



**THINK**

**PROUD2B ME<sup>®</sup>** Triangle Family Transformation Programme



**THINK**



**INK**



**SHARE**



**ACTION**



By working with the child, the primary caregiver and the secondary caregiver, the **PROUD2B ME®**

transformation programmes coaches individuals to take ownership of their personal roles and responsibilities, self esteem, effective communication, character, values and discipline within the family, school and community structures.

**RESPONSIBILITY,  
IT STARTS WITH ME**

**RESPONSIBILITY,  
CHILD PROTECTION,  
SOCIAL INCLUSION &  
ACTIVE CITIZENSHIP  
STARTS AT HOME!**

RESPONSIBILITY  
IT STARTS  
WITH



THINK



INK



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ACTION





- **WHO WE ARE & WHY WE ARE**
- **THE CHALLENGES**
- **THE NEEDS**
- **OUR SOLUTION**



THINK



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ACTION



# WHO & WHY WE ARE



THINK



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ACTION

**I AM A SURVIVOR OF RAPE**

I made the decision, after many years of self blame,  
to become a survivor instead of staying a victim.  
It was and still is not easy.

There is just no eraser that can erase what was done,  
but what happened to me was not as important as how I  
allowed it to impact my future & what I am doing about it today.

I stand **BOLD** for prevention, intervention and  
**POSITIVE ACTION FOR CHANGE**

I love my World  
I love the people of my World  
I will not give up my efforts  
to help heal the woundedness of our people.

I call on **ACTION, NOT TALK**  
Reality is... If we do what we always did.  
We will get what we always got.  
Changing negative patterns which we might have  
inherited from our own past to positive patterns  
for the sake of our children today **IS IN OUR HANDS.**

The Proud2b ME Programme I developed more than  
10 years ago was written as my own self therapy.  
It continues to help and equip thousands of families  
and communities around the world.

I believe that combining our collective passions & skills  
**we can help millions more.**

We can talk together but  
time has come to **WALK TOGETHER.**  
If change needs 2 b, IT STARTS WITH ME!

**Adèle Mouny-Grosse**

**PROUD 2b ME**

Founder of Proud2b ME Foundation - A GLOBAL movement for positive change  
[www.proud2b.org](http://www.proud2b.org)

“There is just no eraser that can erase what was done, but what happened to me was not as important as how I allowed it to impact my future, my children’s future and **what I am doing about it today.**”



THINK



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ACTION

# PROUD2B ME®

**5 WEEK TRANSFORMATION PROGRAMME**

**WITH OUR PEOPLE DRIVEN, IN COMPARISON TO A SYSTEM DRIVEN, APPROACH**

# GUIDE YESTERYEARS CHILD TO RAISE A RESPONSIBLE TOMORROW'S PARENT

**PROUD2B ME®** Triangle Family Transformation Programme

[proud2b.org](http://proud2b.org)



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ACTION



# RESPONSIBLE

ME → HOME → SCHOOL → COMMUNITY = NATION

RESPONSIBILITY  
IT STARTS  
WITH



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ACTION



## Do you remember the demolishing of the Athlone Towers in Cape Town?



To watch this video clip go to this link:

<https://youtu.be/CPe8M2evIQM>



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ACTION

# OUR METHODOLOGY...

Even though our participants all receive learner guides / workbooks, our methodology is very much based on ...

- People driven approach
- Creating mind pictures [creative approach]
- You do not have to be a rich parent to be a good parent. We teach our participants to use what they have around them at home.
- Interactive participation
- Individual 'fill my petrol tank' time
- Group work/activities
- Time for sharing and learning from each other
- Implementation of tools given
- Sharing of experiences
- Self therapy within the save group
- Ownership of change
- Support Group structure for sustainability



INTERACTIVE LEARNER GUIDES

**RESPONSIBLE**  
ME → HOME → SCHOOL → COMMUNITY → NATION



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## OUR MISSION...

With our people driven approach, in comparison with a system driven approach, we train Proud2b ME® trainers to facilitate individuals to take ownership of their personal roles and responsibilities, thereby consistently delivering an efficient service in transformation training and development.



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ACTION



Since 2003 this transformation programme has reached thousands of families in...





# CHALLENGES



THINK



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ACTION

# Children See, Children DO



THINK



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ACTION



Reality is children SEE, children DO!



