

FLOWERS FROM HEAVEN FOUNDATION (FFHF) COMPANY PROFILE AUGUST 2017

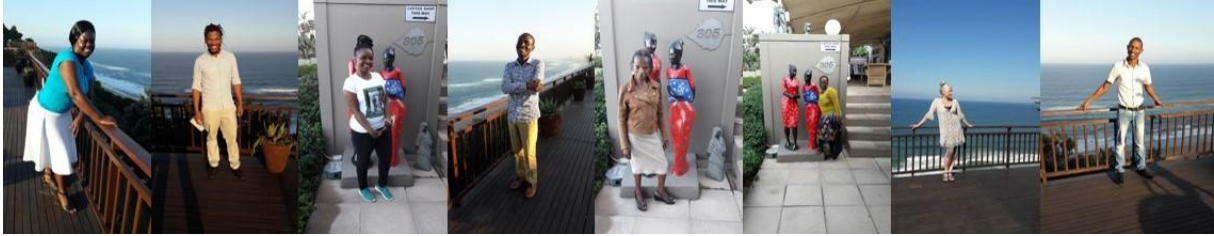
Foreword

*FFHF is the result of many years strong friendship and sharing the same dream of Monique van de Laar from the Netherlands & Jannet Nhlapo from South Africa, to be sharing our talents and working together. All on behalf of the **personal development of especially people living in rural areas, direct and indirect.** During our 3 months stay together in 2017 (May-Aug) we decided to make our dream come true in setting up a foundation/NPC (Non Profit Organization) called the “Flowers From Heaven Foundation” (FFHF). The FFHF has now 3 Directors: 2 South Africans (Zulu) and 1 Dutch, and 6 Non Executive Members (NEM), which are all local people.*

*Especially **community work** is having **our main interest.** It touches our heart and soul to experience South Africa has a great need for especially psycho-social support, mainly in the communities which is 90% of South Africa! Since the Apartheid has been abolished (1990), there is still much inequality, many forms of abuse, violence and crime. Many people have been under a lot of pressure and still are. **Apartheid may have been abolished, but the impact of the Apartheid regime still results in the constitution of the majority of South Africans!** For this reason, and the fact that for a very long time many South Africans have not acknowledged what they feel inside, it has caused a lot of anger build up inside, with all its consequences. In many South African cultures/religions, mental illness is still seen as a taboo and seeking help is seen as a weakness. All this pain build up inside caused an angry society of which Minister Bathabile Dlamini (Dept. of Social Development) also spoke about in her videos on youtube. She also mentions this is a transformative period and we need social workers to deal with that anger. This is where we would like to come in. We, from the FFHF, believe that **awareness** of oppression and its consequences is important. We believe that **real healing** comes from talking and to help people **to come to the source and cause of their problems so they can learn how to help themselves.** This way they experience **long term radical changes** (and they can conquer their fear..). With all our activities we will provide **long term solutions!***

*Our mission is to help people to help themselves. Meaning, with our work people will learn to stand up for themselves and how to become a stronger and firmer person in life! They will learn how to take responsibilities, see opportunities rather than only thinking of impossibilities. How to achieve their goals. **By teaching, training, acting and filming we carry out our mission: to help people to help themselves!** We strongly believe (most of) our work is new in South Africa! Especially our profound psycho-social training to social workers and psychologists and our educational films in schools.*

Our motto: “We All deserve happiness, this is our so called birthright! Not just for some of us, but for All of us!”



The Flowers From Heaven Foundation is a non-profit company (NPC). A NPC is a company incorporated for public benefit or other object relating to one or more cultural or social activities, or communal or group interest.

OUR CURRENT ACTIVITIES AND SERVICES

1 Training “Psychosocial methods for professionals”

2 Educational films for schools in rural areas

3 Workshop “Writing your CV” for youth in communities

4 Workshops with the gogo’s in the communities

5 Reiki courses

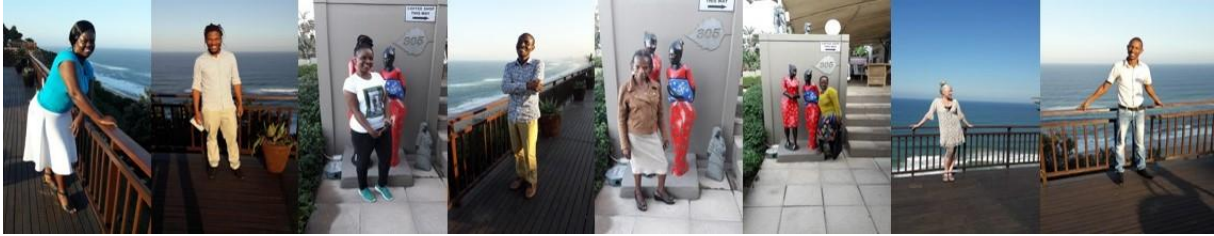
1) TRAINING “PSYCHOSOCIAL METHODS FOR PROFESSIONALS”

