

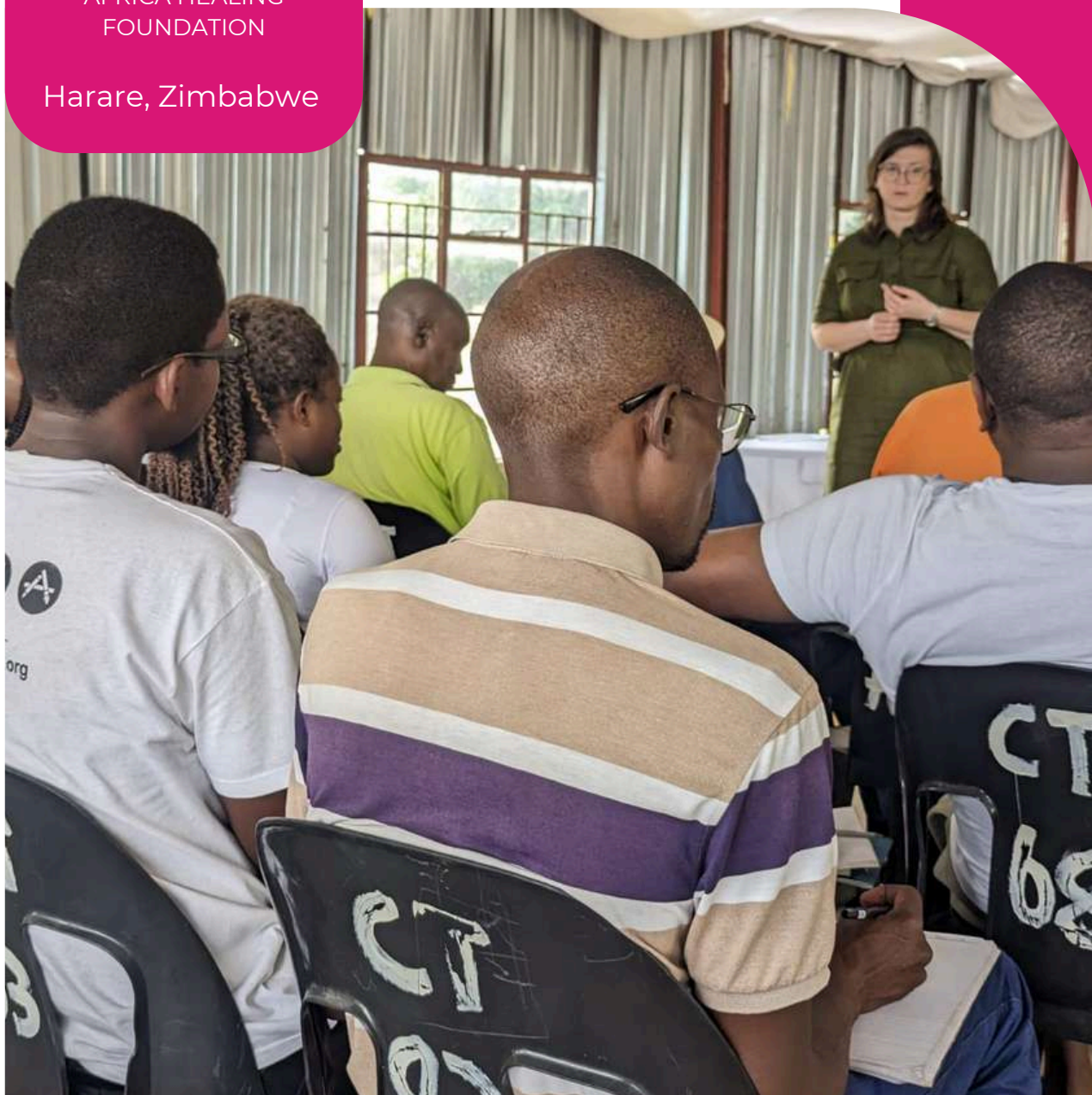


STRESS TO STRENGTH: BUILDING CONFIDENCE IN **FINANCIAL LITERACY, CAREER PROGRESSION, AND MENTAL RESILIENCE**

MARCH 2024

IN PARTNERSHIP WITH
AFRICA HEALING
FOUNDATION

Harare, Zimbabwe



Justyna teaching budgeting skills to local professionals and AHF volunteers.

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SUMMARY

With Africa Healing Foundation, Professors Without Borders sent four volunteers to Harare: Nicole Zulu for mental resilience, Justyna Slominska for financial literacy, Eliza Sims, and Stacey Garwe for career mentoring. Over five days, we taught undergraduate students at the Women's University in Africa, the Catholic University of Zimbabwe, as well as AHF volunteers and local elders. The programme was a great success, and we are now implementing our new PROWIBO LinkedIn Alumni Group with these students so they can stay in touch and share how they are applying the skills taught in this programme to their lives.



Nicole speaking to students at the Women's University during a group activity.



Justyna, Nicole, and Eliza encouraging students at the Catholic University during icebreakers.



Tawanda Lioga, student at the Women's University and now an AHF volunteer.

REFLECTION

"It has been amazing not only interacting with the [students] but also the other facilitators as well. It has been an awesome experience, I am on day three and still loving it. So here's to more joy, laughter, and learning.

Nicole Zulu, PROWIBO Volunteer

"We are having a great time with you guys. Thank you for the empowerment, the enlightenment, and it is just so good to have a different voice to come in and tell us what we usually overlook on a day-to-day basis."

Tawanda Lioga, Student

"In short it has positively impacted me. It has changed my way of thinking and has furthered my knowledge on mental health which is my area of interest, Nicole's sessions especially were extremely helpful."

Student



Prowibo's team: Nicole, Stacey, Eliza, and Justyna

MEMORIES



“Very impactful, clear and precise. Easy to understand and resonate with. The Ikigai Framework is my favourite takeaway as it's an important tool that is necessary for growth. The financial exercise in comparing budgets based on wages was a very good eye-opener. Overall the experience was wonderful and am looking forward to more/working with you guys.”

Student



“This programme has impacted me to a greater extent reason being I am now able to make my personal CV. I also attained knowledge financially because now I understand how to budget my money.”

Student