To watch this video clip go to this link:

<https://youtu.be/7d4gmdl3zNQ>



Working with many different communities and families around the world since 2003 we found that one of our biggest challenges for effective and responsible family & community engagement = the natural resistance to positive & responsible change and transformation of the Primary & Secondary caregivers

# woundedness



# The process that follows woundedness

- = vulnerability
- = closing up
- = lack of information
- = outsourcing parenting
- = system driven approach
- = lack of responsibility within social society
- = neglect of children







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ACTION

**CHILD**



Primary  
Caregiver =  
parent

**CHILD**



Secondary  
Caregiver = Teacher,  
Youth care worker, social worker,  
churches, mosques, schools



? Where is the foundation?

# where is the belonging?



THINK



INK



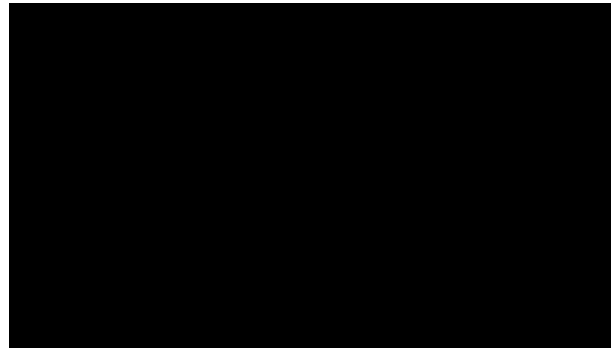
SHARE



ACTION



When our children do not find belonging at home, they go out to find it in the streets ...



To watch this video clip go to this link:

[https://youtu.be/I0x-uyBw\\_M4](https://youtu.be/I0x-uyBw_M4)





# THE NEEDS



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ACTION

We need programmes like this in our communities and townships...

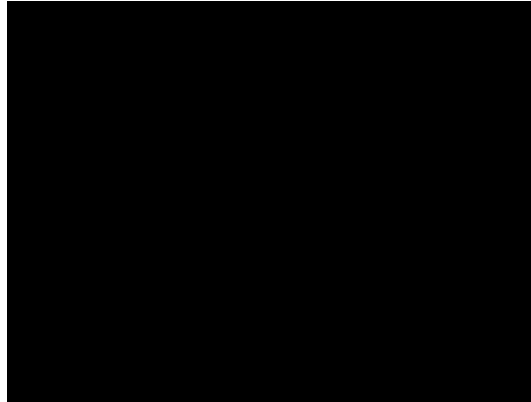


To watch this video clip go to this link:

<https://youtu.be/JZ0erGLu9sg>



We need programmes like this in our SCHOOLS!



To watch this video clip go to this link:

<https://youtu.be/v5M8jJ2l7lg>





**We need to** guide yesteryears child, through  
implementable, people driven & tool equipped programmes,  
to take back responsibility.  
To create homes which speaks belonging.

**We need to** give  
**[1] the child, [2] the primary caregiver and [3] the secondary caregiver**  
the framework in which they can reach out and understand each other.  
Let's help them to speak the same language of  
'changing negative patterns to positive patterns and start living a lifestyle of  
responsibility, it starts with ME.

**We need to** train, within our organisations, our existing youth care and social workers  
on best practice and proven programmes which

**GUIDE YESTERYEARS  
CHILD TO RAISE  
A RESPONSIBLE  
TOMORROW'S  
PARENT**



## The beauty of collaboration between training provider and organisation...



To watch this video clip go to this link:

[https://youtu.be/fpVNV\\_5dl0U](https://youtu.be/fpVNV_5dl0U)





# OUR SOLUTION



THINK



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ACTION

As training provider we are proud 2 share our accredited resources [including a Monitoring & Evaluation System] and manuals through our accredited **TRAIN-THE-TRAINER** Programme

RESPONSIBILITY  
**IT STARTS  
WITH**

**PROUD2B ME®** is a people driven TRANSFORMATION PROGRAMME where we as citizens **take action** and ownership to mobilise & guide yesteryears child to take responsibility to raise a responsible tomorrows parent. Without naming, blaming and shaming, we seize the opportunity to change negative patterns to positive patterns for the sake of our children and our children's children. We ignite and activate the **Madiba Magic** spirit and bring back the drumbeat, the heart, the LOVE, the unity, the RESPONSIBILITY.

Since 2003 we have successfully reached thousands of families in South Africa, Kenya, Tanzania, Cambodia and The Netherlands with our programmes for YOUTH, PARENTS and SECONDARY CAREGIVERS [translated & contextualised].