Monique has developed a training with useful methods and guidelines to put into practice that is rooted in the needs of clients from the past 12 years! She would like to share her expertise and knowledge in South Africa as this is where her heart lies and because she is noticing the great need of especially psycho-social support. She knows and has experienced herself, that symptom treatment alone is not sufficient enough to overcome long-term patterns and behaviors. Therefore, her profound, psycho-social and experiential training is recommended to social workers, psychologists and therapists who

- would like to help their clients to learn to help themselves and not only in the now but for the rest of their lives
- would like to come to the source and cause of problems of their clients
- would like to expand their therapy with 3 new methods:
Inner child – sub personalities – drawing analysis

Her aim is also:

- to train as many social workers as possible, so that together we can train small groups of people in the communities and this way to reach a snowball effect!
- to train psychologists/therapists from overseas with these 3 methods. As soon as we will have our own visitors house and center, we will be able to offer them all-inclusive packages such as accommodation/training/trips/voluntary work, from which they can chose what kind of package they are interested in. Not only can these professionals from the different countries share their knowledge with professionals in South Africa, but they also keep the foundation strong by using our all-inclusive packages!
- For each paying participant from overseas for this training, FFHF will give 1 social worker in South Africa this training for free!!



Training sessions:

- are 6 days in total for professionals in South Africa, scheduled for one full day (9-5PM) every two weeks, covering a total of 12 weeks.
- are 5 days in total for professionals from overseas (every other day) within 2 weeks.
- other possibilities are negotiable!
- This unique training can also be seen as a useful updating of skills!

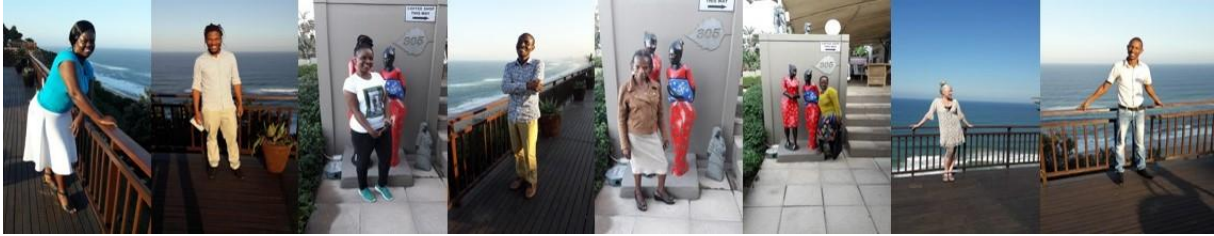
2) EDUCATIONAL FILMS WITH THE YOUTH, ADULTS AND GOGO'S IN RURAL AREAS

With her touchy educational films, Jannet would like to **empower** the students in (secondary/high) schools to become a stronger and firmer person in life. Each film will make the students (more) **aware of problems and challenges** of people who live in rural areas and which they are facing every day; all kinds of abuse, crime, alcohol/drug problems, unemployment, teenage pregnancy etc.. As we have noted in our foreword, it is not naturally in South African cultures/religions to discuss things at home, let alone big issues like mentioned above, with all its consequences! As students are spending most of their time in school during their youth, Janet thinks this is the right place to be, to make **real changes** in mainly the rural areas! The teachers and social workers of the schools are also involved as they are, besides the family, the biggest educators of the youth! During and at the end of the films **solutions** are provided, given by the people themselves. The students will be **motivated and inspired** to think of solutions as well, as there will be a conversational exchange of input and output with them during and after the film.

Jannet has already made 3 amateurish films with people of all ages from her own community. With the help from students of film, TV and entertainment production etc., she now wants to go professional. Her already existing team of actors/actresses will have to do audition again. All actors/actresses are people living in rural areas, having all kinds of (voluntary) jobs in community work or schools and getting a chance to learn more about life! Therefore **the films are cutting both ways!** To cover the costs of filming the FFHF is looking for funding and sponsors.

