



Susila Dharma Indonesia

a member of Susila Dharma International Association

our commitment towards humanity

Team Building

Cipanas, 21-24 August 2008

During 21-24 August 2008, Susila Dharma Indonesia (SD Indonesia) hosted a Motivation and Team Building field training in Children Village, Cipanas, West Java. The training was held for potential candidates in Subud youth to join SDI's team.

In total there were nine participants, eight were Subud youth as follows; Gita Kurniati, Tri Handayani (from Bogor, West Java), Hamidatun Shofiah Awwabi (from Cimahi, West Java), Rois Romdhona, Iskandar (from Bandung, West Java), Andik Handoko, Bambang Mariyanto, Edi Santoso (from Wlingi, East Java) and Itong Munawar (from Pangandaran, West Java). The facilitators were SDI's team, lead by Hartiningsih Dyah Astuty.



The first session started after lunch time, with Ridwan Satyadharna as facilitator in the motivation building sessions. In this session, the motivation was to encourage all participants to change their way of thinking.



Next sessions were held after a coffee break with the Cultural Act session, coached by Titin Suwartini. This time, it was spontaneity used in exploration, through body movement and voice. The next sessions were held after dinner, which were about positive thinking behavior session with *"the Secret – Law of Attraction"* movie, continued with a forum group discussion, coached by Ruslan Harnadi.

Thursday, August 21, 2008

The training program started with registration procedures in Children Village's dining room. All participants were then divided into three groups, under Titin Suwartini, Sri Hartati (Ati) and Mulki Mulyana as group leader. After registration, each participant was informed about the training program rules and group task. At lunch time, all the participants dined together along with all the children from Children Village.

Friday, 22 August, 2008

In the morning, the participants and facilitators jogged around the Children Village area. The fresh, beautiful surroundings, made all of the participants' sleepiness go away. Everyone was enthusiastic walking about 3 Km.

Soon after breakfast, was the Orphanage house Management session with Ari Prabowo (Chairperson of Children Village management). Everybody was





curious to know the history and the daily operation of the orphanage. Then each participant had the task to interview one child. They ran outside eagerly to begin their task. They worked happily together with the children to clean the Children Village.

During Cultural & Act session, they discussed about the show, which must be performed at the end of training. Person by person put forth suggestions. They decided to perform a cabaret, about a parody of Cinderella story.

Then it came time for the Field Trip with Dyah Astuty. The first trip was to visit a cow husbandry which belonged to Suroso, a Subud member in Cipanas. Down by the bend road, the aroma of cows could be smelled. Some of the participants panicked when one cow suddenly defecated. In Suroso's house, the participants wrote down and listened seriously about how to run a husbandry business.

The visit continued to orchid garden belonging to Jimmy, also a Subud member in Cipanas. This humorist person made the people enjoy the conversations until the sun went down.

In the evening, we did Latihan at the Sukamulya Subud house. Although it was not Latihan day, they were very grateful to receive us doing Latihan. Then it was back to Children Village, where we watched



one of Bapak's video talk.

Saturday, August 23, 2008

At 6 o'clock the next morning, everybody was ready to go to visit the grave of YM Bapak Muhammad Subuh Sumohadiwidjojo at Sukamulya, Cipanas, West Java. For some participants, it was their first visit, so that they were very excited. The atmosphere during the trip was calm and quite.

After coming back to Children Village, there was film *Human Instinct*, continued with a film discussion. All were enjoyed both the film and the discussion.





The facilitators, from left: Titin, Ary, Ati, Dyah, Mulki

That was followed by a team game by Mulki Mulyana, which it took place on Children Village field. The children were also invited to join. These games needed good teamwork and it was very cool! This was at the same location, used for the preparation show. The participants invited children of Children Village to join the performance. They also prepared the costumes and other equipment.

The night session was Work Ethics by Ruslan Harnadi. In this occasion, Ariana Susanti -SD Indonesia's chair, came and discussed with participants and facilitators.

Sunday, August 24, 2008



The Sunday session was held after breakfast, which was Leadership Skill by Mulki Mulyana. Their sense of leadership and nationalism was awakened during the session. Finally, the participants were taken onto the field, crying as they ran to reach and kiss the Indonesian flag.

This day, the participants gave the reports of what too place during all sessions. Considering most of them still had only done half of report, they were given



time to finish all after lunch.

In the evening, the show began. This event was also attended by the orphanage management and all the children. The show was fun and entertaining. The Cinderella and stepmother, who were played by two of the men participants, always made al of the audience laugh.

In the end, was the announcement of the favorite participant, chosen by participants themselves. The winner was Iskandar (from Bandung). Besides, there were also the King (Bambang from Wlingi) and Queen (Gita from Bogor).

All the participants were happy and thankful that they could join this training. The children and management of orphanage were also glad that they could involve in many activities during the training.