You can join our team Transformation Global. For **The What, Who, Where, When, Why and How** to **become a Distributor or Affiliate of this Training Programme** in your country or community, contact [nadia@proud2b.org](mailto:nadia@proud2b.org)

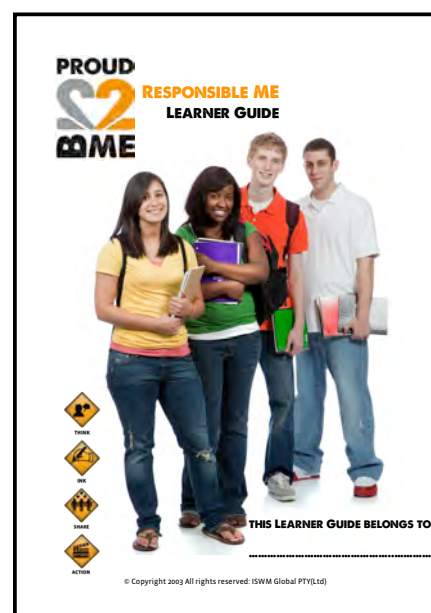
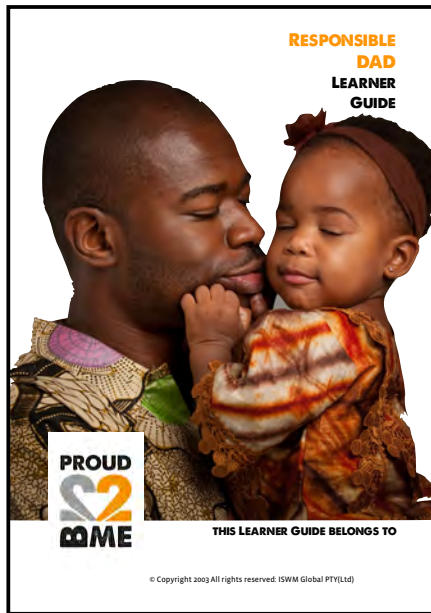
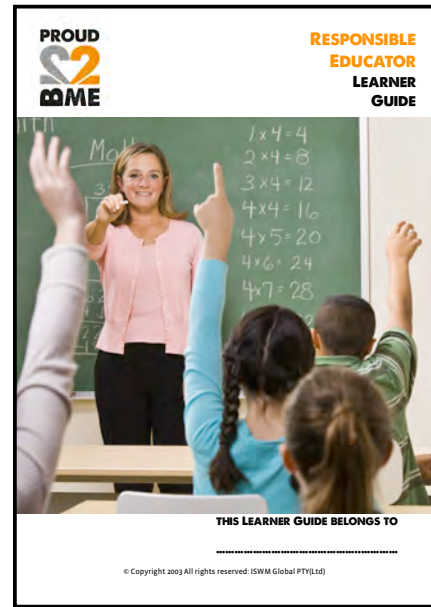
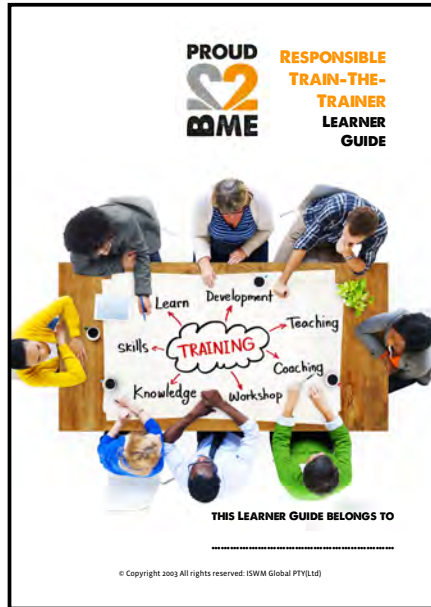
**WWW.PROUD2B.ORG**



**RESPONSIBLE**

ME → HOME → SCHOOL → COMMUNITY = NATION





**INTERACTIVE LEARNER GUIDES**

**RESPONSIBLE**  
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# Would **YOU** like to be trained as an IT STARTS WITH ME Parent Support Group Leader?

This could be your first step in being chosen to be trained as a certified PROUD2b ME® Facilitator or Trainer.

