

LUBIGI TIMES Magazine

JAN. ISSUE 2024 EDITION (VOL.7)



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LUBIGI TIMES Magazine

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EDITOR'S NOTE.

Welcome Rotarians to the New Year 2024
Lubigi Times Magazine January issue.
Let us run along with the new year with bettering our selves,
communities, homes, families, friendship, health,
investments, and relationships. This will help us hold
our selves accountable at the end of the year God willing.

Chief Editor: Rtn. Rachel Agumenaitwe

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Dear Friends,

Warm greetings from the Rotary Club of Nansana.

Congratulations on completing January 2024 and a successful journey throughout the last calendar year, 2023.

The commitment and dedication demonstrated in serving humanity without hesitation have enabled us to achieve our goals as planned in the last two quarters. Significant milestones have been showcased because of your collective efforts and resilience.

In January, we achieved our planned goals, with four (4) members receiving recognition: PAG Jotham Mubangizi PHF+3, PAG Richard Were PHF+4, AG Stephen Matovu PHF+3, and Rtn. Cissy Nabisubi PHF. Additionally, Rtn Dennis Ngabirano and AG Stephen Matovu will be recognized upon receiving their sapphires.

We participated in the Joint Wednesday Fellowship, where we awarded Rev. Fr. Peter for his outstanding contributions to the community, particularly in the area of basic education and literacy.

Regrettably, one of our members, Rtn. Bernard Kakeeto, lost his dear mum, Mrs. Angella Kasekende (RIP). Thank you, Family of Rotary, for your entire coordination in supporting our member.

We extend our gratitude to the Zebra buddy group for a job well done throughout the month's activity alignment.

Friends, let us embrace February and utilize all opportunities through coordination and collaboration with the Elephants buddy group.

Thank you.



HCP. Christine Nalubwama Gwanja's Message.



**CREATE HOPE
in the WORLD**



Light the path out of dark days

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centres to

help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

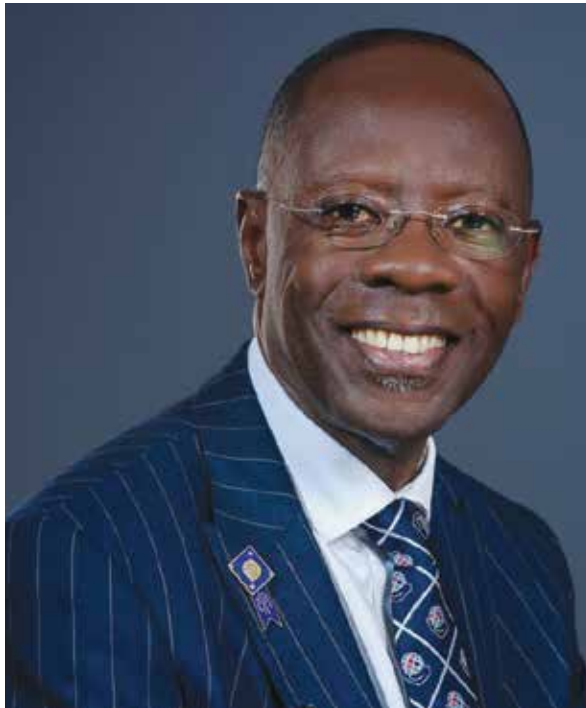
Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and non-members alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at positivepeace.academy/rotary.

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days. Together, let's Create Hope in the World.

R. GORDON R. MCINALLY-
President, Rotary International



It is 2024, and our Finish Line is Close

My Dear Rotary Community,

As we step into the dawn of a New Year, marking the commencement of our final six months together under my role as District Governor, I am deeply grateful to each and every one of you.

I trust that the recent Christmas holiday provided you with a well-deserved opportunity to unwind and reconnect with your loved ones. I hope that amidst the festivities, you also extended a helping hand to those in need, embodying the spirit of Hope that defines our Rotary mission.

