



SUCCESS STORIES BOOKLET

Provinces: Kabul, Balkh,
Helmand and Kandahar

**Women for Peace and
Participation**

Project Title: Conflict Resolution and Mediation Techniques
Training Programme





Kabul Province Success Stories

Name: Aminullah

Title: Mediator and University Student

Province: Kabul

Background:

My name is Aminullah, and I was born in Helmand Province in 2002. Currently, I reside in Kabul, where I completed my schooling and earned a diploma in the English department. Alongside my academic pursuits, I also studied various computer programs. I am now university student. However, despite my educational background, I realized that I needed to expand my knowledge in areas beyond traditional schooling. Specifically, I wanted to enhance my understanding of leadership, conflict resolution, and how to effectively engage with and support my community. These were crucial areas of growth that I felt could help me make a more meaningful contribution to society.

Support from WPP:

I had the privilege of joining the WPP (Women for Peace and Participation) organization, where I participated in a series of highly valuable training programs. These sessions focused on essential topics such as mediation, trauma response, and leadership development. The WPP's approach to delivering these trainings was practical and engaging, making it easy for me to grasp the concepts and apply them to real-life situations.

A special thanks must go to Abida and Omar from WPP, who worked closely with all of us. Their dedication and hands-on support were invaluable. They ensured that we had the resources, guidance, and assistance we needed at every step, addressing any challenges we faced with care and professionalism. Their personal involvement had a profound impact on my learning experience, allowing me to grow both personally and professionally.

Results and Impact:

As a result of WPP's training programs, I now gain the confidence and skills to resolve conflicts and handle various issues within my community. The mediation training taught me how to effectively engage with community members, listen to their concerns, and act as a mediator in



resolving disputes. This important and new role has allowed me to become an active participant in helping individuals settle conflicts peacefully and constructively.

The trauma resilience and response training also had a deep and transformative effect on me. It enabled me to identify and address my own traumas, which I had previously overlooked. I learned that self-awareness and self-care are vital when it comes to supporting others. By understanding the deep impact trauma can have on both mental and physical health, I've gained the ability to manage my own emotional well-being and, in turn, help others cope with their struggles. The techniques and strategies I acquired through this training have empowered me to assist both family and community members in dealing with trauma and its aftermath.

Thanks to WPP, I now approach conflict resolution with a more nuanced perspective. I can mediate disagreements within my community and guide individuals toward peaceful solutions. This has had a ripple effect, bringing about positive changes in how people view and resolve conflicts. It's not just about solving problems anymore; it's about promoting understanding, empathy, and cooperation.

Expectations for Future Engagement:

I hope that WPP will continue to provide these invaluable educational and training opportunities. The skills I have gained through these programs have been contributory in shaping my ability to contribute to my community. I believe that many others in my community would benefit immensely from similar trainings. Continued focus on mediation, leadership, and trauma resilience is essential if we are to overcome the challenges we face and create a more harmonious, peaceful society.

Furthermore, I appeal to the donors and supporters of WPP to continue their efforts and funds in these life-changing programs. Their funding has had a direct and tangible impact, not just on my life but on countless others. With ongoing support, WPP can expand its reach, empowering more individuals with the tools they need to bring about positive change. Together, we can work toward lasting peace and sustainable development in our communities.

In conclusion, my journey with WPP has been one of personal growth and empowerment. I am deeply grateful for the skills, knowledge, and confidence I have gained, and I look forward to applying them to help my community improvement. I sincerely hope that others will have the same opportunity to experience the avail the opportunity and receive benefits of WPP's programs.



Name: Khalida Hamidzai

Title: Mediator and Field Officer

Province: Kabul

Background:

My name is Khalida Hamidzai, and I am residing in Kabul. I completed my education in Kabul, graduating from a private university. Over the years, I have been fortunate to gain experience in various sectors:

I worked in the as administrator, Customer services, Finance focal point, receptionist, and contributed services as monitoring, evaluation, and marketing department. Currently, I am employed at a French institute (FCRM) and serve as the and field officer for the Kabul Group within the WPP organization.

Impact of WPP Training:

Living in Afghanistan, a country torn apart by war, I have personally experienced the harsh restrictions placed on women in all areas of life from family, workplace and education. These challenges have made life exceptionally difficult for Afghan women, as the world has witnessed. Daily, I have faced issues rooted in family conflict, community tensions, ethnic divides, and the ongoing suppression of women's rights. Like many others, I have suffered due to these struggles.

Growing up in a community steeped in traditional Afghan stigma where education was rare, child marriages were common, and the scars of war ran deep. I often found it hard to voice my opinions. I didn't have the confidence to mediate or stand up in the face of conflict. I felt powerless.

That all changed after I participated in the mediation and trauma training offered by WPP. The training had a profound impact on me, transforming me into an active and engaged member of WPP. It gave me the energy and confidence to become a capable mediator, helping me move from a place of uncertainty to one of strength. I have earned the trust of my family, colleagues, and community and now play an active role in resolving family and workplace conflicts. People now come to me with their problems, confident that I will listen and offer help.

Thanks to the support of WPP, I have handled many complex cases. While I may not always achieve the perfect outcome, the trust and security people feel in coming to me is invaluable.



This transformation is entirely due to the WPP training, for which I am deeply grateful. I hope Afghan women continue to support each other so we can grow and strengthen this vital network.

A Request to WPP and Donors:

I am incredibly grateful to WPP and its exceptional leadership, particularly WPP management, Abida Kakar who has been a pillar of support for Afghan women during these challenging times. Her and Mr. Omar's leadership has helped solve our problems quickly and opened many doors for Afghan women.

Looking ahead, I am hopeful that WPP's work will expand even further. Given the difficult circumstances Afghan women face today, whether financially or emotionally it's becoming increasingly hard for us to pursue our goals. My request is that WPP continues to grow and provide more opportunities, so women like me can continue our education and live without the constant restrictions we face. My wish is to follow in the footsteps of Abida Kakar, helping more Afghan women and ensuring that support reaches those who need it most across Afghanistan.



Name: Essa Khan

Education: Mediator and Medical Doctor

Province: Kabul

Background

My name is Isa Khan, and I am WPP Mediator and medical doctor leading one of the hospitals in Kabul. Living and working in Afghanistan, I have witnessed how trauma affects everyone around us impacting our personal lives, workplaces, and communities. The challenges our nation faces are immense, deeply influencing our ability to function and thrive.

Effects of WPP Training

The training I received through the WPP (Women's Peace Participation) has been incredibly helpful, not just for me, but also for my colleagues and the wider community. In a country where trauma is part of daily life, these trainings equipped us with the tools and knowledge to support those around us in meaningful ways.

