



# MIND AND WHOLESNESS NATION

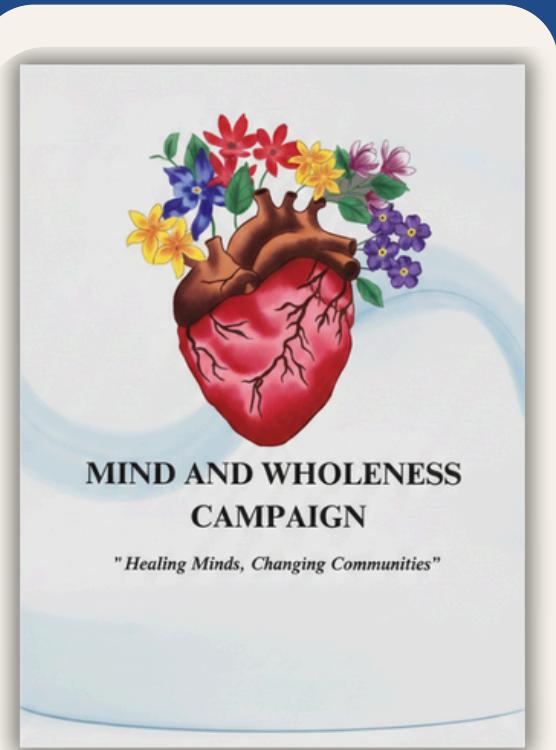
A REFLECTION OF THE YEAR 2025



## BOOK LAUNCH - Power That Brings Growth

We joyfully celebrated the launch of Power That Brings Growth, authored by Lillian Titus, on 11th January. The event marked a significant milestone for Mind & Wholeness, bringing together students, faculty members, and distinguished guests from diverse fields. The launch witnessed the gracious presence of notable professionals from the medical field and the Vice President of the institution, adding depth and honour to the occasion.

The atmosphere was one of reflection, learning, and spiritual insight, as the book invites readers to understand growth not merely as progress, but as a transformative journey rooted in faith, purpose, and inner alignment. Special appreciation is extended to all participants and attendees who contributed to the success of the event. Certificates of participation were awarded to those who played an active role, recognizing their commitment and support. The book stands as an invitation to every reader to embrace growth—spiritually, mentally, and holistically.



## Campaign Launch

The Mind & Wholeness Campaign was officially launched on the same day as the book launch of Power That Brings Growth, marking a powerful convergence of vision, message, and movement. The campaign set the tone for what Mind & Wholeness represents—an invitation to renewed thinking, inner restoration, and purposeful living. Introduced in the presence of students, faculty, and distinguished guests, the campaign emphasized the organisation's commitment to nurturing transformed minds and whole lives through faith-rooted principles. By aligning the campaign launch with the book release, Mind & Wholeness reinforced its core message: true growth begins within, is sustained by faith, and finds expression through intentional living and community impact.



## Website Launch

In a digitally connected world, Mind & Wholeness now extends its presence through its official website—a central space designed to reach individuals across geographies and walks of life. The website serves as a comprehensive hub where everything related to Mind & Wholeness can be explored. Rooted in the Word of God and guided by the Holy Spirit, the platform offers transformative insights and solutions aimed at restoring clarity, purpose, and peace in everyday life.

### Key Features and Offerings:

- Articles & Research-Based Content – reflective, faith-centered writings designed to nurture the mind and spirit
- Podcasts – conversations that inspire growth, wisdom, and inner alignment
- Community Space – a growing social platform for shared learning and connection
- Mentorship & Classes – structured guidance and learning journeys (to be launched)

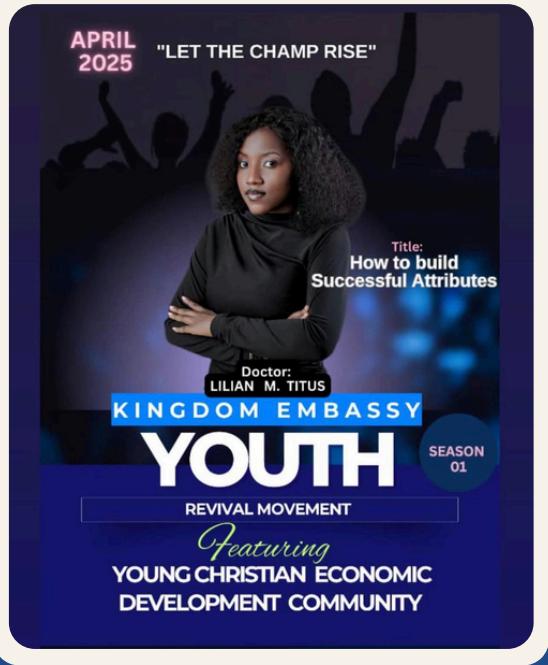
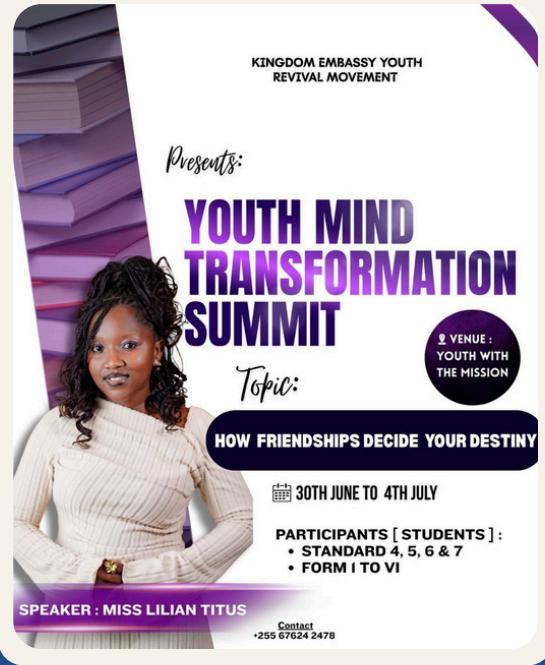
The website invites every visitor into a journey of renewal—where faith meets understanding, and wholeness becomes a lived experience

## Men's and Women's Masterclasses



Mind & Wholeness is in the process of developing exclusive Masterclasses for Men and Women, thoughtfully designed to address personal growth, identity, leadership, and spiritual maturity.

These masterclasses are currently postponed to ensure depth, quality, and alignment with the core vision of the organization. When launched, they will offer intentional spaces for learning, reflection, and transformation—tailored to the unique journeys of men and women.



## Invitations for Lillian Titus

Lillian Titus has been formally invited to speak at various events and platforms, sharing her insights on growth, faith, leadership, and holistic well-being.

Her work and message resonate deeply with individuals seeking transformation that goes beyond surface-level success. These speaking engagements aim to inspire audiences to cultivate inner strength, spiritual clarity, and purpose-driven living.

Further details regarding upcoming events and speaking sessions will be shared in due course. Updates regarding timelines and structure will be communicated soon.