I extend my heartfelt appreciation for your unwavering contributions during the first half of this Rotary year. Together, we have achieved numerous milestones and witnessed the continued growth of our service community. The year 2023 has been characterized by remarkable progress and success, as highlighted in our State of the District address. We stand on the brink of breaking records in various focus areas, and I urge you to maintain this momentum, for our finish line is within reach.

I have 16 clubs left on my official visits schedule, but I still cherish the privilege of having met many of you, seeing your passion for service in all the areas of focus, and seeing you stand up to be counted in club meetings, district events, and gatherings large and small.

As we draw closer to the conclusion of this chapter, let us reflect on our journey that began in a bustling district conference room in Mbarara City, and commit to concluding our time together with the same Vigor, passing on the reins of this great District to my esteemed successor, and Sister Ann Nkuutu.

The success of our District Conference depends on your participation, and I implore each one of you to register and be present for the Discon in April.

May the year 2024 unfold as a period of abundant blessings, continuing our mission of Creating Hope in The World.

Edward Kakembo-Nsubuga
District Governor

2024-25 THEME ADDRESS

RI President Elect announces 2024-2025 presidential theme



Hello, family of Rotary! I am honored to address the 24-25 class of district governors, the Irresistible! And when I call you “my family,” I’m not just being kind. I really think of Rotary as my family.

I want to start today by putting a special focus on some very important members of our family of Rotary. In a couple of weeks, I’m traveling to Pakistan to meet with some amazing people: female health workers.

Ending polio everywhere means taking on this hard task, block by block, across Pakistan. It’s a difficult and, at times, dangerous mission. These women literally climb mountains to vaccinate children in remote locations. But that’s not even half of it. They fight misinformation and prejudice every step of the way.

When we finally eradicate polio in Pakistan — and everywhere — it will be due in large part to these women.

So, when I arrive in Pakistan to meet with these workers, I want them to know that even though they will never meet most of you, they have your support, and you treasure their contributions. So, I want you to give them a standing ovation that I can share with them on my visit ... hold on ... as soon as I get my camera ready.

In addition to your generous applause, the best way for you to support these health workers and the fight against polio is by raising awareness and raising money. It’s not too late to join or initiate a PolioPlus Society in your club or district. The Bill & Melinda Gates Foundation is still matching our donations 2-to-1, but only if we meet our annual fundraising goal of US\$50 million.

To help raise awareness, I need you to contact elected officials and other government leaders. Remind them that polio is still a threat. Push them to support polio eradication. Polio remains our top priority and requires our fullest commitment. But there is so much important work to do.

Thankfully, we have Rotary’s Action Plan to make our work easier and to make the club experience simply irresistible. That’s where the magic of Rotary starts. We’ll need that magic if we’re going to bring healing in a divided world. The numbers of armed conflicts and displaced people around the world are rising at an alarming rate. We need to be at our best if we want to have a positive impact.

That means we might have to change a few things about ourselves as an organization. Change can be scary, but it’s easier when we change together.

With that in mind, I invite all of you to become Action Plan champions so you can change your clubs for the better and keep Rotary strong. And there’s plenty of room for continuity in the Action Plan, too. It’s all about building on our best ideas, not abandoning them.

Think of the Action Plan as a tool to help you improve the club experience in your district. Remember, you have influence. District governors charter clubs. You can help club leaders think creatively and produce irresistible experiences, both for existing and future members. That could mean changing how things are done in your district. If your district has been doing things one way for 50 years, it’s probably time to reassess. The Action Plan helps identify a club’s strengths and weaknesses and what that club can do to improve.

If a club in your district isn't active or is losing members, maybe it's time to start a new club that fits better with the community. Ask club members what they want, and bridge that with the community's needs. Just because a club or district hasn't changed in a while doesn't mean no one is hungry for change. You have an incredible opportunity as district governors to empower club members to make improvements.