Starting in 2015 we are conducting training for 30

**IT STARTS WITH ME®**

**COMMUNITY Support Group**

**Leaders** at our Centre4Change in Salt River, Cape Town.

The process is as follows:

- × Interested individuals to contact Nadia for form to be filled in. Selection process will follow.
- × Commit to participate in a one week **IT starts with ME®** Community Support Group Leadership training.
- × You will need to identify and provide 20 parents in your community and form a Responsibility, IT STARTS WITH ME Parent Support Group.
- × A PROUD2b ME® Facilitator will run a 5 week PROUD2b ME® Responsible Parent Programme with you and your support group.
- × As Support Group Leader you then voluntarily lead this group under our mentorship.

**Calling community members who are passionate about helping parents in their own communities.**

Call Nadia 021-4472282 or email [nadia@proud2b.org](mailto:nadia@proud2b.org)

**PROUD**  
**2**  
**ME**

**RESPONSIBLE**  
**IT STARTS WITH ME**  
**COMMUNITY**  
**SUPPORT GROUP LEADER**

**IT STARTS WITH ME**  
**WWW.PROUD2B.ORG**



# PROUD2B ME TRANSFORMATION MODEL

## THE FOUNDATION [ 4 PILLARS ] OF A RESPONSIBLE ME

### PROUD2B ME PARENT

### PROUD2B ME YOUTH

### PROUD2B ME CARE/EDUCATE

pillar 1

My roles & responsibilities  
as a responsible parent

My roles & responsibilities  
as a responsible youth

My roles & responsibilities  
as a responsible social  
worker/educator

pillar 2

Self Esteem at home

My Self Esteem

Self Esteem at home and at  
work

pillar 3

Effective Communication at  
home

My Effective  
Communication

Effective Communication at  
home and at work

pillar 4

Positive Values & [self]  
Discipline at home

My Positive Values,  
character & [self] Discipline

Positive Values & [self]  
Discipline at home & at  
work

pillar 55 Celebration, certification & support group establishment



THINK



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ACTION



So here is my handful of tips for June 2015:

1. **Own the following: A positive vibe, it starts with ME.** And guess what, it is never too late. I need to recognise and identify what I do in my behaviour that makes me happy & positive and therefore circles out to those around me to make them feel happy and positive when with me. As a parent I cannot expect my children to surround themselves with friends that are positive if I am not doing so myself. Children see, children do. Want your children to surround themselves with positive friends? Make sure you are setting the example.
2. **As caregiving-team we need to share the vibe. Happy caregivers = happy children.** The primary caregivers at home, whether it is mom and dad, mom and gran, dad and dad, aunt and uncle etc., needs to work as a team. It creates great confusion for children if the caregiving team does not work together and it also creates a great opportunity for the children to negatively manipulate situations at home. As caregiving team in my home we need to be on the same vibe.
3. **Think positive. A negative mind will never give a positive vibe.** It's not only what we do that attracts positive friends, it's how we think. If we change how we think about others, we can become a magnet for the right friends. It's very easy to focus on the faults of others. That's because we often put other people down in the hope of elevating ourselves. But when we focus on what is lovely about others, something magical happens: We begin to feel different about them, and they in turn respond to us in a new, positive way.
4. **Let go of grudges and focus on the good in people.** Holding on to those negative thoughts about people and family members becomes a 'resentment centre' in your body. I always say that resentment is the killer of relationships. Teach yourself the habit of moving on and letting go. Focus on the now and on what you are teaching your children through your behaviour. None of us is perfect. We all have traits that make us difficult to live with. It's easy to focus on what is difficult. Instead, look for what is good and strong. If you do catch yourself focusing on negative aspects, remind yourself that you too have faults.
5. **Smile.** No matter how you connect with others, remember to smile. Whether you're connecting face-to-face, or via Twitter, email, chat, Skype, or phone, the person you are connecting with will feel your inner and outer smile. I am sharing with you a beautiful advert, which will put a smile in your heart and hopefully make you share the warmth. [Click here](#)



—Share your story—

"Hi Adèle, I am a medical doctor with no children of my own yet but I love your toolkits and use them in my practice all the time. thank you." - Dr L. Gwathwa, South Africa

"Wow Adèle, I love the work that Proud2b ME does and I have a folder on my desk with all your toolkits in as I print it out when I receive it. I share it with so many colleagues, friends and family. It is wonderful work, really." - The Prince Ngweni Mbasu, Chief Director SCD, National Government of South Africa, South Africa

Join our free monthly electronic  
**PARENTING TOOLKIT** [since 2003],  
which is already reaching an international  
membership of over 50000 = always  
fresh material for our Community  
Support Group Leaders & their groups.