Through the WPP training, I gained valuable skills in mediation and conflict resolution, enabling me to become a more effective leader and mediator in my workplace. I have learned how to handle conflicts at the hospital, creating a calmer environment for both staff and patients. These skills have also spilled over into my personal life, where my family has benefited from my newfound abilities in mediation. Thanks to WPP, I now feel more confident and capable of addressing issues in both my professional and personal life, which helps to build trust and resolve problems effectively.

The positive changes from this training are clear. We have noticed improved relationships and better communication, which have helped us cope with the ongoing trauma in Afghanistan. The skills I've gained are vital in this context, and I plan to continue using them to help those around me.

Expectations for Future Engagement

While I am grateful for the progress we have made, I want the impact of these trainings to extend beyond the completion of this project. We need more programs like this to further enhance our ability to address trauma, resolve conflicts, and create peaceful environments in Afghanistan. I hope that WPP will offer additional training and support, especially in mediation and leadership, so we can keep helping our communities during these tough times.

Conclusion



I want to express my heartfelt gratitude to WPP and ICAN for supporting us Afghans during these challenging times. Your efforts, especially in empowering Afghan women who urgently need these initiatives, are deeply appreciated. With ongoing support from WPP, I believe we can make a lasting difference and improve the lives of many more people in Afghanistan.



Name: Ghatol

Education: Business and Administration

Title: WPP Mediator

Province: Kabul

Background:

With several years of experience in the financial and accounting sectors, I had the privilege of joining the WPP Kabul Mediators Group. This opportunity has been incredibly enriching and transformative for me. The programs offered by WPP, particularly those focusing on trauma and mediation, have greatly influenced both my personal and professional life.

Impact of WPP Training:

Living in Afghanistan presents us all with challenging situations that often lead to stress and emotional strain. The trauma training provided by WPP was especially impactful, helping me better understand how to manage these emotions. Not only have I been able to apply these insights in my own life, but I've also helped alleviate the stress of friends and colleagues, creating a positive ripple effect.

The mediation training was equally empowering, equipping me with practical tools to assist others in resolving conflicts and building healthier relationships. These skills have boosted my confidence in supporting my community, both personally and professionally.

Hopes for Future Collaboration:

I am immensely grateful to the WPP and ICAN teams for their dedication, hard work, and patience in delivering these valuable trainings. I sincerely hope that WPP and ICAN continue their collaboration with us, providing more opportunities for growth and learning. These programs have made a tangible difference in my life, and I believe they have the potential to benefit many more individuals across Afghanistan.

Conclusion:

A heartfelt thank you to the WPP and ICAN teams for all that you have done for us. Your efforts have left a lasting impact, and I eagerly look forward to your continued support in the future.



Name: Shagofa Hamidzai

Title: WPP Mediator

Province: Kabul

Background:

My name is Shagofa Hamidzai, from Kabul. I completed my early education at Levi Edi School in Gershak, Helmand, and later finished my studies at Sufi Islam Main School in Kabul.

I run a private clinic from my home, helping people in my community. I have attended trauma, mediation and networking and leadership training program organized by WPP. This experience has been life-changing for me and my family. It opened the door for us to talk about trauma and mediation process and how it affects us. I have also been able to apply what I learned to help my patients who are dealing with trauma, offering them care and guidance for their healing.

Impact of WPP Training:

In Afghanistan, many people suffer from trauma due to unemployment, financial problems, dignity issues, and family or external challenges. The WPP trauma training helped me understand and address these problems within my community, especially with my patients. With the skills I learned from WPP, I have been able to bring relief to those suffering, making a real difference in their lives.

I am very thankful to Mrs. Abida Jan and the WPP leadership for their continuous support. The trauma, mediation and leadership program has made a huge impact on me, giving me the tools to not only help my family but also provide better care for my patients.

Hopes for the Future:

I kindly ask WPP to keep supporting us so we can continue serving both our communities and us. I hope WPP will offer more training programs to help us grow our skills and reach our full potential. Afghan women are facing tough times, and we need as much support as possible to overcome these challenges.



Final Thoughts:

I am extremely grateful for WPP's support. Your dedication to helping us develop and improve our communities is invaluable. I look forward to working with you as we continue building a brighter future for Afghanistan.



Name: Waheda Sherzad

Title: WPP Mediator

Province: Kabul

Background:

My name is Waheda Sherzad, and I graduated from Al-Fath High School in Kabul. After completing my military medical training at Shahid Sardar Mohammad Daoud Khan Hospital, I worked in the gender department of the same hospital for 6 years.

But after the fall of the republic and the rise of the Taliban, my life took a drastic turn. I ended up staying home and battling depression. To help support my family, I started teaching at a private school for a year. However, the salary was too low to cover our expenses, especially after my husband left the country following the Taliban's return. I needed a better-paying job to take care of my family.

Eventually, I found a job in the marketing department of a private company. Around this time, I was introduced to Mrs. Khaleda Jan, who kindly invited me to join the WPP program. Attending the mediation and trauma seminars truly changed my life and work and support myself, family and community members around me through the trauma and mediation skills which are more required by us now.

Impact of WPP Training:

The training I received from WPP has been extremely helpful. It not only gave me important mediation skills but also offered much-needed emotional support. It has helped me deal with the challenges Afghan women face today. I am especially thankful to Mrs. Khaleda Jan, Mrs. Abida Kakar, and Mr. Omar for their guidance. Their dedication has made a big difference in my life and the lives of many other women and others.

Hopes for Future Support:

I hope that WPP and ICAN will continue to offer regular programs that support women like me. The training is critical for Afghan women in these difficult times. If possible, I would also appreciate financial support for women, as many of us carry heavy responsibilities. As the head of my household, I understand these challenges firsthand.



Conclusion:

I am deeply grateful to the WPP and ICAN teams for their continued efforts. Your support has been a lifeline for Afghan women, and I look forward to more opportunities that will help us overcome these tough times.



Name: Roshana

Titel: WPP Mediator

Province: Kabul

Background:

My name is Roshana, and I graduated from the Kabul Ghazanfar Institute of Midwifery and the Faculty of Medicine at Ariana University in Kabul. I'm excited to be a part of the WPP organization.

How WPP Training Helped:

Before joining WPP and attending trauma leadership and mediation training, I often struggled with conflicts in my daily life. It felt overwhelming to deal with them. But after completing the training, I gained the confidence and skills to handle any problem. Now, I can manage trauma for myself, my family, and my community, and I'm able to teach others important leadership skills.