Check in with club members in your district. Ask them about their club experience and what can be done to make it better. And consider talking to leaders in your communities who are not Rotary members yet but should be. Maybe they don't know about Rotary. Or perhaps the current club structure in their community is not the right fit.

You might find that some members don't feel like they truly belong in their club. That's why expanding our commitment to diversity, equity, inclusion, and belonging is so important.

Anyone who has the heart and hands for service belongs in Rotary, and I hope you'll join me in opening your arms to future people of action, even if — and in some cases, especially if — they don't look or act like the typical member of your local club. With DEI, it is easier to be united in a common purpose. It's in those moments when we are committed and focused that we are the most effective and relevant.

But the work can't stop there. No one will know our clubs are irresistible if we don't tell people about them! The fact is, we need storytellers to spread our positive image and to spread Positive Peace in these troubled times.

Peacebuilding is one of my top priorities, and this IA is more than your introduction to the role of district governor. It's a call to action to support Rotary's peacebuilding programs and initiatives.

One of those programs is the Rotary Peace Fellowship — a product of The Rotary Foundation that began more than 20 years ago to help peace and development professionals end and prevent conflict.

We offer the fellowships through our Rotary Peace Centers located at leading universities around the globe. More than 1,800 peace fellows have graduated from Rotary Peace Centers and are working in more than 140 countries toward a better world.

And thanks to a US\$15.5 million gift from the Otto and Fran Walter Foundation, we can continue supporting peacebuilders in more regions with the next peace center in Bahçeşehir University in Istanbul, Turkey.

The first class of fellows will arrive in Istanbul in early 2025. To mark this occasion, Rotary members, Rotary Peace Fellows, Positive Peace Activators, and others will be invited to attend a Rotary presidential peace conference planned for February 2025.

The theme of the conference (not our annual theme ... that's coming soon) will be Healing in a Divided World. This conference will focus on Rotary's peace efforts and provide opportunities to learn together.

You'll hear more about the peace conference at our convention in Singapore. I can't wait to see all of you there!

But there's so much more you and members in your districts can do to promote peace in the meantime. Members who want to spread hope for peace in their community can plant a Peace Pole in the local park, playground, or any community space. And one of my favorite tools for peacebuilding is The Four-Way Test. We would live

in a better world if every Rotary member truly lived The Four-Way Test instead of simply reciting it.

Rotary members have plenty of ways to support peacebuilding efforts, but today, I want you to remember this: To spread peace around the world, we must first find peace within ourselves.

Performing acts of kindness can ease symptoms of anxiety or depression and promote social connection more effectively than any other known approach. We find joy in helping others, but we also face a tough balancing act. We must change ourselves and stay true to who we are.

That's why I have adopted the colors orange and sky blue as my theme colors. As a dominant color of autumn, orange represents the shifting of seasons — the end of one phase and the beginning of another. In fact, orange is the primary color of change.

Blue, on the other hand, is associated with knowledge and intelligence — trust, loyalty, and dependability. Blue inspires open communication. Combined, these colors represent our burning need to move forward together as we change ourselves and change the world.

With that, I've teased you long enough. Who's ready to hear the 24-25 annual theme?

All right, I'll tell you, our theme. After one quick story!

Years ago, I was in the Dominican Republic helping install water filters. Two young boys watched as dirty water entered a filter in one end and emerged clean out the other end. I'll never forget the first time we stopped the water flow. One of the boys grabbed my sleeve and said, "Show me the magic again."

Obviously, the water filter wasn't magic. We worked hard to transport those filters, install them, and work with recipients in the area to maintain them. But those boys knew that easy access to clean water would change their lives. Knowing that I played a small part in that certainly changed my life.

And that is why our annual theme is The Magic of Rotary.

Now, don't misunderstand me: We are not going to grow membership, end polio, or bring peace to the world by waving a wand and saying some funny words.

