

## My Change experience after attending Lead for Change

I am usually a person who keeps bad memories in a separate stack with no intentions of revisiting them again

But when I visited iofc my first lead for change programme ...

I still remember Stephania was taking a workshop and they said clearly about being honest and forgiving, their words made me go back to such bad memories...

I was a avid basketball player and went to a school where it was a great deal to win this game and every match in it ...

I still remember my coach appreciating my work.

So I had hoped I would be in for the next game he announces

Now as a human being I exactly know how much I had prepared myself to reach till there.

I used to get up at 6.0 go for a long run with dad, then go for practice, then eat healthy no matter how much I used to crave yummy food (and as a child I was very weak I had to work upon myself to get my health back) then in the evening practice dribbling on my own.

I knew I was not very good.

But I practiced my hearts out...

And during the selection day a girl whose dad was Friends with sir was chosen to be in the team and for the game

I felt devastated ... I was shattered and into pieces

I went home crying

I was angry... Angry at my core till a point where if I was ever allowed a murder it would have been my coach. Kirk anger had taken over all the good things he taught me ... My first pass, first dribble etc .. I hated him with no respect in my heart🤡.

Before leaving sir said you are good in dancing you should continue that... Where as I was more interested in making my career in basketball

Since then I have never looked back, didn't touch basketball, never spoke to sir or my friend and kept no contact as I told you I have no intention of revisiting bad memories

But now after I heard a few sharings about forgiving, honesty, happiness, being true to yourself

I felt a sudden change in me.

I revisited that worst memory of mine again.

I thought about it and within minutes I could realise that if there was someone at fault it was none other than me.

I was the one who abandoned the game. Never clarified the things with my coach before leaving ... May be he had something better for me in the store

I was the one who didn't talk to my team mates

And if I really think about it then it was because of him I was able to create a parallel career in dance

Now express my freedom through my dance. As I say this, I got this sense of freedom after forgiving my coach.

Before I left I not only forgave my coach but thanked him for the wonderful knowledge he shared with me and I promised that I would join back the game in my college and I did I play matches and won the very first match by 36-12

I thank LfC team from bottom of my heart to make me realise that there is no point in keeping things in heart instead think about them about yourself and others point of view

Moral : no matter how much you think you were not at fault in a particular situation ... We should always consider the point of view of the person in front of you 🤝

Three cheers for LfC TEAM

Hip hip hurrah

Hip hip hurrah

Hip hip hurrah

Manasi Karale