

A PORTRAIT

INNER CONNECT

C A P E T O W N 2 0 2 2



Didier Lukongo

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President of the board
Inner Connect

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ABOUT US

WE ARE INNER CONNECT, BUT IT IS NOT ABOUT US.

It is about the world's young women, their mental health and the effort to create a basis for self-awareness in an equal and connected world.

It has always been about that. Since 2020, Inner Connect has supported young women from several parts of the world with knowledge about mental health and development. Using information and community, we strengthen the starting point for the young women. And their local communities. With great success, we have done so in Denmark, in the UK and various places in the great country of South Africa. And all along, our own objective has been to cultivate and empower the individual.



VISION

WE ARE CALLED WHAT WE WANT

Ultimately, we want to promote more **innerconnected** young women in South Africa.

MISSION

We will facilitate **communities** based on **mental health** in order to articulate stigma, **empower young women** and implement sustainable development for the **individual** as well as for the community.

— What do we do?

WE FACILITATE THE CONNECTION
BETWEEN YOU AND YOURSELF.

At Inner Connect, we work with mental health. We are not psychologists, but we know how to articulate the subject in a way that is informative and liberating for the individual and binding for the community. We establish safe spaces where individuals can gather, engage in empowering communities and, most importantly, learn about themselves.

We believe that the world is specific to the individual, and therefore every individual must take a specific starting point within themselves to understand the world. This is what we help the individual achieve. Our medium is the community and our aim is the individual. We believe in this constellation, which is based on our values.

VALUES

SELF-COMPASSION

OPENNESS

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INTROSPECTION

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INTEGRITY

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NORMALITY

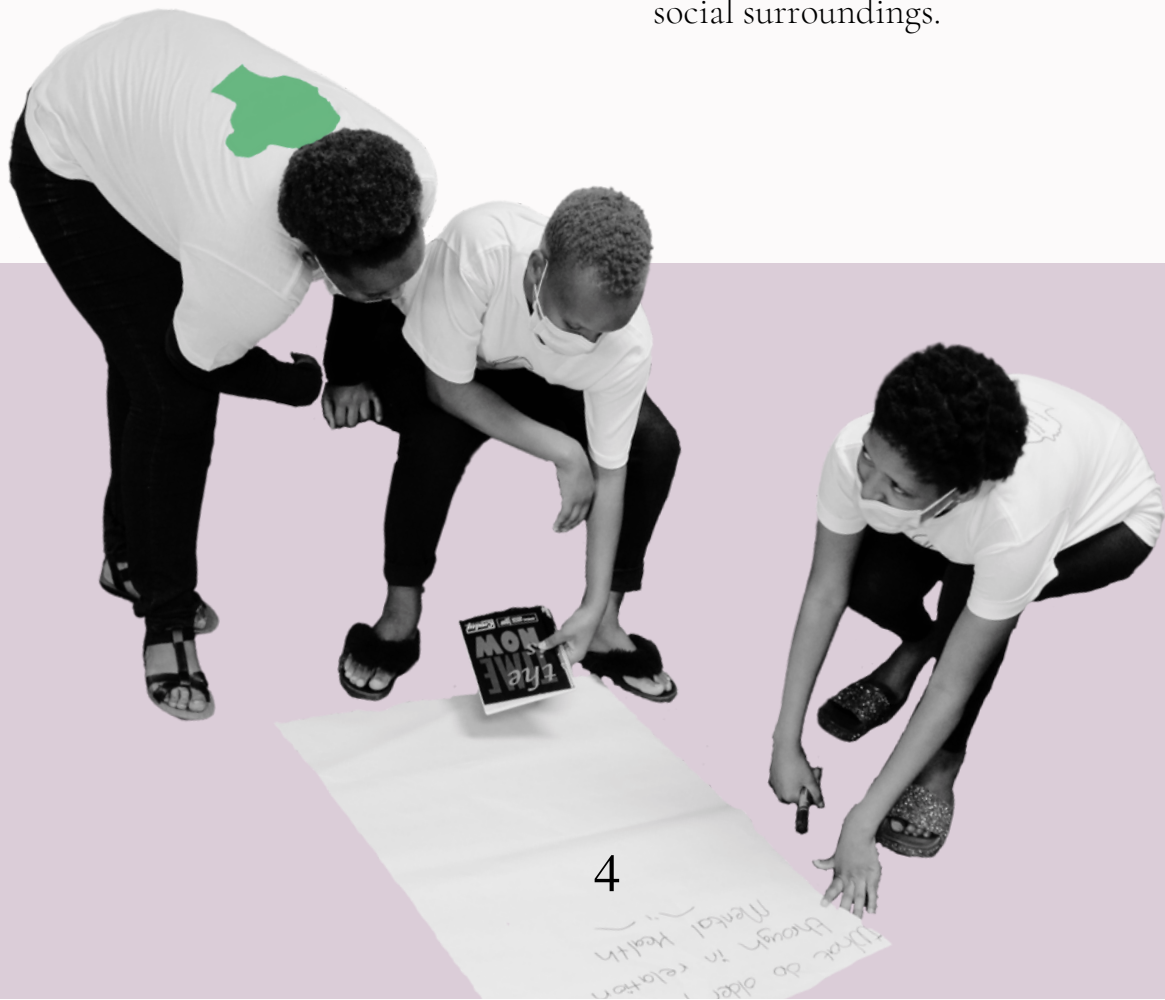
— WHY DO WE DO IT?