It's up to you. You create the magic with every project completed, every

dollar donated, and every new member inducted.

The Magic of Rotary can encourage whatever drives your local clubs. You can "grow The Magic of Rotary," if you're adding new members to our family. You can "unlock The Magic of Rotary" if you're unlocking the power of women and girls. You can "advance The Magic of Rotary" if you're fundraising to help change the world.

And when our year as Rotary president and district governors has come to an end, it's up to us to make sure there's a whole line of people behind us, ready to keep the magic going.

I love my Rotary family, and I can feel that love in this room. That's why I know you are capable of making every club in your district simply irresistible.

This International Assembly won't last forever. Make the most of even the smallest moments. The briefest connection could result in a lifelong friendship. The simplest lesson could change your entire Rotary career. Don't let these opportunities pass you by.

And when we return home, let's change the world by embracing The Magic of Rotary.

Stephanie A. Urchick

Rotary International President-elect

Rotary
Club of Nansana



CREATE HOPE
in the **WORLD**

DG's Courtesy Visit

DG FRANCISCO SSEMWANGA
DISTRICT 9214

WED. 21ST FEB. 2024

VENUE: IVORY HOTEL, NANSANA, 7:00-8:00PM.



<https://rotarynansana.com>

YouTube



CMP PP Rebecca representing at Eastern Mega Fellowship



Club Members with DG at RC Matugga



Physiotherapy for health

**By Rtn Yiga Robert,
Physiotherapist**

Physical therapy, also known as physiotherapy, is an active healthcare profession with a primary focus on pain management, as well as the restoration and maintenance of movement, maximal physical functioning, and health across various life stages. It is a healthcare discipline that addresses impairments, promoting mobility, function, and overall quality of life through examination, diagnosis, and various physical interventions (manual therapy, neurorehabilitation, cardiorespiratory rehabilitation etc.), which involves therapy utilizing mechanical force and movement.

Health, on the other hand, is characterized by inclusive physical, mental, and social well-being of an individual, rather than solely the absence of illness or disease (Khalid et al., 2015). According to the World Health Organization, over 3.2 million deaths occur annually due to physical inactivity, and there is substantial evidence suggesting that engaging in physical activity can mitigate the occurrence of non-communicable diseases. Many of the health issues individuals face in the 21st century such as hypertension, kidney disease, early on-set of arthritis, idiopathic low Back Pain, and many other non-communicable diseases, pose a significant public health threat and are closely linked to unhealthy lifestyles (Padhan & Mohapatra, 2023).

It's crucial to emphasize that every individual, at some point in their life, will inevitably require physiotherapy for various reasons. Examples include women's health needs, such as pre and postpartum care, individuals involved in accidents, those undergoing pre and post-surgical rehabilitation, the elderly requiring geriatric care, and individuals engaged in sports needing specialized rehabilitation. The spectrum of situations as summarized in the diagram below, in which physiotherapy proves invaluable demonstrates its universal importance across diverse life experiences.



Due to insufficient knowledge about physiotherapy, financial constraints, healthcare providers' attitudes toward physiotherapy, and inadequate infrastructure, physiotherapy is underutilized in low-developed countries and that's no different from our country Uganda. Therefore, there is a pressing need to raise awareness about physiotherapy and integrate its services at all levels of primary healthcare. This integration aims to address physical challenges arising from conditions such as arthritis, cardiovascular diseases leading to strokes, diabetes resulting in musculoskeletal and neurological issues, respiratory diseases like asthma and bronchiectasis, cancer, and psychiatric conditions due to stress (Eyinda et al., 2022).

