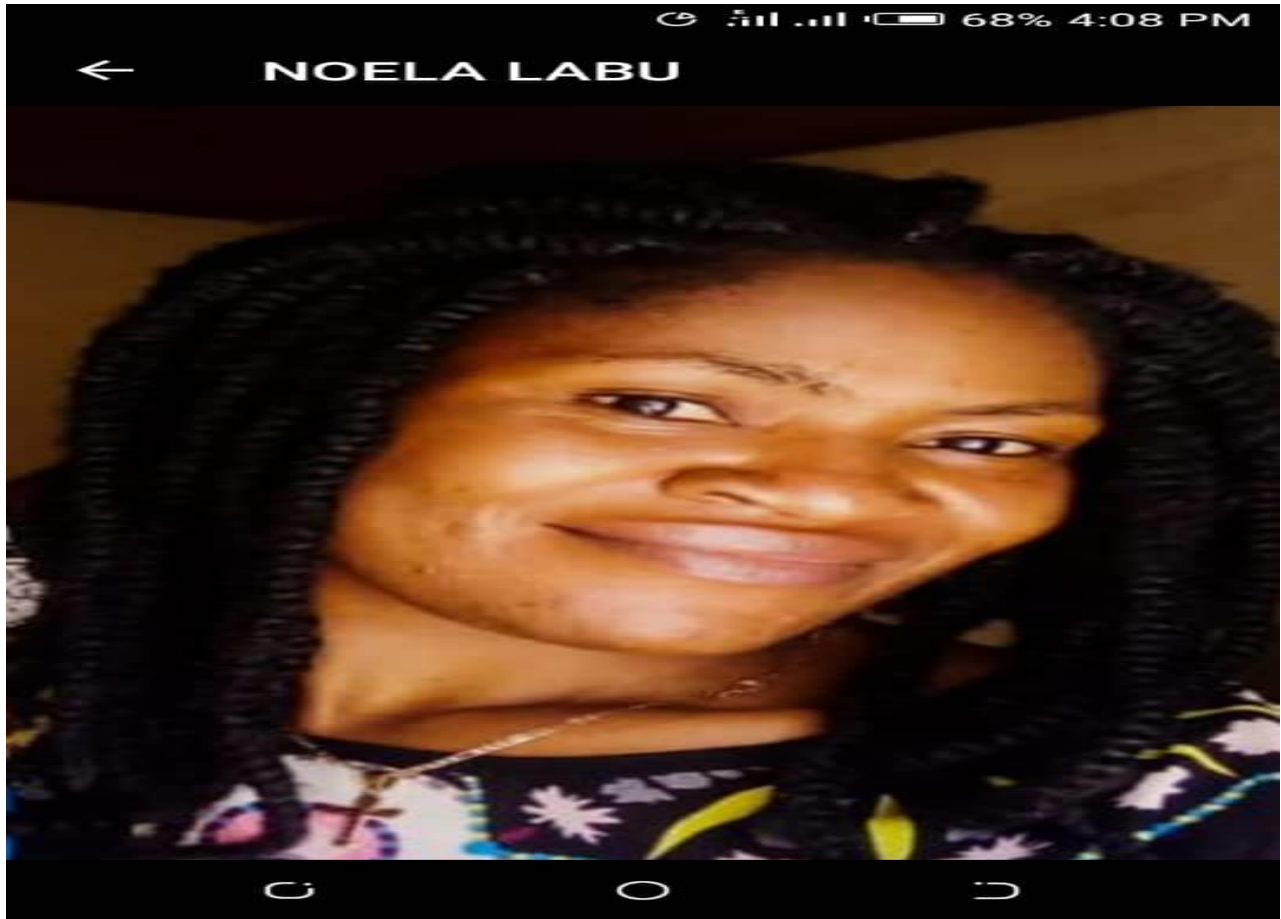


NOELA LABU



From the training held in Bafoussam with Change Communication on how to promote peace, the training impacted my life and others positively via social media and those I interact with. First, I learned how to be peace ambassador to myself and to others. I learned to be optimistic and positive in my mind. After the training, I started posting peaceful messages plus video which could be healing and helpful to traumatised persons so as to relief and being positive.

I realized that the training is really impacting me and others in that I used to be very bitter and angry at any least thing but since the day of training, I learned tolerance, letting go and improve on how to relate with others in a friendly way. I also realized that after the training on Change Communication, many people are interested in my posting on social media than before and even ask for me when I do not post meaning it is really helping us. Also, the certificate Change Communication offered after the training is a great asset towards my education and professional career in future especially in crisis and war thorn areas.

From the training, I detest hate speech and I always try to promote peace in words and action thanks to Change Communication.