



# UNGWERU ORGANIZATION

## Sharing Education And Learning For Life (SELL) Programme Malawi



### SELL Programme Step-Down Workshop Report

**Date:** 30 May 2026

**Venue:** Chibavi, St. Bernadette Parish hall

**Programme:** SELL Programme

**Unit:** Self Awareness

**Facilitators:** Sam, Grace, and Paul (SELL Programme Volunteers)

**Participants:** 34 Young People

### Introduction

On 30th May 2026, a step-down workshop on the SELL Poise, SELL Awareness Unit of the SELL Programme was successfully conducted at Chibavi Community St. Bernadette Parish hall in Mzuzu City. The workshop brought together 34 young people and formed part of ongoing efforts to promote life skills, self-awareness, and informed decision-making among young people.

The session was facilitated by SELL Programme volunteers Sam, Grace, and Paul, who created a participatory and welcoming environment that encouraged open dialogue and active engagement. The workshop provided an opportunity for participants to reflect on personal wellbeing and discuss issues affecting young people, particularly those related to Sexual and Reproductive Health (SRH).



Figure 1 A facilitator leading a session

## **Objectives**

The workshop aimed to strengthen participants' understanding of self-awareness and responsible decision-making. It also sought to promote positive attitudes towards personal wellbeing and create a SELL space where young people could openly discuss Sexual and Reproductive Health issues and seek accurate information.

Furthermore, the workshop aimed to encourage peer learning and foster confidence among young people to make healthy and responsible choices.

## **Workshop Proceedings**

The workshop commenced with introductory activities that created a comfortable and inclusive learning environment. Participants actively engaged in discussions and interactive exercises designed to promote self-awareness and personal development.

Throughout the sessions, young people shared experiences, reflected on challenges affecting their lives, and discussed practical ways of making informed decisions. Particular attention was given to Sexual and Reproductive Health, which generated significant interest among participants.

Facilitators encouraged open discussions and addressed questions raised by participants in a respectful and informative manner. The interactive approach helped participants feel comfortable expressing themselves and contributed to a lively and productive learning atmosphere.

## **Outcomes and Impact**

The workshop recorded a high level of participation and enthusiasm from the young people. Participants demonstrated openness during discussions and showed a strong desire to learn more about issues affecting their health and wellbeing.

One of the key outcomes of the workshop was the increased interest in Sexual and Reproductive Health information. Participants expressed appreciation for the sessions and indicated that they had gained valuable knowledge that would help them make responsible decisions.

The young people also requested additional sessions, particularly focusing on Sexual and Reproductive Health and related life skills, highlighting the relevance and importance of such interventions within the community.

The workshop further strengthened peer interaction and created an environment where participants felt SELL to ask questions and learn from one another.

## **Conclusion**

The Self Awareness step-down workshop conducted at Chibavi Community was successfully implemented and demonstrated the importance of providing young people with SELL spaces for learning and dialogue. The active participation and positive response from the 34

participants reflected the need for continued engagement on issues related to Sexual and Reproductive Health and personal development.

The enthusiasm shown by participants and their request for more sessions underline the significance of the SELL Programme in equipping young people with the knowledge, confidence, and skills needed to make informed decisions and contribute positively to their communities.



*Figure 2 Participants during a group discussion*

## **Way Forward**

Following the positive response from participants, there is a need to continue conducting similar sessions within Chibavi Community and other surrounding areas. Future engagements should place greater emphasis on Sexual and Reproductive Health, responding to the interests and needs expressed by the young people.

Continued support and mentorship from SELL Programme volunteers will be essential in sustaining the learning process and ensuring that young people have access to accurate information and opportunities for personal growth and empowerment.