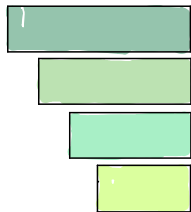



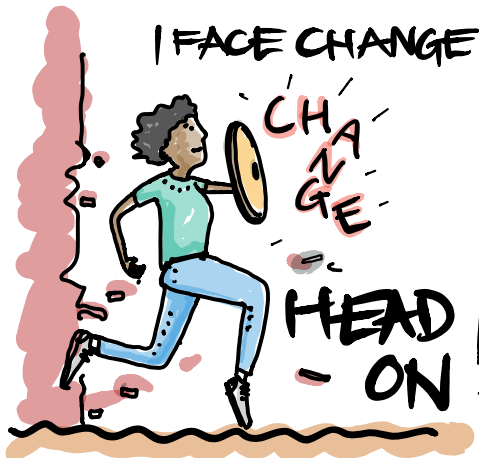


THE
ALL
TERRAIN
-Podcast-



Episode 19 
Sandjea-Marie Green

HOW DO YOU FACE CHANGE ?



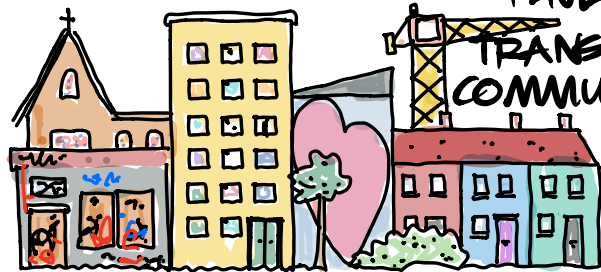
Volatile
Uncertain
Complex
Ambiguous!

I DON'T SEEK CHANGE BUT ITS A REALITY.

YOU HAVE TO BE ABLE TO

Adapt and ADJUST

HAD A LOT OF CHANGE IN MY LIFE BUT I DON'T HAVE ANXIETY ABOUT IT.



I LIVE IN A TRANSIENT COMMUNITY



IF I WAS TO LEAVE I AM NOT SURE I WOULD RETURN ... so much change



LIVING IN SAME NEIGHBOURHOOD FOR SO LONG MEANS I HAVE SEEN GENERATIONS OF Y.P. GROW UP.

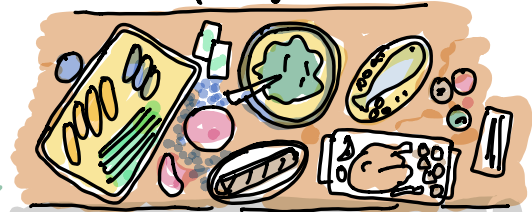
However

SO THANKFUL FOR THE CONSISTENCIES IN MY LIFE



IT'S THESE THINGS THAT HELP ME TO FACE CHANGE!