Physiotherapists play a crucial role in examining and treating orthopedic, neurological, cardiopulmonary, and cardiac problems in individuals across various age groups, including infants, children, adults, and geriatric populations. Orthopedic disorders, such as sports injuries, fractures, joint disorders, amputation, back and neck pain, arthritis, and post-operative conditions, can be effectively addressed by physiotherapists using a range of interventions. These include exercise, manual techniques, patient education, electrical stimulation/iontophoresis, biofeedback, thermotherapy (superficial or deep), cryotherapy, ultrasound/phonophoresis, extracorporeal shockwave therapy (ESWT), laser therapy, massage, and mechanical traction (Khalid et al., 2015). These interventions collectively enable physiotherapists to effectively treat various bodily challenges.

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Volunteers and Leadership



By Rebecca Mukasa Mutaawe
District Membership Attraction
Chair.

What is the role of a leader in volunteering?

A volunteer leader takes charge and ownership in coordinating projects and programs that build community assets, meet community needs, and provide volunteers with a positive experience so that they continue their journey of service while helping to carry out the mission of the non-profit organization

How do you lead a team of volunteers?

Here are tips on how you can motivate and lead volunteers.

1. Form Relationships. ...
 2. Ensure That They Are Committed. ...
 3. Restate the Objectives and Roles. ...
 4. Reward & Recognize. ...
 5. Lead Volunteers by
 6. Communicating. ...
 7. Repose Faith in Them. ...
 8. Give Volunteers a 9. Listening Ear. ...
- Invest in Your Volunteer Program.

How do you show leadership in volunteering?

Leadership is not simply about a position, title, or specific function within a volunteer program. People display leadership when they take action for the common good – internally within the volunteer program, and externally interacting with the public through advocacy or educational programming.

How do you manage volunteers successfully?

There are several key steps in managing volunteers effectively:

1. Define the volunteer roles in the organisation. ...
2. Recruit volunteers. ...
- Onboarding volunteers. ...
3. Establish clear communication. ...
4. Provide comprehensive training. ...
5. Provide feedback to volunteer. ...
6. Recognise and reward volunteers

Ways To Keep Your Volunteers Engaged

1. Make Your Volunteers Feel Needed And Appreciated. ...
2. Ask Volunteers To Help In Specific, Actionable Ways. ...
3. Inspire Your Volunteers With The Cause, Not The Organization. ...
4. Stay Connected, And Make Sure Your Communication Channels Go Both Ways. ...
5. Develop A Community Of Volunteers

How do you encourage volunteers to join?

The following are some helpful ways to get your busiest volunteers engaged and willing to offer up their time:

1. Make It Easy to Register. ...
2. Offer Opportunities With Shorter Time
3. Commitments. ...
4. Communicate the Motivation Behind The Volunteer Work. ...
5. Respect Your Volunteers' Time. ...
6. Keep Volunteer Management Organized.

Useful Tips to Keep Your Volunteers Happy

- 1 Make Them Feel Welcomed and Needed. ...
2. Maximize Their Skills. ...
3. Offer Proper Training. ...
4. Have an Easy Way of Communicating with Them.

Exciting vocational award ceremony that was.

By: Julius Musinguzi Tinka

January month marks the beginning of the second leg for the rotary year 2023-24.

In rotary, we celebrate and reflect on our vocations during the month of January. It is also in this month that we recognize and award exceptional performance to persons who have diligently served in their vocations.

Vocational service may be defined as a person's employment or main occupation, especially regarded as a particularly worthy and requiring great dedication. Vocational service focuses on the adherence to and the promotion of the highest ethical standards in all occupations that cover fair treatment of both the employers and the employees, associates, competitors and the public. It's about the person's contributing his vocational talent to solving the problems of society and meeting the needs of the community.

January 2024 awarding ceremony was an exciting one with all the Wednesday fellowship clubs jointly holding their award ceremony at Hotel Africana.

