

*Asong.H.Nkeng*



Affected by the present insecurity situation in our country i developed a negative mindset concerning issues within this war context until i attended the workshop organised by change communications in Bafoussam where i learned how to live peacefully in any environment i find myself.

With a wounded heart It was not easy to accept what was said at the beginning of the workshop in relation to crisis situations but with time i got convinced and developed a different perspective and mindset which did not remain with me but i extended it to those around me who were in the same situation as i was. Before then we were fun of quickly forwarding messages and clips that will easily excite hate and violence but this mindset changed from then till today.

I appreciate the work done so far by change communications in me and through me to those around me.

Long live Change communications\*