



FROM STRESS TO STRENGTH

**“BUILDING STRONGER COMMUNITIES
THROUGH FINANCIAL EMPOWERMENT,
SUSTAINABLE AGRICULTURE, AND
MENTAL FORTITUDE”**



In partnership with
AFRICA HEALING FOUNDATION

17-21 March 2025
Goromonzi, Zimbabwe

SUMMARY

In March 2025, Professors Without Borders launched its first programme of the year in Zimbabwe, in partnership with the Africa Healing Foundation, marking the third anniversary of collaboration between the two organisations. The “Stress to Strength” programme empowered people in the rural community of Goromonzi to confront the intersecting challenges of climate change, limited financial education, and mental health.

Through a week of interactive workshops, participants explored sustainable farming techniques with Dr. Naveen Hyder, learning how to adapt to erratic weather, conserve resources, and boost productivity through Climate-Smart Agriculture. Dr. Angelo Salasini led sessions on financial literacy, equipping farmers with tools to budget, manage risk, and add value to their produce for economic resilience. Lameck Muzangaza addressed mental health head-on, breaking stigma and introducing coping strategies to manage stress, trauma, and anxiety, ensuring participants were supported both practically and emotionally.

It was inspiring to witness the participants' enthusiasm for learning, evident in the action pledges they made at the end of the programme.

By connecting agriculture, finance, and mental well-being, the programme delivered a holistic, community-driven approach to sustainability, leaving participants more informed and empowered to enhance their livelihoods.



Dr. Naveen Hyder facilitating a workshop



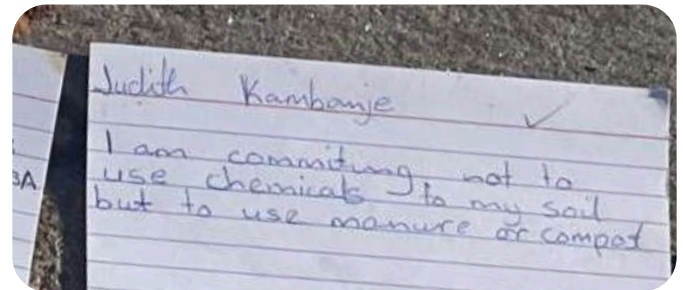
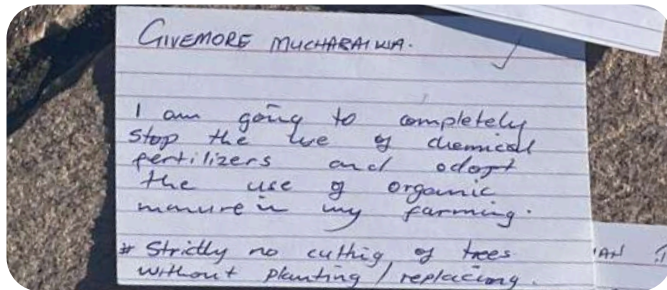
From left to right: Dr. Naveen Hyder, Dr. Angelo Salasini, Goromonzi Community Leader, Lameck Muzangaza (AHF volunteer)

REFLECTIONS

Action pledges and feedback received from programme participants

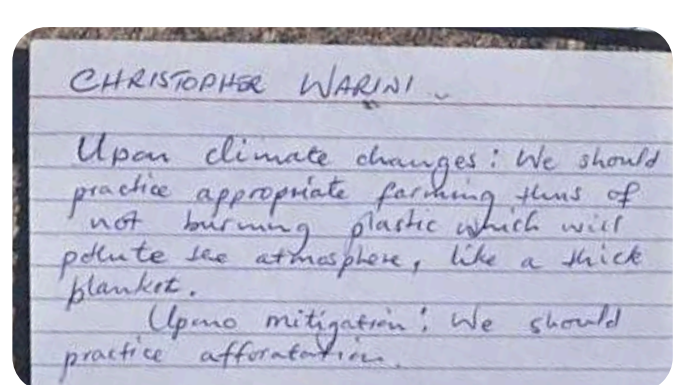
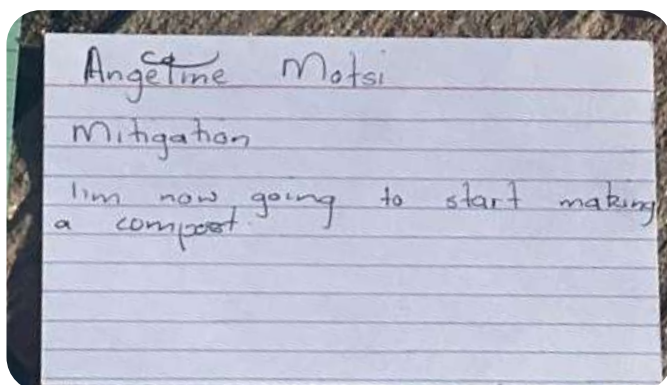
"This workshop has brought up tremendous change in my life. I now have a positive mindset. Thank you for this workshop. Keep it up, team, and God bless you."

"I liked the way the programme broadened my mindset. I learnt that I should interact more with the others, too. This helps my mind and reduces chronic illnesses and high blood pressure due to stress."



"All the facilitators were good at presenting their topics, and the participation was also good. The workshop was very educational, meaning that such workshops must be done always!"

"This was an excellent programme. We would definitely want more time on the farming lectures. Your team is nice, and the presentation was excellent. God bless your team."



"I really liked learning about how to generate income, and how to approach life, reflecting on your past and planning for your future. I also liked learning that sharing problems helps lessen the burden."

"I have learnt so much about farming, and ways to keep money. I have also learnt how to live life without stress."

MEMORIES