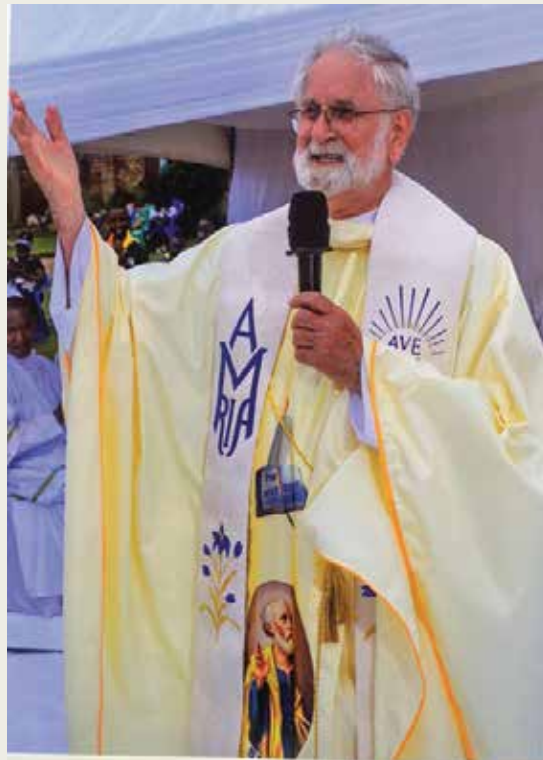
The ceremony which was attended by the Governors from Districts 9213 and 9214 and several past Governors was presided over by the ever exciting PDG Stephen Mwanje as the chief guest.

The chief guest implored all of us to use our vocations to better society. It was all jubilations and ululations as the awardees were introduced to the Rotarians and guests. They felt great for the recognition and the big assembly made them fill more gratified.



Thank you the Hope creator presidents for coming up with the idea of coming together for this event as Wednesday fellowship clubs.

The nominee from the Rotary club of Nansana, Fr Peter, attended on line and was very excited as reported and shown by his representatives.





Rtn Abu Leading the Kalisoliso Crew at Makindye West



Members representing at burial of Bernard's mom

HAPPY Birthday!



Fred Mukasa



Patrick Bingi



Godfrey Wasswa



PP. Priscila



Nyakahuma Yusufu



Rtn Yiga Robert,

December Babies

A “6-D LIFE JOURNEY” APPROACH

BY RTN MUHANGI AFRICAN



I once knew a close friend who was full of ideas. Every January, he would tell me about the big new ideas he had, like many of us do. But the next year whenever I saw him again, he had never done anything with the previous years' ideas. He simply moved on telling everyone about his next big plan. I called him Mr. Wishful Thinking, because as the cliché goes, "An idea without a plan is just a wish." Maybe you know someone like this...Maybe you've even been this person at times. I was once guilty of it too.

But we both know that's not how you design your dream life. How do you become a consistent action taker? What's the best way to take your Big Idea and create a clear and concise game plan so that you achieve your goal? That's the million-dollar question. My 6 D-approach to this question has always provided me the million-dollar answer and revolutionizes the way I turn my ideas into actionable plans. I call it the 6 D Approach because of the 6-Ds that are my radar; Destination-Direction-Dates-Details-Deadlines-Discipline that turn my ideas into actions. Allow me to illustrate further its power below:

D1 – Destination: The starting point to your success.

If you ever planned to visit your dream Destination you have never been to, you will do all it takes to prepare for this Destination. You define and have clarity of your Destination before you embark on your journey. The mental imagination of how the Destination looks like gives you the courage to endure the challenges you may face, sets your mind in motion. The human mind needs a Destination to navigate and move toward, and the clearer the Destination, the better the progress. The Destination of human life is always in the future, because its where you spend the rest of life. When you know the Destination, you can chart a straight line to success and decisions become easy. Do you have a description and mental picture of the Destination of where you are going in life? The starting point is to be very clear of the Destination or else you will not know if you have reached or lost direction.

D2 – Direction: A compass to your Destination.

