a powerful way to end the session.

shine factor.

IDEAS: Give gifts that relate to hands, such as hand or nail cream, exfoliating hand scrub or a henna tattoo.

note to facilitator.

Be creative with room set-up to create anticipation and atmosphere. This activity is a great opportunity for the facilitators to connect with the participants. Look out for women who may need extra care and encouragement.

‘BODY AND SOUL, I AM WONDERFULLY MADE’