WHAT CANNOT BE SEEN ALSO NEEDS A FOCUS.

The world is connected. Actually, the world have never been more connected. Friendships, relationships, educations and jobs depend on the individual's ability to connect. Furthermore, all sociality these days is dictated by the ubiquitous social media, all of which exist on a promise of connectivity. What connects all these connections?

They are common in connecting an individual with something or someone in the individual's social sphere. And this is perfectly fine as long as they don't become too influential and extensive. Unfortunately, they do in the vast majority of cases.

To an excessive extent, the self-concept of an individual is influenced by its social surroundings.



Too much external exposure and subjugation can undermine the individual's self-concept, thereby leading the individual to feel inadequate, feel the need for confirmation and constantly seek to adapt at the expense of its own personal and unique features. A compromised self-concept can have harmful consequences for the individual's mental health. The danger arises when the individual's self-perception is no longer created through the environment, but as the environment.

How can it be avoided? Not by cutting oneself off from all social life.

Community is far too important to an individual's mental health. Instead, more individuals should strive for more internal connections within the framework of a community. The individual should be inner connected. However, creating internal connections is not the easiest thing in the world. As an individual, you don't really see yourself in everyday life. You are unconsciously blind to yourself. What you do see is everything and everyone around you, and you therefore often end up understanding yourself as your surroundings. This is what Inner Connect identifies as illusions.



Illusions

Illusions can occur in many different ways. They can appear as expectations that the individual expects the outside world to have. As a need for comparisons. As the feeling of loneliness, pressure and demands. Common to all illusions is that they establish conceited, deceptive and misinterpreted notions in the individual.

Basically, illusions have no specific form, nor do Inner Connect want to define one. Illusions are perceived differently depending on who you are. And thus the illusions are as unique as the individual who experiences them. Illusions are individual like the individual.

In Inner Connect, we want to reduce the influence of these illusions. We will create introspection and thereby create a foundation from which more young women can become acquainted with their inner strengths, values and visions. Only then can the individual live meaningfully.

HOW DO WE DO IT? —

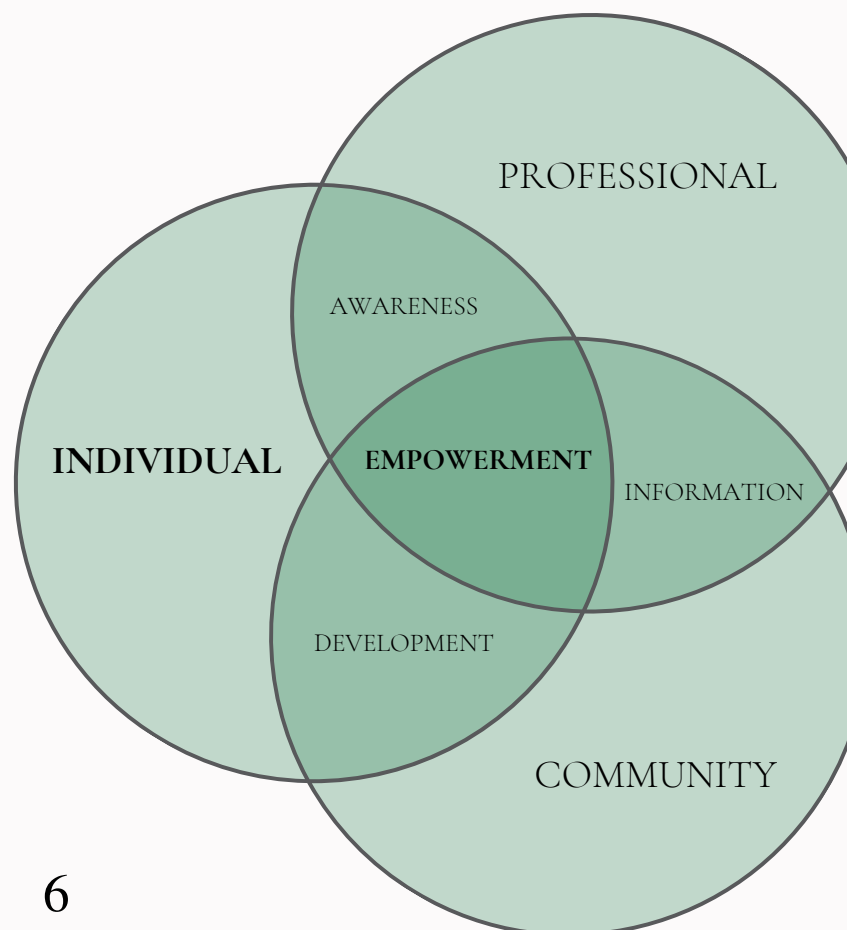
THE INDIVIDUAL IS OUR STARTING POINT AS WELL AS OUR END GOAL.

