



HUMAN EMPOERMENT AND RESOURCE BUILDERS

Batticaloa - Sri Lanka

The **HERB** is created by the group of professionals from the different field of discipline in early year of 2000 for the purpose of proper knowledge transmission to fill the information gab among the target community. **HERB** shares the experiences which it had gained with the target group to get the best of its achievement, through Formations, trainings, Facilitations, Conducting feasibility services and researches.

Vision

Proper knowledge transmission to fill the information gabs among the community

Mission

It is a place where one could obtain psychological assistance to identify hidden talents and to be aware of psychological obstacles to live in reality. Professionals in counseling and psychology provide the needy with individual attention to live actively and to make a better future.

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Our Services

- With the available Resource pool Contacting Trainings /workshops for the Requested Titles
- Organizing play types of workshops for children
- Project evaluation
- Designing work shops
- Gender inclusive advocacy and Governance
- Preparing Training/Feasibility Reports
- Organizing & Proposing Human Development & Leadership work shops
- Preparing Workshops/Seminars/Trainings Modules
- Facilitation techniques /Skills Development
- Creating Workshops/Seminars/Trainings Exercises
- Conduct & Facilitate Holistic Formation and Leadership, Counseling, Livelihood Workshops all over The Island.
- Enhancing Knowledge on small scale infra structure development
- Providing Facilitators/Resource persons on requests.
- Providing consultancy services for Agriculture/Livestock sectors.
- Designing concept papers for projects on requests.
- Designing Street Drama
- Performing Street Drama
- Career Guidance
- Personal Counseling/Group counseling
- Magazine Preparation

Training Title	Participants/Target Group	Training Output	Funding Agency
Facilitation techniques and Modern leadership	The Education office Staff from Kilinochi/ Zone office	<ul style="list-style-type: none"> • Build strong conviction. • Creates willingness to accept community responsibilities among the target group. • Makes a person open to new opportunities and challenges. • Improve performance and increase risk taking ability. • Helps a person give and receive both criticism and complements tactfully and easily. 	Project Funded by World Vision LankaHEA
	Local Authority members ,staff/CBO Members in Nuvaraeliya District	<ul style="list-style-type: none"> • Improve performance and increase risk taking ability. • Helps a person give and receive both criticism and complements tactfully and easily. • Understand others and to adapt their behaviour accordingly. • Build and nurture strong, lasting, mutually beneficial relationships. • resolve conflict in a positive manner 	CARE
	Paddipalai ADP Youths/CBO Staff/Mobilizes	<ul style="list-style-type: none"> • Look at individual Facilitation and the communication strengths among the Target Group, • Improving facilitation techniques skills and the values 	Paddipalai ADP World Vision Lanka

	Tsunami Project – Ampara District Local Authority members/Staff	<ul style="list-style-type: none"> • Builds optimistic attitude. • Makes a person more sensitive • Develop a caring attitude. • Makes a person self-motivated and ambitious. • Understand others and to adapt their behavior accordingly. • Build and nurture strong, lasting, mutually beneficial relationships. • resolve conflict in a positive manner 	Project Funded by – International Organization for Migration
	Tsunami Project – Batticaloa District IDP Camp Managers/SDOs Ds office	<ul style="list-style-type: none"> • Build strong conviction. • Creates willingness to accept community responsibilities among the target group. • Makes a person open to new opportunities and challenges. • Improve performance and increase risk taking ability. • Helps a person give and receive both criticism and complements tactfully and easily. 	Project Funded by – International Organization for Migration
	Tsunami Project – Batticaloa District IDP Camp Managers/SDOs Ds office	<ul style="list-style-type: none"> • Improve performance and increase risk taking ability. • Helps a person give and receive both criticism and complements tactfully and easily 	Project Funded by – International Organization for Migration/UNHCR
Team building and Leadership	Local Authority Staff Members	<ul style="list-style-type: none"> • Have a practical understanding of how delegates function as best communicators in their community. • Through communication skills and the skills reforming the relationship. <p>To facilitate a greater understanding through dialogue and teamwork,</p>	Project Funded by - ASIA Foundation