Hopes for the Future:

I hope WPP continues offering these helpful training programs. I also encourage donors to keep supporting these efforts, as they are vital for Afghan women facing challenges. Your support will help us continue growing and assisting others in our communities.

Conclusion:

Thank you, WPP, for the life-changing training and support. The knowledge I have gained has allowed me to positively impact my community, and I am excited for more opportunities to help others. For that we need moral and financial support to continue our efforts.



Balkh/Mazar Province Success Stories

Name: Mursal Nasimi

Education: Chemical Engineering

Title: WPP Mediator

Province: Balkh

Background:

My name is Mursal Nasimi, and I was born in Mazar-e-Sharif, Afghanistan, in 1993. My family moved to Pakistan because of the civil wars. I went to Mirwais Nikah Secondary School in Karachi until the third grade. After the first Taliban regime ended, we returned to Afghanistan, and I finished my education at Mazar-e-Sharif Female High School in 2014.

In 2013, I started studying at the Balkh Institute of Administration and Accounting, where I spent two years. After that, I began teaching at a local school and got married. I taught different subjects for five years and also attended business training programs to improve my skills. These programs helped me learn about accounting, starting a business, and marketing, especially for women in economics.

My life changed when I met Mrs. Mehbouba Zamani, the Balkh focal point, through an educational program. She introduced me to the WPP mediation training program. Despite the challenges women face, WPP offered training in conflict resolution, mediation, and leadership.

Taking part in these workshops encouraged me to take control of my life. The mediation training taught me how to solve problems peacefully and effectively. I realized that even in tough situations, I could create opportunities for myself.

Current Challenges:

Unfortunately, the current Taliban regime has limited women's education and work outside the home. Although I have had to return to a more traditional role, I am determined to find ways to contribute and work from home.



Gratitude and Expectations:

I want to sincerely thank WPP for their support and ICAN as a donor for making these programs possible. Your efforts are vital for empowering women like me. I hope for continued support and more chances for Afghan women to build their skills and resilience during these challenging times.

Conclusion:

Thank you again to WPP and ICAN. Your commitment to our growth and empowerment inspires us to keep going and work towards a brighter future, no matter the obstacles we face.



Name: Arezo Sadat

Education: Bachelor's in Economics

Titel: WPP Mediator

Province: Balkh

Background:

I was born in 1996 in Kabul Province, and my family moved to Pakistan, where I completed my primary education. I graduated from high school at a public school in Mazar-i-Sharif in 2013.

In 2014, I started studying at the Faculty of Economics at Balkh University, and I graduated in 2018. My first job was as a Finance Assistant at the Balkh Chamber of Commerce and Investment (BCCI). While working, I also took language courses and participated in various training programs to improve my skills.

Professional Development:

After the political changes in my country, I remained focused and worked as a trainer for two international business programs with UN-ILO. I became a certified trainer for two business programs: SIYB (Start and Improve Your Business) and GET-Ahead. I also worked as a Basic General Literacy (BGL) Master Trainer with UNESCO.

Impact of WPP Trainings:

My life changed a lot after I took part in the Trauma and Resiliency Model Training. I learned about resilience and how to face challenges, which is important in today's difficult environment.

The leadership training was especially helpful. It taught me that being a leader in a society that often doesn't support women can be hard, but the training encouraged us and respected our feelings. We learned that we can be hardworking and caring leaders in our communities, even when times are tough.

Mediation Techniques :

The mediation part of the program showed us how to solve social problems starting within our own families. We learned useful techniques to help us reach agreements and resolve conflicts. This training is especially important for women, who often face challenges in society today.

As someone dedicated to my community, I feel it's my responsibility to share what I learned from this training. I want to help others understand these lessons so we can create positive change



together. We required resources to implement our skills and serve communities in this very distress and difficult time.

Conclusion:

I am thankful for the chance to participate in these trainings, which have empowered me and given me the tools to make a difference. I hope to keep supporting my community and promoting resilience and leadership among women.



Name: Farzana Hossainy

Education: Bachelor's in Agriculture

Title: WPP Mediator

Province: Balkh/Mazar

Background:

My name is Farzana Hossainy. I was born in 1997 in Samangan Province, Afghanistan. When I was a child, my family and I had to leave our home and move to Iran because of the difficult situation in our country. We lived there for five years, and it was a challenging time for us.

In 2002, we returned to Afghanistan, and I was able to go back to school. I worked hard and finished twelve years of schooling in Mazar-e-Sharif, achieving great grades. Education was very important to me, and I wanted to learn as much as I could.

In 2015, I started my journey in agriculture. This was a big step for me, and after four years of studying, I graduated with a degree in agriculture. During my studies, I also worked as a teacher because I believe teaching is a very important and honorable job. However, I faced some challenges in continuing my teaching career because my family did not support my choice.

Currently, I act as a mediator with WPP and also work in the administrative department of a private company in Mazar-e-Sharif. It's a good job, but I always felt that I could do more to help my community.

How WPP Training Changed My Life

Before I joined the WPP mediation program, I didn't know much about mediation or leadership. I often felt unprepared to deal with problems that required these important skills. I wanted to help my community, but I didn't know how.

After attending the WPP training, everything changed for me. I gained a lot of confidence and learned many new things. I now believe I can be an effective mediator, which means I can help people resolve their differences and work together to solve problems. The training equipped me to handle personal challenges and community conflicts better. I feel empowered and ready to take an active role in helping my community.



Looking to the Future:

I have a dream for the future, and I hope the WPP organization can help make it happen. I want to see more Afghan girls have access to these valuable training programs. These opportunities can change lives and help us become stronger leaders in our communities.

Please continue to support us with training that builds our skills and creates a safe space for us to learn and contribute to society. Together, we can make a difference!

To financially support our efforts in serving community members, we need assistance due to the worsening economic situation in Afghanistan, which blocks our ability to act as mediators and trauma experts.



Name: Hossein Mohammadi

Education: Master's in Computer Science

Province: Balkh/Mazar

Background:

My name is Hossein Mohammadi. I was born in Iran and completed my elementary, middle, and high school education there. Later, my family returned to Afghanistan, where I obtained my bachelor's degree in science and a master's degree in computer science. For the past seven years, I have served as a mathematics professor at private universities in Mazar-e-Sharif and now also work as mediator with WPP.

I have a strong passion for research, particularly concerning Afghanistan's economic development, and I highly value data analysis and scientific investigation.

Impact of WPP Training:

The trauma and resilience training provided me with invaluable skills that have positively impacted both my life and my community. The mediation techniques and case studies from Afghanistan and Jammu and Kashmir were especially enlightening. I now disseminate this knowledge through training sessions.