Our focus is always the individual. With the individual in mind, we create a basis for introspection and we put the individual in a position that makes a difference. We do this by creating safe and open spaces where conversations can flourish, information can be passed on, communities can be achieved and, most importantly, where the individual can look within and connect. Put another way: Our social workers collaborate with our participants to gain knowledge about mental health and to gain self-insight - all in a community context.

OUR PROGRAM

We view our programs as an interaction between the professional, the community and the individual. The program takes place in a community, is facilitated by a professional and is aimed at strengthening the individual's mental health. Depending on the specific context, the program content may vary, but it will always contain our three core elements:

- 1) Inner Connect provides mental health information to the community.
- 2) Individuals are supported in creating awareness of their own mental health.
- 3) The community cooperates to utilize knowledge and self-insight to create development that the individual can benefit from.



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WOMEN

EMPOWERMENT

THROUGH

MENTAL HEALTH

AWARENESS

WHAT DO WE WANT?

KNOWLEDGE. MEANING.

EMPOWERMENT. DEVELOPMENT

1

KNOWLEDGE

We will promote young women's awareness and knowledge of mental health through information.

2

MEANING

We want to help young women connect to themselves and make them reach their unique and meaningful visions. We want to ensure that they are always aware of their meaning.

3

EMPOWERMENT

Through mental health awareness and meaningful inner connection, we will ensure that more young women become motivated and empowered.

4

DEVELOPMENT

We want to ensure that the individualistic empowerment has a noticeable impact in the local communities.

THE SOUTH AFRICAN PERSPECTIVE

OF COURSE, WE ALSO HAVE SENSITIVITY
TO REALITY.

At Inner Connect, we are well aware that it can seem far from reality when we say that problems are just illusions and that the individual just needs to gain more self-insight to overcome these. We are aware that the lives of many South African women cannot simply be reduced to such a concept.

South Africa is a special case. It is a country where the past is still present. A country where poverty, abuse, violence, unemployment, discrimination and hunger is everyday life for too many people. And a country that is known for its extensive inequality. We make a virtue of being very familiar with these living conditions. And we also acknowledged that Inner Connect cannot eradicate poverty nor inequality. But when we know that South Africa is the world's most unequal country. When we know the aforementioned conditions

apply to an incredible number of people. And when we know that young South African women are consistently the most vulnerable population group on almost all parameters, including in relation to mental health and life opportunities, we hear it as a call for intervention.

In South Africa we see a low tendency to fund mental health efforts, but we understand that there is a great desire to do something about the problems. Inner Connect would like to do something about the problems. With our efforts, we want to contribute to a South Africa where the individual is free, capable, caring and conscious. We want to contribute to the improvement of someone's mental health and help educate others about the same. We want to support South Africa's saying that mental health is a fundamental part of an individual's general health.

OUR COMPETENCES



EDUCATION & INFORMATION

Knowledge is a human right and a fundamental resource in any sustainable development. That is why Inner Connect seeks to help young women gain access to quality education. We equip young women with necessary knowledge about mental health and human development. Knowledge that they can use meaningfully for the rest of their lives.



PROJECT MANAGEMENT

The success of the young women, our partners as well as our own depends on the projects that we develop, implement and hold. Fortunately, we have good experience with project management in Inner Connect, and we understand that the practical work is always better and more smooth when there is a solid management foundation behind it. We always seek to create maximum project value.



VOLUNTEER MANAGEMENT

An organization is never better than the people who run it. And in Inner Connect, it is largely the volunteers who make the difference. Our work with volunteers is always based on a good volunteer environment, where the volunteers feel motivated and challenged. It is important to us that our volunteers thrive as well as develop in the direction of whatever future aspirations they may have. We make a virtue of creating motivation through the volunteers' tasks and relationships.



ANALYSIS & KNOWLEDGE

In Inner Connect, we work with our experiences in such a way that allows us to build a knowledge base about the field we are part of and the people we collaborate with. We know that knowledge can set agendas, create improvements and initiate development. And that is why we always work analytically towards more knowledge. More insights. More optimization. And greater potential.

VOLUNTEERING —

OUR CONDITION OF POSSIBILITY.

Inner Connect exists on a foundation of passionate, empathetic and committed volunteers who are willing to make an effort to make a difference. Our volunteers work actively in both social work, communication, website design, project development, administration and much more. We are very honored by the voluntary support we have received over time. And while the support has been influential, we always have room for more. We are always looking for volunteers who can help develop Inner Connect in the right direction.



JOIN US!

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OUR PARTNERS



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INNER CONNECT

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