3) WRITING YOUR CURRICULUM VITAE (CV)

South Africa's youth unemployment is the country's most pressing socio-economic crisis and is a growing concern. Apart from the very high jobless rate, more and more young people have given up looking for work. This situation disproportionately affects mainly youth living in the communities. Unemployed young people are much more likely to engage in undesirable activities, including criminality and substance abuse,



and to become disruptive presences in their communities. One of many interventions to increase youth employment is to help work-seekers find jobs more quickly. Lots of youngsters in the communities do not know how to write a good CV and very often they have no access to computers and printers. FFHF has discovered that by encouraging youngsters in different ways, helping them writing a good CV and to print them, they can be more successful finding a job! It is also our intention to invite youngsters who have succeeded finding a job or started their own business, to inspire and motivate the participants on the first morning workshop.

3 morning workshops in total from 9 AM – 12.30 PM

Trainer: Monique van de Laar and 1or 2 Non Executive Member(s)

4) WORKSHOPS WITH THE GOGO'S (grandmothers) IN THE COMMUNITIES:

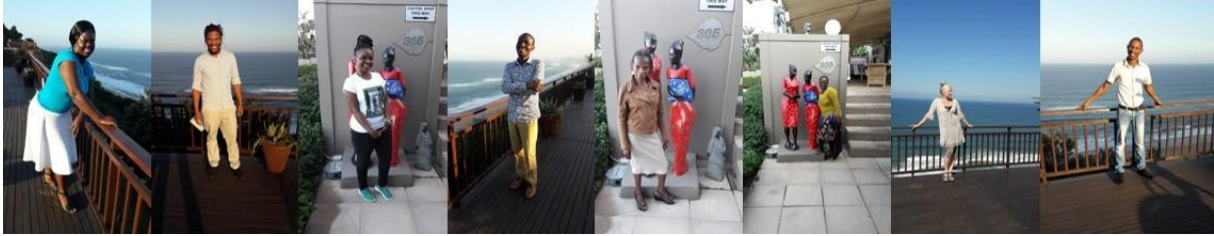
For many years now Jannet has been working with the gogo's (grandmothers) in her community. The reason why is because they take an important role in our society. It is not unusual for a gogo to look after their grandchildren, so that their children can go out and find a job, or because their children have passed away. This means that young children are mainly raised by their grandmothers at home and their teachers in schools. Jannet has experienced and was told many stories about all kinds of problems the gogo's and their grandchildren are facing every day. Our aim is to help decreasing all types of abuse and to increase healthy relationships. A well-known saying: The children are the future! Don't we all want healthy and happy children in our families, communities, countries? By starting at the source of the abuse and problems with this workshop, Jannet would like to contribute her share of knowledge so that we could help each other. Every workshop day starts with half an hour simple exercises or dancing to also help decreasing the high blood pressure of which lots of gogo's are suffering from.

Contents of the 4 workshop days:

- *Explaining all types of abuse: physical, sexual and emotional abuse*
- *Learning about taking own responsibilities*
- *What is Love; what does it mean to you and how to express it*
- *Respect and Discipline; how to communicate and how to discipline yourself*
- *Relationships between grandparents / teachers / social workers*
- *Gogo's bringing in cases / solutions from the group*

4 days in total from 9 AM – 3 PM

Trainer: Jannet Nhlapo and 1 Non Executive Member



5) REIKI COURSES

Reiki: universal life energy, is passed in a loving way through the hands on the body. With Reiki, there can be a healing taking place on different levels; physical, emotional, mental and spiritual level. This energy healing is in line with the needs of our body, mind and spirit and bringing it back into balance. Reiki is only positive and cannot do anything harmful.

One of the biggest advantages of Reiki we find, is that you can heal yourself!

With her courses Monique would love to help as many people as interested.

In addition to her faith, the last 17 years Reiki has been her greatest power source!

She also would like to reach the communities and by initiating all the non executive members, all locals, she would like to set an example!

Our aim with the Flowers From Heaven Foundation

The Flowers From Heaven Foundation is still in development! Alongside giving training, courses and filming the Foundation can offer now, we would love to have our own center:

- * to **live and work** in the rondavels built by ourselves*
- * for **personal development**, teaching, training and healing to do with our mission: to help people to help themselves! We would like to give more training to different target groups in the future*
- * to offer people from overseas **all-inclusive packages** in our center:
Training/Courses/Accommodation/Voluntary work/Trips*
- * for **retreats** where visitors (national/international) could spend a period of meditation, prayer, relaxation or study*
- * where **all races can come together**, working together by sharing their talents*
- * we hope to be working with more **local like-minded people and local organizations** in the near future, and together creating more employment and more happy faces*