I believe these mediation techniques are essential for everyone, including men, as evidenced by the keen interest shown by the training participants. Having completed the training, I feel a greater sense of responsibility to act as a mediator and community integrator across various groups.

Case Work:

Our society continues to face numerous challenges, particularly in the wake of the recent crises in Afghanistan. I encountered a family grappling with severe difficulties after their daughter's immigration case was denied in Pakistan. The father, feeling despondent, confided in me about his daughter's depression.

To assist, I reached out to the girl through my wife, aiming to offer her some comfort. We developed a friendly relationship with the family, and I observed positive changes in the girl's demeanor following our interactions. We even suggested a trip to Iran for the family to uplift their spirits and create cherished memories.



Suggestions for Improvement:

I advocate for the continuation of these training programs and recommend an increased focus on practical work within the community. I urge WPP and its donors to provide us with the necessary resources to sustain our mediation efforts.



Name: Noreya Khorram

Occupation: Housewife

Title: WPP Mediator

Province: Balkh/Mazar

Background:

My name is Noreya Khorram, and I was born in 1987 in Balkh Province, Mazar-e-Sharif. When I was a child, my family moved to Iran. I was studying literature in my second year, but I had to stop due to different challenges. For many years, I focused on taking care of my home and working as a seamstress while raising my children.

After the birth of my second child, life became harder because my husband re married. This hurt me emotionally and mentally and caused tension in our family. Eventually, I moved to Iran with my parents for a while, but I always wanted to return to my homeland for the sake of my children.

Impact of WPP Training:

As my children grew, I experienced moments of happiness but also faced struggles. I learned English and earned a certificate, which was a big achievement for me. Later, I was invited by Mrs. Zamani to join the WPP program, where I learned mediation techniques, trauma awareness, and leadership skills.

This program gave me valuable knowledge and improved my mental health. I became more confident and discovered my potential. Now, I want to be independent and fight for women's rights, especially those who face violence and lack basic needs. My goal is to be a positive example for the women in my country. This program has been very important for my personal growth. Before, I felt alone, but now I feel like a butterfly ready to fly. I am determined to make a difference in my life and support other women in my community.

Hopes for Continued Support:

I hope the WPP organization continues its support and expands its programs. I want more training to specialized in mediation and financial support so I can help resolve conflicts in my community and empower other women, building a strong network of support for those in need.



Name: Mohammad Rasouli

Education: Geology Engineering

Title: WPP Mediator

Province: Balkh/Mazar

Background:

My name is Mohammad Rasouli, and I was born in Afghanistan in 1990. I went to elementary school in Herat and finished high school in Sarpul in 2010. I graduated from Jawzjan University in 2015 with a degree in Geology and Mining Engineering. For two years, I worked as a procurement manager in a government office, and since 2018, I have been a deputy in a private company in Mazar-e-Sharif.

Impact of WPP Training:

Trauma is a part of life, often caused by difficult experiences. Because we can think and feel deeply, humans are especially affected by emotional pain. I realized that understanding trauma and learning how to bounce back is important for dealing with it.

After joining the trauma programs from WPP, I learned what causes trauma and how to build resilience. This knowledge helped me cope with my own challenges and support others dealing with trauma. Now, I teach people about different types of trauma and ways to handle it, which has been very helpful.

We also face conflicts due to differences in interests, beliefs, and values. Knowing how to mediate these conflicts is important. Before WPP training, I didn't understand how to handle conflicts, and my efforts sometimes made things worse. But after learning conflict analysis and mediation skills, I can now solve small conflicts in a better way.

Expectations for Continued Support:

I am very thankful for non-profit educational programs like WPP. I encourage the organization to continue its great work. I also want to thank ICAN for its strong leadership in running these programs. I look forward to more chances to learn and improve as a mediator so I can help my community even more. Additionally, to provide financial support while serving our community members, we face a challenging economic situation in Afghanistan and require funding to act as mediators and trauma experts.



Name: Rahela Hosseini

Education: Engineering

Province: Balkh/Mazar

Background:

My name is Rahela Hosseini, and I am part of the WPP team in Mazar-e-Sharif. I finished elementary school in Kabul and high school in Mazar-e-Sharif. In 2022, I graduated with a Pharmacy degree from Balkh University. Currently, I teach at a private institute, helping my community.

How WPP Training Helped:

When schools and universities were closed and women faced work restrictions, it felt like my dreams were fading. Many girls were forced to stay home, and seeing them miss out on education made me very sad. The struggles and unfair treatment of women in our country were always on my mind.

The trauma and mediation programs I joined really opened my eyes. I learned that reacting immediately isn't always helpful. The mediation training taught me how to resolve conflicts calmly and help families understand each other. As an educated woman, I feel it's my duty to share what I've learned with others.

I started teaching girls whose only choices were to study midwifery or nursing. The trauma training helped me handle tough situations, and through mediation, I spoke with the families of my students. I encouraged them to support their daughters' education during these difficult times. I helped them realize how education can change lives.

Hope for Continued Support:

I want to thank the WPP organization, especially Mrs. Mehbobe and the team in Mazar-e-Sharif. We hope to continue these important programs to give more girls a chance to change their futures. We aim to reach more people and train new mediators, but we need your support to make a bigger impact in our community for which need financial/funds support and technical and moral support from WPP and Donors.



Name: Sabra Zamani

Education: Chemical Engineering

Title: WPP Mediator

Province: Balkh/Mazar

Background:

My name is Sabra Zamani, and I am 36 years old. I was born in 1987 in Qom, Iran. My family moved there to escape the Soviet war in Afghanistan. I worked hard in school and graduated from Mirvali Nasvan High School in 2006 with great grades. After finishing high school, I took the national entrance exam in 2008 and got into Dar al-Mu'lamin, where I studied science for two years. This was a big step for me because it helped me become more financially independent, and I was determined to reach my goals despite the pressures from society.

How WPP Training Changed My Life

I was introduced to Mrs. Mahbobeh, the Mazar Focal Point, through some friends. They invited me to join the Women's Peace Project (WPP) training programs focused on conflict resolution, leadership, mediation, and trauma resilience. As a school teacher, I found these programs to be a fantastic opportunity to meet other women who shared my interests and to make a positive impact in our community.

The training inspired me to take a more active role in addressing social problems. I learned that even when things are tough, there are ways to make a difference. The Taliban's restrictions on women's education and work were very difficult, but I refused to give up. I made a promise to myself to find ways to support both myself and others, even if it meant working from home.