THINK



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SHARE



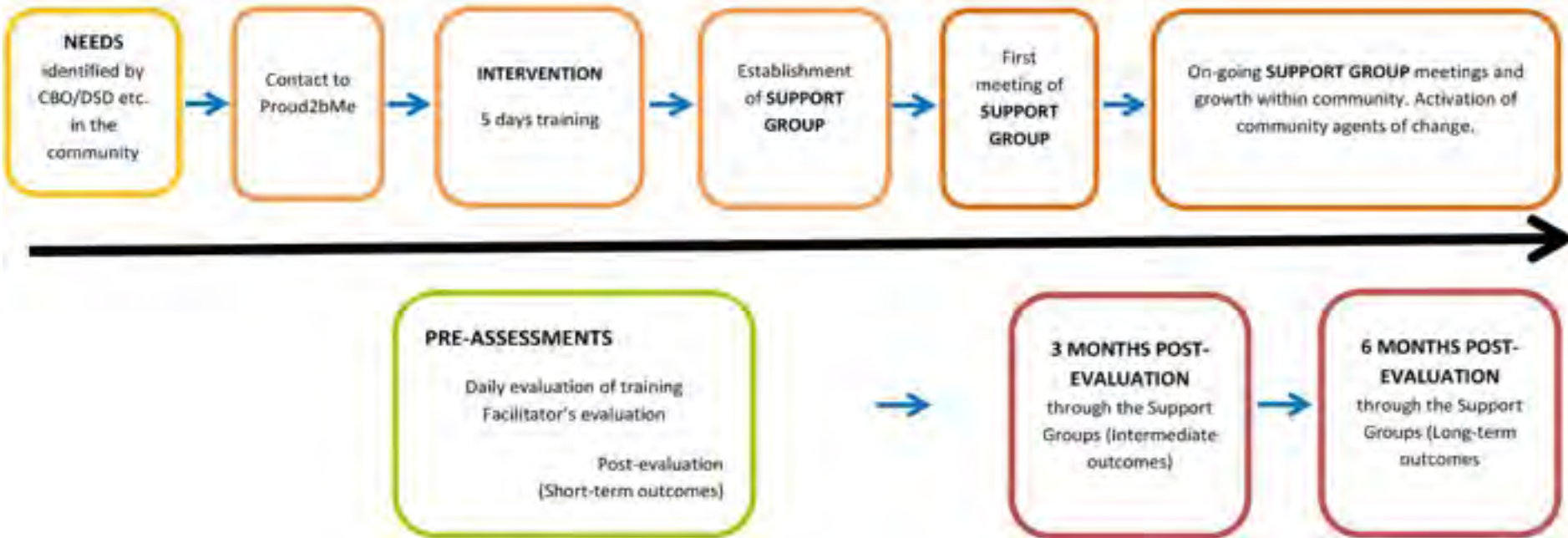
ACTION



# MONITORING & EVALUATION ...



## On-going Intervention Monitoring



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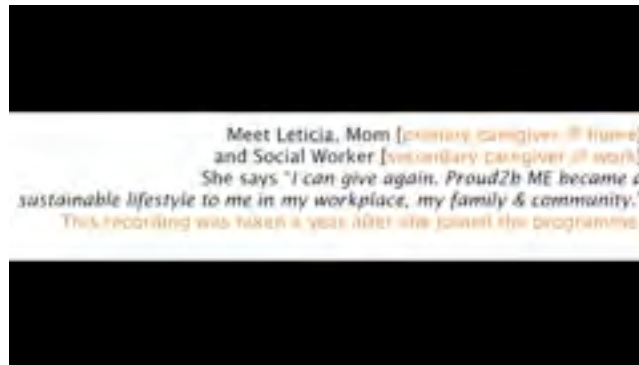
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SHARE



ACTION



To watch this video clip go to this link:

<https://youtu.be/wqB801j5FNg>



THINK



INK



SHARE



ACTION

# pst...the remote...



THINK



INK



SHARE



ACTION

The remote is in our hands...



To watch this video clip go to this link:

<https://youtu.be/4Z7QspRK1Jo>



To conclude, when we are talking  
Building Caregivers and Communities for Sustainable Transformation lets...



**THINK**



**INK**



**SHARE**



**ACTION**



THINK



INK



SHARE



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# RESPONSIBLE

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