Once you know the Destination, the second priority is to invest in knowing the Direction. You can't get a Direction if you don't have a Destination, right? That compass... always pointing you in the right Direction because you know the Destination. Our efforts and courage are not enough without Destination and Direction. People that know the Direction to their Destinations progress faster because it's easier to make right inquiries and get support along the way to the Destination. Our inability to succeed is attributed more to lack of Direction, not lack of time, resources, and others. We all have twenty-four-hour days. There's a lot of emphasis on hustle these days. Hustle, hustle, hustle. But all the hustle in the wrong Direction isn't going take you to your dream Destination. Bandwagon effect dictates the inclination to take the same Direction though our Destinations are different. This is a cause of many frustrations later in life when we fail to reach the Destination.

D3 – Dates: Setting a solid foundation.

If you know the Destination; you know the Direction; then you must set the Dates. Dates are the cornerstone of any action plan. They add a sense of urgency and structure to reach your dream Destination through the Directions. Take analogy of travel by airlines on long routes, Dates and time are very specific on travel tickets. Basing on your Destination, ticketing companies provide the alternative Directions with connecting flights and Dates to choose from. Not any different from a plan to achieve your goals. Having action steps with specific Dates beside them gives you extreme clarity and focus on what needs to be done and by when. One of the biggest mistakes is having "open-ended" timelines on your goals. This simple act of defining a Date propels you from vague aspirations to a concrete plan. You can now reverse engineer your actions, breaking down tasks to meet that set date.

D4 – Details: The dollars are in the Details. You know the Destination, you have the Directions, you have set the Dates; you must put the Details. Details are where the magic happens. Knowing a Destination, Direction and Setting Dates are all good, but it's still incomplete, because there is a lot to do between now and then. What's missing are the nitty-gritty specifics that will guide you through each step of the process. You need to identify every task, big or small, involved. The power of the Details lies in the fact that they eliminate any confusion, excuses, or room for interpretation. You now have a comprehensive roadmap, making it crystal clear what you need to do to meet your date. Remember, the more Detailed your plan, the easier it becomes to execute.

D5 – Deadlines: A non-negotiable commitments.

Having a Destination, with a Direction, with Dates and Details without Deadlines will not lead you to success. Deadlines are non-negotiable commitments. They are the backbone of accountability in this approach. Without deadlines, you risk allowing your tasks to drift indefinitely, losing focus, and momentum. With a clear Destination, Direction, Dates, Detailed plan, you should attach deadlines to each task. This ensures that you stay on track and prevents procrastination. A critical aspect in harnessing the power of deadlines is to make sure you share these with a person that you feel you must not disappoint to enforce accountability support system. You need to find those people you deeply don't want to disappoint to ensure you've got the accountability to follow through on your deadlines. Deadlines are useful for ensuring you get things done. Again, think of the airlines; the departure and boarding times must be adhered to with minimal disappointments. Achieving your goals can not be possible without Deadlines tagged to your commitments.

D6 – Discipline: The glue that holds other Ds together.

As the world advances, ability to control one's behavior (Discipline); is challenged by the life increasing distractions. Discipline is the backbone in the success journey. It holds you together when the road gets rocky, focuses you on what needs to be done. It takes Discipline to follow a carefully articulated life plan to the desired Destination. If you learn to Discipline yourself to set and follow a schedule, your mind will be clearer, and your work is better. You know where to be and when. What separates people that reach their Destinations from those who get lost is simply that they are Disciplined and engaged in Disciplined thinking while taking Disciplined actions.

In our coaching sessions, the common observation is lack of clarity of the Destination point of most of our clients. It cuts across the employed, unemployed, businesses, students, and parents. Many of the frustrations in life we encounter are a result of mismatch and misaligned 6Ds causing increasing number of classic day dreamers; trapped by indiscipline habits.



Recognition of PHF's





Joint all Wednesday Fellowship





99TH DISTRICT CONFERENCE

keeping hope alive

Munyonyo
Speke resort

18-20
April 2024



regular
registration

for Rotarians

for Rotaractors

\$250

\$150

deadline: 28th february



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