Looking Ahead: Hope for Continued Support

I want to express my gratitude to the WPP organization for offering these important programs. I hope they continue to provide support and create more opportunities for women to develop their skills and make contributions to society. It is essential to have more training programs that empower women to become strong leaders and effective mediators in their communities. Together, we can work towards creating lasting change for ourselves and future generations. Also, to support us financially while serving our community members, the economic situation in Afghanistan is worse and we need financial support to serve as mediators and trauma expert.



Name: Samanta Hamidy

Education: Bachelor's in Economics

Title: WPP Mediator

Province: Balkh/Mazar

Background:

My name is Samanta Hamidy, and I was born in 1999 in Mazar-e-Sharif. After finishing high school, I studied economics and worked as a financial manager at a private school. In 2023, I completed a training program called the Get Ahead package with the International Labour Organization (ILO). Since then, I have worked with different organizations like NCA, IOM, and ORD, teaching women business skills. Most recently, I was a Master Trainer for the Basic General Literacy (BGL) project with UNESCO.

Impact of Training

The training I received has changed my life a lot. The topics covered are very important for Afghan women and our society. At first, I felt scared because of the situation around us, but these trainings helped me become stronger. I now face challenges with confidence and encourage others to do the same.

I have also learned important skills in mediation that help me support others. For example, I helped a girl who was feeling stressed after schools closed. I motivated her and suggested she start a sewing or embroidery business, which helped her feel better and find purpose again. This experience was fulfilling, and she is now learning a valuable skill.

Expectations for Continued Support

I want to thank the WPP team and the donors for these opportunities. I hope there will be more support for programs that empower Afghan women. Together, we can make a positive difference in our communities and help more women succeed.



Name: Tooba Sadat

Education: Law and Political Science Student

Title: WPP

Mediator
Balkh/Mazar

Province:

Background:

My name is Toba Sadat, born in 2003 in Mazar-i-Sharif. I graduated from Shahid Abdul Ali Mazari High School in 2019 and enrolled at Balkh University in Law and Political Science in 2021. After completing one academic year, the law prohibiting education and work for girls in Afghanistan severely affected our spirits. Like many girls, I fell into deep depression.

Impact of WPP Training:

In early 2024, I met Ms. Mahboba Zamani (Balkh/Mazar focal point), who invited me to join the WPP program. The mediation and trauma seminars brought positive changes in my life to some extent. They not only revived my hope but also equipped me with essential skills to manage my mental health and resolve conflicts peacefully. I learned effective mediation techniques, including active listening, empathy, and negotiation, which I now apply in my daily life.

These seminars taught me how to navigate difficult situations and help others do the same. I can now approach conflicts with a clear mind and facilitate discussions to find mutual solutions.

Community Engagement and Networking:

I have connected with inspiring women like Ms. Abida Jan and Zainab Jan from Kabul, Helmand, and Kandahar. Through these connections, I share the knowledge I've gained from the seminars, helping others understand the importance of mediation in resolving conflicts peacefully. By fostering communication and understanding among families, I aim to reduce tensions and promote harmony within the community.

Gratitude and Future Expectations:

I am grateful to all members of WPP. I hope for more programs that empower women and build our capacities. By continuing to strengthen our networks, we can work together to create positive change and uplift our communities.



Kandahar Province Success Stories

Name: Ahmadullah
Title: WPP Mediator
Province: Kandahar

My Story:

I was born and raised in Kandahar province, and now I live in Kandahar City. I have of experience health visitor, nutrition specialist helping people with their dietary needs. I also spent two years as a trainer others about "Mines and Their Dangers," raising awareness on the risks in our area.

Living in a place like Kandahar, where there are constant challenges, conflicts, and hardships, I often felt lost of how to address the problems around me. For a long time, I couldn't identify the main causes of these issues, nor did I know how to help solve them.

But everything changed when I joined the **Women Peace and Participation (WPP)**. Through WPP, I received training on mediation and dealing with trauma. This training helped me gain a deep understanding of how to resolve conflicts and help others heal from emotional wounds. I now know the key steps to successfully mediate conflicts and feel much more confident in guiding people through disputes.

Becoming a mediator has had a huge impact on my life. I am now able to help my community by finding peaceful solutions to problems. It gives me great satisfaction to know that I am making a real difference in people's lives.

During the training, we covered important topics through real-life case studies on mediation, leadership, and trauma. These were eye-opening for me. I learned how to truly empathize with others and support my family and friends during tough times. One of the most valuable things I gained was learning how to handle stress and anxiety, skills that I now share with my family to help them cope with their own challenges. My goal is to continue teaching these important life skills to as many people in my community as I can.

However, I still face some challenges. I need mentorship and financial support to keep doing this work effectively and to make a bigger impact.



I am deeply thankful to WPP and its donors for giving me the tools and knowledge to help others and for supporting me on this journey of growth and community service.



Name: Alina Mohammadzai

Title: Field Officer and Mediator

Province: Kandahar

My Story:

My name is Alina. I was born in the Meyvand district, but I grew up in Kandahar City. I studied and graduated. Like many young women in Afghanistan, I have faced many challenges, hardships, and struggles, but I never allowed them to stop me from moving forward.

I started projects to encourage women to become supervisors during vaccination campaigns. My goal was to inspire women to step outside their homes and take on jobs. I also worked with organizations like Save the Children and Omer Organization as a trainer, and I served as an emergency nurse at Mirwais Hospital in Kandahar. Despite everything, I held on to my dream of building a brighter future.

Right now, I am working as a field officer for the Women for Peace and Participation (WPP). Through this, I have received many trainings in mediation, leadership, and trauma healing. These trainings have had a huge, positive impact on my life. I feel more confident now in managing stress and solving problems that come up in my family and community. We learned many helpful techniques for resolving conflicts peacefully. As a woman mediator in Afghanistan, being strong and patient is very important because many people still doubt women's ability to solve conflicts.

My main focus as a mediator is to support girls' education. I work closely with families to convince them to let their daughters attend homeschooling programs and sewing centers, where girls can learn and earn an income. I know that I still need more guidance and mentorship to improve my skills and grow the mediation network we've started. We also need financial support to expand our efforts and reach more parts of Afghanistan.



Name: Habiba Barak

Title: WPP Mediator

Province: Kandahar

My Learning Journey:

My name is Habiba Barak, and I'm from Kandahar Province. I completed my education at Zarghona Anna High School and graduated from Kandahar University in 2021 with a degree in Education and Training. However, when the Taliban came to power, they restricted women from working in most professions. Fortunately, there was still a need for healthcare workers, so I decided to study midwifery at Mamoun Institute. Alongside this, I have been fortunate enough to continue following my passion for teaching and am currently working as a teacher.