Training Title	Participants/Beneficiaries	Training output	Funding Agency
Facilitation techniques and Effective leadership	The Education office Staff from Batticaloa and Paddiruppu Zone office	<ul style="list-style-type: none"> • Self-awareness, • Self-confidence, • Positive personal impact, • Outstanding performance, • Communication skills and Interpersonal competence 	UNICEF
	CBO Members/Staff in Valaichchenai Oddamavai DS Division	<ul style="list-style-type: none"> • A set of behaviours which allow you to communicate effectively and unambiguously in a face-to- face setting • They can also be thought of as behaviours which assist progress 	Project Funded By CARE International
	CBO Members/Staff in Paddipalai/Vellavelly DS Division	<ul style="list-style-type: none"> • Better understand others and to adapt their behaviour accordingly. • Build and nurture strong, lasting, mutually beneficial relationships. • resolve conflict in a positive manner 	Paddipalai/Vellavelly ADP World Vision Lanka
	Ampara District Local Authority members/Staff	<ul style="list-style-type: none"> • Self-awareness, • Self-confidence, • Positive personal impact, • Outstanding performance, • Communication skills and Interpersonal competence 	International Organization for Migration
	Teachers from Paddipalai Zone	<ul style="list-style-type: none"> • To have a practical understanding of how delegates function as leaders. • To raise delegate's personal awareness of who they are? • Create willingness to accept responsibility among the community 	World Vision Lanka
	Local Authority Staff/Members Trincomalee	<ul style="list-style-type: none"> • A set of behaviors which allow you to communicate effectively and unambiguously in a face-to- face setting • They can also be thought of as behaviors which assist progress towards achieving an objective 	The Institute for youth concern
	Local Authority Staff/Members Mannar	<ul style="list-style-type: none"> • Build strong conviction. • Creates willingness to accept community responsibilities among the target group. • Makes a person open to new opportunities and challenges. • Improve performance and increase risk taking ability. • Helps a person give and receive both criticism and complements tactfully and easily 	

Training Title	Participants/Beneficiaries	Training Content	Funding Agency
Gender inclusive advocacy and Governance/ Better Understanding on Gender Values	DS office Staff Eravur Town	To have a practical understanding of how delegates function. To raise delegate's personal awareness of who they are? Create willingness to accept the Gender concept	Project Funded by ‘‘ DIAKONIA’’
	Tsunami Project – Batticaloa District	What is Gender? Definition of Gender Components of psychosocial wellbeing i) Human Capacity ii) Social Ecology iii) Economic Environment iv) Cultural and values Definition of development	Project Funded by – IOM
	Local Government staff / SDOs - Ampara District	What is Gender? Definition of Gender Self realizations and evaluation Knowledge Attitude Skill Practice Effective Communication Skills and Art of Relationship (TA)	Funded by ‘‘Seva Lanka foundation’’
	DS Office Staff IDP Camp Managers/SDOs Ds office	Human Security and Gender Gender in National Identity Gender and Armed Conflict The Role of Religion	Funded by IOM
	Student Leaders Batticaloa Zone	Human Security and Gender Gender in National Identity Gender and Armed Conflict The Role of Religion Conclusions	The Institute for youth Concern
	Youths from Ampara Youth Service Council	Human Security and Gender Gender in National Identity Gender and Armed Conflict The Role of Religion Conclusions	National Youth Service Council

Training Title	Participants/Beneficiaries	Training Content	Funding Agency
Family Counseling and leadership	Couples	To have a practical understanding of how delegates function. To raise delegate's personal awareness of who they are? Create willingness to accept the Gender concept	World Vision Ambegamuva ADP
	Fathers	The use of counselling as a way of responding to people in distress has grown rapidly in recent years. While it has proven popular with many people, the rapid growth of counselling has also generated some disquiet and numerous questions. Confusion abounds in many quarters about what counselling is and to what extent it works. The position is complicated by the fact that there is considerable debate about how the effects of counselling should be measured. Nevertheless, robust and consistent evidence about the effectiveness of counselling is now accumulating..	World vision Lanka Pottuvil ADP
	Mothers	Self-realizations and evaluation Knowledge Attitude Skill Practice	World vision Lanka Pottuvil ADP
Psychological Assistance Family rehabilitation project	Family members		World vision Lanka Pottuvil ADP
Student Counseling and leadership	Student Leaders	Attitude Change	UNICEF
Counseling	Youths from Ampara Youth Service Council	Self realizations and evaluation Knowledge Attitude Skill Practice	National Youth Service Council

Training Title	Participants/Beneficiaries	Training Content	Funding Agency
Family Counselling	IDP Camp Managers from Batticaloa	<ul style="list-style-type: none"> • Provide support in times of crises. • Promote change when change is needed. • Propose realistic action in the context of different life situations which may bring about difficulty. • Assist individuals to accept information on health and well-being, personally and/or for loved ones, and adapt to its implications. <p>Counselling is an agreement between the counsellor and the client (or person being helped) and is based on two-way communicating and talking.</p>	International Organization for Migration
Identifying Problems and Barriers during Counselling	Youth Service Council members	Culture Perceptions Habits Education Family situation Resources available to the client Religious persuasion Primary language ability, mother tongue	Youth Service Council
Basic Counselling	Pre- School Teachers	Self-realizations and evaluation Attitude Skill Practice	UNHCR
Family Counselling	IDP Family members Vaharai	Self realizations and evaluation Attitude Skill Practice	IOM
	IDP Family Members Kaluvanchikudy DS	Self realizations and evaluation Knowledge Attitude Skill Practice	IOM
	IDP Family Members Mutur	Self realizations and evaluation Knowledge Attitude Skill Practice	IOM

