



RESILIENCE BY DESIGN

EMPOWERING YOUTH TO HEAL, LEAD, AND CREATE CHANGE



In partnership with
Nhloso Likusasa Le'lichakazile

21 - 25 July, 2025
Eswatini

SUMMARY

Professors Without Borders was delighted to deliver its Resilience by Design programme in partnership with Nhloso Likusasa Le'lichakazile (NLL) to 75 young people and NGO leaders in Eswatini from 21 to 25 July 2025.

The week included two core workshops for participants. The first, Impilo Lesha - A Mental Health Toolkit for Healing and Hope, guided participants through art therapy, journaling, and reflective group sessions to support emotional healing and build resilience. The second, Design Thinking for Entrepreneurial Innovation, helped them explore how to approach problems with empathy and creativity, giving them practical tools to generate and test new ideas.

Participants included youth from the NLL bursary programme, survivors of gender-based violence, young people with disabilities, and NGO leaders. Sessions were led by Katarzyna Hanula-Bobbitt and Mpumalanga Zwane, with Dr Latoya Conner supporting remotely.

The week created a safe space for healing, sharing, and learning. Participants found the experience empowering and left with renewed confidence in their futures. They also appreciated the practical tools and fresh approaches to creativity and resilience, and highlighted how they have already begun to implement the tools they have learnt.



Katarzyna Maria Hanula-Bobbitt
facilitating a Design Thinking workshop

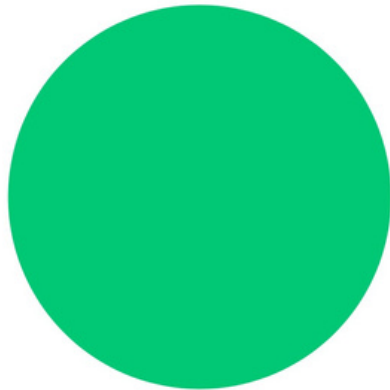


A group photo from the Eswatini programme featuring (from left to right) Neithel Kunene (Communications Officer at NLL), Mpumalanga Zwane (PWB Volunteer Professor), Yael Uzan Tidhar (NLL Programme Director), Katarzyna Hanula-Bobbitt (PWB Volunteer Professor), Banele Nkambule (NLL, Organisational Development Coordinator), and Pamela Maseko (Admin Officer at NLL).

REFLECTIONS

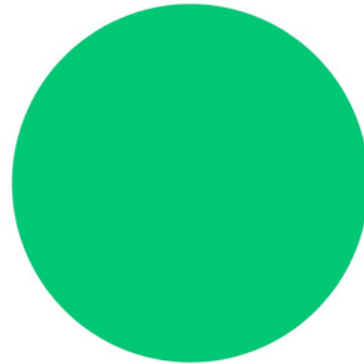
Feedback received from programme participants, NLL team members, and volunteers

100% of our programme participants said they would recommend the programme to others.



● Yes: 100.0%

100% of our programme participants said that they felt more resilient.



● Yes: 100.0%



"From the lessons on mental health, I realised that I still need to continue my recovery through speaking or journaling. As the sessions progressed, certain past experiences and the feelings I had endured resurfaced, reminding me that I need to continuously seek help to work through them." **(Programme Participant)**

"I got my self-esteem back again and taught me to maintain good mental health." **(Programme Participant)**

"The training had such a positive atmosphere, and the hands-on activities really kept us engaged." **(Yael Uzan Tidhar - NLL Programme Director)**

"The creative use of design thinking and drama showed me powerful ways to approach community issues." **(Banele Nkambule - NLL Organisational Development Coordinator)**

REFLECTIONS

Feedback received from programme participants, NLL team members, and volunteers

"This Design Thinking programme has had a meaningful and empowering impact on me. It completely changed how I approach challenges and problem-solving, instead of jumping to conclusions. I've learned to slow down, empathise, and truly understand the people I'm trying to help." **(Programme participant)**

"I feel this programme will help me in designing impactful and successful projects. It has helped me to think more about the beneficiaries of the project, what interventions they really need, and how to align my project to those needs." **(NGO Leader)**



Dr. Latoya Conner facilitating a mental health workshop remotely

"The persona and stakeholder mapping was quite eye-opening. I am now better at understanding the problem and will change how I design solutions for NGO work". **(NGO Leader)**

"The highlight was seeing how engaged participants were, how they shared, were vulnerable, and motivated each other through their experiences. Another highlight was working with different team members from diverse backgrounds, sharing ideas, seeing how they navigated the space, receiving feedback, and collaborating to ensure the best presentations".

(Mpumalanga Zwane - PWB Volunteer Professor)

MEMORIES