I also had the chance to attend training sessions organized by WPP, where I learned valuable skills in mediation. Now, I'm excited to become a certified mediator. The techniques I gained through the mediation and peer-to-peer sessions have been incredibly useful in managing conflicts among my students. Before the training, I used to make decisions for my students and tell them how to solve their issues. But now, I guide them to work through their conflicts on their own. This not only helps them improve their communication skills but also makes them feel more confident and capable.

In order to keep helping my students and my community, I need ongoing mentorship and additional training. Building a strong network of peers and resources is crucial for us, so we can exchange ideas and support one another, especially when dealing with difficult conflict situations



Name: Mobina Mohammadzai

Title: WPP Mediator

Province: Kandahar

Success Story:

I live in Kandahar Province, Afghanistan, and over the years, I have experienced both good and difficult times with my family and community. As a child, I was happy, and I was very passionate about my education. I loved learning and had big dreams of going further in my studies. Unfortunately, when the Taliban took control, my hopes of getting a higher education were crushed.

But even though I couldn't continue formal education, I didn't give up on learning. I took online courses and improved my skills in English and computers. I also worked as a teacher for two years, sharing knowledge with others, and later became a community outreach officer, helping my community in different ways.

After that, I took an interest in nutrition and studied it. For a year, I worked as a nutrition trainer, teaching others how to eat healthy and care for their bodies. This role was very important to me because it allowed me to give back to my community, especially to the women and children who needed support. During this time, I witnessed many problems and conflicts around me. Unfortunately, I didn't feel strong enough to take them on head-on.

Thankfully, I was lucky to receive mediation and trauma training through a program by WPP (Women Peace and Participation). This training gave me the skills I needed to address challenges, not only for myself but also for the people around me. I learned how to mediate conflicts and help people deal with the emotional pain caused by trauma.

Now, as a nutrition consultant, I use these mediation and trauma skills to support the women and children I meet every day. The WPP program has made a big difference in my life, and it's also making a positive impact on the lives of many women in my community. This important work shouldn't stop here. The program is helping to bring real, meaningful change to our community, and I ask WPP and its donors to continue supporting this mediation program so that it can keep making a difference in our lives.



Name: Parveen Fazli

Title: WPP Mediator

Education: Dentist

Province: Kandahar

My Success Story:

I am Parveen Fazli, and I live in Kandahar Province. I followed my dream to study medicine and became a dentist. After finishing my studies, I joined the polio vaccination campaign, which was very important for helping children in my community. Later, I worked as a dentist at Hamas Clinic, providing care to patients. I also spent two years working as a community health worker with UNICEF, which allowed me to help even more people.

During my time in the community, I found out about the training sessions offered by WPP (Women's Peace Program). I decided to take courses on trauma and mediation, which turned out to be very important for me. Learning how to cope with trauma changed my life. Having gone through personal trauma myself, these sessions taught me useful strategies that I now use both in my personal life and at work. I feel much stronger and more capable of facing challenges now.

As I was always keen to serve my community the trauma and mediation trainings enhance my capabilities of how to solve issues and conflicts in our families and communities.

I want to express my gratitude to Miss Alina and the Kandahar team for their incredible support in making the WPP program a success. Their encouragement has helped many people like me become more resilient and better equipped to help others.



Name: Rona
Title: WPP Mediator
Province: Kandahar

Success Story

I grew up in Pakistan and went to primary school in Peshawar. After that, I moved to Kabul, where I completed my secondary education. While I was in Kabul, I learned English and computer skills. I also began studying medicine at Kandahar Medical University. Unfortunately, my studies were interrupted when the Taliban took control of Afghanistan. After that, I decided to pursue a diploma in midwifery, as the educational opportunities were limited to two-year programs.

I have worked as a midwife for two years on a project supported by the United Nations Population Fund (UNFPA). Being a woman in Afghanistan comes with many challenges, but I am determined to achieve my goals. I recently became a certified mediator through a program called WPP, which makes me very proud.

In my job as a midwife, I meet many women who need both medical help and emotional support. I feel thankful for the training I have received in mediation, leadership, and trauma care because it has helped me assist these women better. Each day, I strive to make a positive impact on their lives.

However, I know I still need more training and guidance to become a better mediator. I hope the project I am involved in will continue, as there is a big need for more financial help and education in our community. With more support, I believe we can do a lot to help the people around us.



Name: Razia Mohammadzai

Title: WPP Mediator

Province: Kandahar

My name is Razia Mohammadzai, and I live in Kandahar Province. I was born in the year 1380 in the Afghan calendar, which is around 2001. I have been working as a vaccinator for the GAVI project and as a health educator with well-known organizations like Save the Children, the World Health Organization (WHO), and UNICEF.

One of the most helpful experiences I have had is the training in mediation and trauma provided by the WPP (Women's Peace Program). This training has been incredibly important for me. In my job as a health worker, I often meet people who are under a lot of stress or have experienced trauma. The skills I learned in the training allow me to give them better care and support.

Now, I use mediation techniques every day in my work to help those in need. My goal is to become a trauma specialist in the future so I can assist even more people who are suffering. I believe it is crucial for this project to continue because it offers vital help to both us as health workers and the community we serve.

Through this training, I have gained confidence and skills that make a real difference in people's lives. I am grateful for the support I have received, and I look forward to helping my community even more in the years to come.



Name: Shugofa

Title: WPP Mediator

Province: Kandahar

My Story,

My name is Shugofa, and I am the daughter of Syed Muhammad. I was born in 2002 in the 6th district of Kandahar. Over the past five years, I have worked as a teacher, and I also have one year of experience as a Health worker. Additionally, I hold a six-month certification in ultrasonography, which allows me to perform ultrasounds.

There are so many things happening around us and we feel that we have some abilities naturally and we need to explore them and that happens when some time people help you to realize. I feel very lucky to have participated in the leadership, mediation, and trauma training programs organized by WPP. These training sessions taught me important lessons about being strong and believing in myself and explore my abilities specially of using them while serving ourselves, our families and our community members, even when I face difficulties. They encouraged me to keep fighting for my dreams.

Although I have gained a lot of knowledge and skills, I know that I still have much to learn to become a fully qualified mediator. I am eager to continue growing and developing in this area. I hope that this project will keep providing us with the training and support we need to reach our goals and make a positive impact in our community.



Name: Shakorya Barakzai

Education: Doctor

Title: WPP Mediator

Province: Kandahar

My Story:

I was born in Karachi, Pakistan and lived there for a while as Afghan Refugee, but later, my family and I moved back to Afghanistan. After my father passed away, my mother worked hard to make sure that my siblings and I got a good education. Thanks to her dedication, we have all finished our studies and are active members of our community.