Effective Conflict resolution skills Development	Sectional Heads Teaching Hospital Batticaloa	Productivity Effective Conflict resolution skills Development Crystal clear communication	world bank
Effective Conflict resolution skills Development	Department of Local Government Eastern Province	Effective Conflict resolution skills Development Crystal clear communication	Handicap international



Nuwaraelia



Ampara



Ambegamuwa



kilinochi



Batticaloa



Batticaloa

Methodology

- Visualization Exercise
 - Indoor outdoor games and evaluations
- Guidance by the Resource person/Facilitators about the various activities related to
- Leadership values, Skills and the strengths.
- Group Discussions/Presentation/
- On Time Inputs.
- Power Point Presentation.
- Psychological Games and Evaluation.
- Individual /Group Presentations
- Self-Evaluations and Reflection.
- Open Forum
- Video clips
- Posters and banners making.

Learning of the trainings

- Attentive participation
- Active involvement of the youths.
- Forwardness in sharing
- Sense of group feeling
- Ready to mix up with everyone forgetting their own set up
- A leader should be fearless and humble, committed and vulnerable, outspoken and sensitive, value-based and flexible.
- Leadership is not about managing things but about developing people. You have to act as a liberator and not a limiter of human talent
- Build trust and respect with other neighbor community.
- Quickly they were able to understand and share their ideas without any difficulty.
- You should measure your success not by the extent of your power, but by how many lives you touch and transform.
- Your legacy to the generations that follow will be how much value you have added to your community and how many lives you have improved.
- As an effective youth leader, you need to renew yourself, revitalize your body and energize your spirit.
- In the games activities and group sharing the exposed their hidden abilities and even their happiness and sorrow was exposed.
- Identify the role model
- Working towards to achieve the harmony.
- Effective decision systems and communication among the youths.
- Commitment to common objectives
- Strength -Weakness -Opportunity between the individual members & the villages

Our organizations available training packages

- Peace Building and Leadership
- Facilitation techniques/Skill Development
- Career Guidance / Development
- Better Understanding on Gender concept / Values
- Non Violent Communication
- Enhancing Knowledge on small scale infra-structure development
- Family Rehabilitation Counseling
- Counseling Skill Development
- Art of Relationship and Transaction Analysis
- Training on Gender inclusive advocacy and Governance
- Conflict Transformation and Mediation
- Youth Counseling
- Conflict Mitigation and Problem Solving
- Personality Development/Self Esteem
- Group Dynamics/Team Building
- Management Skill Development
- Interpersonal Relationship

Experience/Working Partners

- Eastern University Sri Lanka
- Department of Education
- National youth service council Batticaloa, Sri Lanka
- International Organization for Migration
- Local Authorities
- Eastern Province Education department
- Zonal office Education Vavuniya
- World Vision Sri Lanka
- Sevalanka
- Handicap International
- RDHS office Batticaloa
- DS offices
- ADT
- Asia Foundation
- The Institute for Youth Concern

Our Available Resource Pool

- **Mr.Jeyanathan - Special Trained Trainer for Holistic formations**
- **Career Guidance & Counseling Officer,
Resource Person for Psychosocial Intervention Program
Zonal Education Office Batticaloa**
Dip in Counseling/ Dip in Psycho Social Work/ BA Sociology
- **Rev.Fr.A.A.Navaretnam –**
- **Lecturer EUSL/Catholic Chaplin/Gender Facilitator EUSL**
MA
- **Mr.S.M.A.Asmias - Lecturer NISD, Colombo**
BA, Dip in Edu MA (Social Work)
Dip.In.Cuonselling
- **Ms. Navaranjini Nadarajah**
Gender Consultant / Resource Person.
- **Ms.T.Sivaprasanthini - Consultant Special Trainer Gender (Colombo)/Psychosocial Work**
MA (Psychology)
- **Ms. S.J. Hillary - Gender/Women's' Development**
BA – EUSL
- **Mr.S.Aritharn - Assi.Centre Manager**
Psychosocial Centre
Department Of Education
Eastern Province
- **Ms.S.Shanthi – Gender and Production Consultant**
- **Ms.S.Kirubakaran – Assistant Director of Education**
BA, Dip in Edu, MA (Sociology)
- **Mr.Manirajah - Career Guidance & Counseling Officer, Resource Person for Psychosocial
Intervention Program Zonal Education Office Batticaloa**
BA, Dip in Edu, Dip.In.Cuonselling
- **Rev.Fr.X.I.Rajeeva – Trained Facilitator Teacher/Students'/Youth Counselor**
BA

Availability – On Request /whenever needed

If requested we will include more resource people from the relevant sector.

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