

## Creating Your Own Rainbow Workshop

A “Creating Your Own Rainbow” Workshop was held in October 2006. It was conducted by Mr. Yeo Tiang Swee, an Accredited Training Professional (ATP) from Specialist Management Resources Sendirian Berhad.

Mr. Yeo had previously conducted a similar workshop for HCA Hospice Care Staff on a pro bono basis. With the positive feedback from participants, he conducted a second session for HCA Volunteers.

The workshop demonstrated how to create a life strategy and how to instill the necessary belief that is within you to create your own Rainbow

Mr. Yeo also taught the HCA volunteers how to develop and execute the plan to become a Rainbow Creator.

Just as the seven colours in a rainbow add beauty, the Seven Life management Principles, derived from the word “R A I N B O W”, provide direction for a beautiful and colorful life.

The Seven Life Management Principles are:

R - Recognise. Recognise that YOU can make a difference. Knowing whether your attitude is positive or negative can create a big difference. Always believe in the possibilities in life

A - Authentic change, Recognise the need to change. Focus and take action.

I - Invoke your determination. Try and fail, but don't fail to try

N - Never give up on yourself. Self-image and self-suggestions are important and being positive starts with you. Always have a high self-image by having faith in yourself.

B - Believe in desire and enthusiasm. You have to dream before your dreams can come true.

O - Optimal leadership and adventure. Be a leader to show others the path of light and do what others dare not do.

W - Willing love and encouragement. Be happy about the success of others and help others create their own rainbow.

The session was full of useful and practical ideas shared by the trainer. Mr. Yeo also interacted with the volunteer through various activities.

The workshop also allowed the HCA volunteers to get to know each other through sharing sessions. The sharing allowed for generation of new ideas and understanding of each other's views.

To quote one of the many lessons learnt in the workshop: “Nothing is impossible. Everything can be done. If you want it badly, you will get!”