I graduated from Shahid Sardar Muhammad Daud Khan High School and went on to earn my medical degree in stomatology, which is the study of dental health. For the past two years, I have worked as a community health worker, and I currently work at a public hospital.

Through the training program such as Trauma, Mediation and Networking and Leadership training offered by WPP, I learned important skills that help me assist women facing personal and family challenges. The sessions on trauma were especially useful for me because I have faced conflict and secondary trauma in my own life. Now, I feel more confident in managing my stress and anxiety. Mediation skills are very important that I rely on after getting the training, we are all mediators somehow but how to enhance and shape them in the right direction helped me to think and motivated me to use my profession and the mediation skills together to help others.

However, I still need guidance and financial help to keep improving my skills in mediation and trauma healing. With the right support, I hope to make an even bigger difference in my community.



Name: Siddiqa Mohammadi

Title: WPP Mediator

Province: Kandahar

My Success Story:

My name is Siddiqa Mohammadi, and I am 22 years old. I live in the 9th district of Kandahar, Afghanistan. I was born in the 3rd district of Kandahar Province. I finished school in 2019 (1398 in the Afghan calendar) and then studied midwifery at the Kandahar Institute of Health Sciences for two years. Over the years, I have gained work experience in several areas, especially in midwifery and vaccination, by working with different non-governmental organizations (NGOs) such as COAR and NRC. Right now, I am working as a midwife with the Afghan Red Crescent Society, also known as Jamiat Hilal Ahmar-Afghani, in central Kandahar.

I have had the wonderful chance to participate in training sessions on mediation, leadership, and trauma with the Women Peace and Participation (WPP). As a midwife, I mostly work with women, and these trainings have taught me a lot about the challenges they face. I have learned valuable skills that help me mediate between women and their families or refer them to other mediators I met through the WPP program. I can now offer advice on techniques to help women manage stress in their everyday lives and find ways to be happier, especially during these tough times in Afghanistan.

I would like to ask WPP to continue providing these trainings and support for a longer time. There are not many opportunities like this with other organizations, and this program has been very beneficial for me both in my career and in my personal life. I feel much more confident now when it comes to stepping in as a neutral party during conflicts, whether they happen at home or between friends. The training has given me a new perspective on conflicts, helping me approach them with more courage and awareness.



Helmand Province Success Stories

Name: Adila

Title: WPP Mediators

Province: Helmand

Success Story of Adila

My name is Adila, and I want to share my story with you. I was studying when the Taliban decided to close all doors of education for girls. This sudden decision meant that I couldn't continue my education, which was very difficult for me. I felt lost and frustrated because learning is so important to me.

For a long time, I stayed at home with little to do, feeling like my dreams were slipping away. But then, I learned about some training sessions focused on mediation and trauma, provided by WPP. These sessions gave me hope and a new chance to learn. I was really excited to participate!

During the training, I learned valuable skills and participated in many activities that helped me understand my feelings and how to support others. I am extremely grateful for this opportunity because it allowed me to continue my education, even in a different way. These training sessions showed me that learning doesn't have to stop, and they opened up new possibilities for my future.

I believe that if more training programs like these continue, they can bring hope to girls like me who can't go back to education and work. In places like Helmand, where I live, women have very few chances to learn and grow. This is why online learning platforms and support initiatives are so important. They can really change lives and provide the education that many women and girls desperately need. . Now I can help my people through many ways to help them with their Trauma and to resolve their small issues and conflicts, I will continue my support to my community.

I sincerely hope these programs will keep running so that others can benefit from them just like I did. Education is a powerful tool, and it can help us build a brighter future together



Name: Baheshta Neyazmand

Title: WPP Mediator

Province: Helmand

I was born in Helmand in 1997 and completed my education at Levy Edi Women's High School. After finishing high school, I pursued further studies at Sardar Daud Khan University in Helmand, where I graduated in 2016. My career journey began in 2013 when I started working as a health support worker with the Berg Institute, where I was able to help many women and children.

Later on, I took a position with the Havd Institute, where I eventually became the in-charge, overseeing important operations. Unfortunately, I had to make the difficult decision to close the office in Helmand due to various challenges. Despite this setback, I remained dedicated to my work and continued to find ways to contribute to my community.

A turning point in my career came when I joined the Women Peace and Participation (WPP). During my time there, I learned important skills in trauma management and mediation techniques. These skills have not only helped me support my family but have also equipped me to assist others in my community who are dealing with stress and difficulties. I now feel more confident in my ability to provide support and guidance.

I am incredibly grateful to WPP and the entire team for their hard work and commitment to empowering Afghan women. I sincerely hope they will continue to offer these valuable programs, as they make a significant difference in the lives of many.



Name: Ferishta Barak

Occupation: WPP Field Officer and Mediator

Providence: Helmand

My name is Dr. Ferishta Barak, and I graduated from the Faculty of Medicine. I am currently serving as a technical officer for mental health and psychosocial support (MHPSS). I am immensely thankful to WPP and ICAN for the opportunity to protect and advocate for vulnerable and marginalized women. This support is especially crucial given the current circumstances, where many women are under extreme pressure and have lost their right to education. We are grateful for WPP's provision of mediation and trauma training, alongside leadership and networking opportunities. We would highly appreciate more such training for the women of Afghanistan, as these programs are vital for gaining knowledge and staying engaged with our communities. Initiatives like these instill hope in Afghan women, showing that the international community and our allies continue to care about the plight of women in Afghanistan.

I have learned skills that positively impacted my family and social life. I now have the tools to address my problems more effectively and help mediate some of the prevalent issues in my community. For example, I assisted a family that only sent their boys to school while excluding their girls, even though girls are allowed to attend school until grade 6. Using the mediation techniques I learned, I focused on understanding their needs and interests. I pointed out that boys traditionally receive more attention as the future of the family, but I used arguments from Islam and shared my own experiences to persuade them to enroll their daughters in school while they still have the chance.

In another instance, I intervened in a domestic dispute between a husband and wife—something I never imagined I could do. Thanks to the case studies we practiced during training, I gained the confidence to step in and help them find common ground.

These training programs have transformed my life, making me feel more capable of contributing positively to my community. They have enhanced my ability to manage daily MHPSS clients and provided me with a new perspective on addressing the challenges I face. I strongly advocate for the continuation of these trainings and activities, emphasizing the need for this project to provide ongoing support rather than being a one-time initiative.



Name: Nagina Mewandi

Title: WPP Mediator

Province: Helmand

My name is Nagina Mewandi, and I am from the Gershak District in Helmand Province. I trained care health worker. Along with this, I became a member of the WPP project, which focuses on supporting women in different ways, including helping them manage conflicts and emotional trauma.

Before I participated in the WPP's mediation and trauma training, I didn't know much about these topics. Mediation, which means helping people talk through their disagreements, was a new concept to me. Trauma, the deep emotional wounds people experience after difficult or painful events, was also something I hadn't learned about in a formal way. But after attending the training sessions, I gained a lot of valuable knowledge and skills.

Today, I use what I learned to help women in my community. Whenever there is a conflict, whether it's between family members or neighbors, I try to step in and help them talk and resolve the issue calmly. I also support women who are struggling with trauma, helping them cope with their feelings and experiences. In our society, there is a huge need for people who can mediate and help others manage their emotional challenges.

This training has been a vital part of my journey, and I feel proud that I can make a positive difference. I truly hope that there will be more opportunities for training in the future so that more women can gain these skills and continue to build peace in their communities. Also financial support to continue our work in the communities.



Name: Rana Barak
Title: WPP Mediator
Province: Helmand

I graduated from Darul Ulemamin. For eight years, I worked as a teacher, helping to educate the next generation. Currently, I also take on the role of a mediator with WPP, where I assist in resolving disputes. After completing specialized training in trauma and mediation, I have successfully helped families work through various conflicts, including disagreements between spouses and issues among family members.

When I was chosen to participate in the Training of Trainers (ToT) program, I felt a great sense of responsibility but also immense pride. This opportunity allowed me to share the valuable knowledge I gained with other women in my community. These training sessions have profoundly changed my life and empowered me to make a difference in others' lives as well. I am incredibly thankful to WPP for providing me with this opportunity to grow and support my community.

By sharing my skills and experiences, I hope to inspire other women to become mediators and leaders in their own right, helping to create a more peaceful and understanding environment in our families and neighborhoods. We expect that WPP and ICAN will continue to provide their support and guidance to enable us to assist our community effectively.



Name: Waheeda Barak

Title: WPP Mediator

Province: Helmand

My name is Waheeda, and I grew up in Helmand, Afghanistan. When the Taliban took control, my dreams of continuing my education seemed to come to an end. However, I didn't let this stop me from finding ways to learn and grow. Through the trauma and mediation training offered by WPP (Women for Peace and Participation), I was able to develop important skills that have helped me tackle the challenges I face in my life and community.

The training I received from WPP has truly changed my life. It has empowered me to address the inequalities that exist between boys and girls in my society and to fight for equal opportunities for everyone. Through this journey, I have learned just how strong and resilient we can be, and I understand the vital role that education plays in making a difference.

I am deeply grateful to WPP and ICAN and our dedicated team in Helmand for providing me with this incredible opportunity. I am committed to using what I have learned to help others in my community, and I hope that WPP and ICAN will continue their support to help us to work in communities and inspire more people to seek education and strive for equality.



Name: Mahmoud Zwak

Title: WPP Mediator

Occupation: Medical Doctor

My name is Dr. Mahmoud Zwak, and I live in Helmand province. I work as a doctor with Action Against Hunger in Helmand. I am also an active mediator and member of the WPP.

Through WPP, I received training in mediation and trauma. These trainings have been very helpful for me in my work and for the community. The mediation techniques we learned are easy to understand and very effective for resolving conflicts. I plan to use these techniques throughout my career. I am also sharing what I learned with my family and friends, teaching them about the exercises and lessons from the training sessions.

When we use mediation, we act as a neutral third party between people in conflict. Our goal is to help them find simple and fair solutions that work for both sides and that everyone agrees on. I hope WPP can offer more programs like this because it will help women and the community as a whole.

Before I attended the training, I didn't know much about mediation or trauma. Now, I have valuable knowledge about both subjects. I use these tools when I work as a doctor. Many patients come to us not just for medical help but also to talk about their personal problems.

It's unfortunate that, due to limited funds and short project timelines, we haven't been able to train more people in the community. If the project could be extended, it would allow us to train more mediators. This would help create a larger network of mediators in Afghanistan and teach the community about the basics of resolving disputes, which is essential for their well-being.



Name: Basira Hadi
Title: WPP Mediator
Province: Helmand

My name is Basira, and I live in Malgir Line, which is in the Gershak District of Helmand Province. I was a student when we forced to be at home.

In the past, I learned how to sew, and now I use those skills to earn money for my family. I am currently a participant in training sessions organized by WPP, and I am trained as a mediator.

Through WPP, I received training in mediation and how to deal with trauma. These sessions were not only interesting but also incredibly helpful for us. The situation for women in our community is becoming increasingly difficult, especially due to the negative impact of the Taliban, which has worsened the mental health of many women.

Since attending the WPP training, I feel empowered and see myself as an active member of my community. I can now help resolve conflicts among people. I have already participated in settling some community disputes using the mediation skills I learned during the WPP training.

There is a significant need for mediation in our society, and I believe our efforts have had a positive impact. I sincerely hope that WPP continues its valuable work and provides more useful training programs in the future.



Name: Zarmina

Education: High School Student

Province: Helmand

My name is Zarmina, and before I started working with WPP as a mediator, I didn't know anything about trauma resilience or mediation. I had never participated in these kinds of activities before. But after joining WPP, I went through several training sessions that taught me valuable new skills. These skills have really helped me in my everyday life.

Before I got involved with WPP, I struggled to handle conflicts. Whenever there was a disagreement in my family or community, it made me feel stressed and overwhelmed. However, after learning effective mediation techniques, I became much more confident. I learned how to listen to both sides of a conflict patiently and help find solutions.

I want to express my gratitude to WPP and ICAN for their amazing project. It has helped me build my confidence, and I hope they continue offering these training sessions. I am eager to earn my certification in mediation and become a certified trainer so I can help others too.



Name: Muzlifa
Title: WPP Mediator
Province: Helmand

My name is Muzlifa Noorzai, and I live in Helmand province. I am house wife I was not able complete my education but I have managed to complete my religious studies, and now I teach religious studies to children. I also work as a tailor to support myself and my family.

I am very thankful for the opportunity I had to participate in Trauma and Mediation Trainings with WPP. I learned so much from these sessions. One of the best parts was when we received was they way of the trainers trained and taught us that inspire us that how can we train and teach others. After that, I shared what I learned with more people in my community.

Now, I feel more confident in helping to solve small conflicts that arise between my family members and in the village. It makes me very happy to be able to help others find peace. I am eager to attend more training sessions to learn even more.

I hope that WPP continues to provide these important programs. Mediation is very important for Afghan society, especially given the challenges we face today. Women in Afghanistan deserve better opportunities and support. Personally, I want to improve my mediation skills and even earn a certification for my work in this area.