CELEBRATING TOGETHER

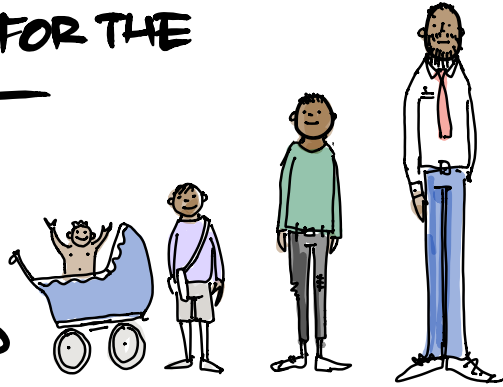


WE DON'T RETAIN THE GOOD THINGS OF OUR CULTURE - & IN OUR JAMAICAN CULTURE WE HAVE MISSED THIS RECENTLY

CHANGE IS A MASSIVE ISSUE FOR THE YOUNG PEOPLE I FOSTER —

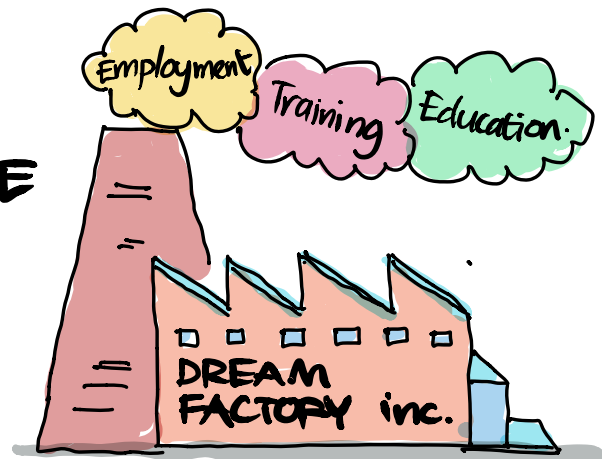
ADOLESCENCE IS THAT TRANSITION FROM CHILDHOOD TO ADULTHOOD

& I HAVE MAINLY FOSTERED 13-17'S —



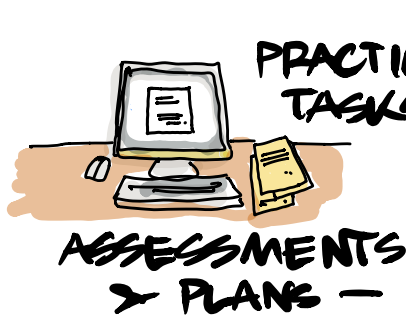
TWO OF MY GOALS WITH YOUNG PEOPLE

HELP Y.P HAVE DREAMS & ASPIRATIONS



TO DISRUPT SOME OF THE NEGATIVE SCRIPTS IN THEIR LIFE

THE TRAUMA THESE YOUNG PEOPLE HAVE ENDURED IS DISRUPTIVE & SO I HELP BY...

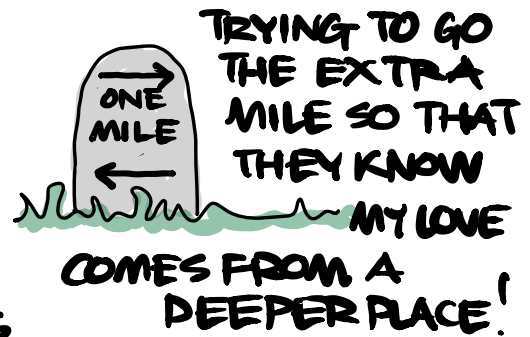


PRACTICAL TASKS

ASSESSMENTS & PLANS —



PRACTISING FORGIVENESS.



HOW DO YOU MOVE THROUGH SUFFERING?

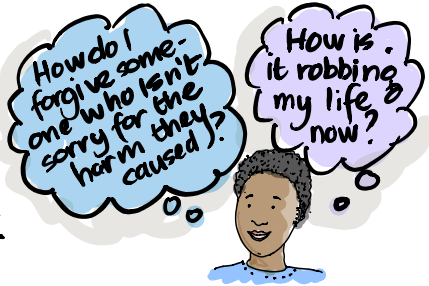
THIS IS COMPLEX FOR ME BECAUSE WHEN I REACHED MY 30s I REALISED I HAD EXPERIENCED THINGS THAT WEREN'T OK



I LOOKED AT TRUTH & RECONCILIATION STUFF.



THIS BOOK HELPED ME A LOT.



IF YOU DON'T FIND A WAY OF RESOLVING THESE THINGS IT CAN BECOME A CANCER. It doesn't just GO AWAY!



- MUSIC • YOGA • READ •
- JOURNAL • PRAY • THERAPY
- MINDFULNESS

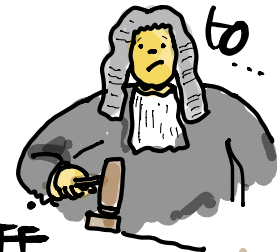
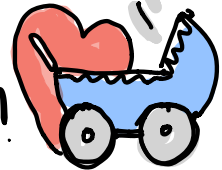


EACH TIME A NEW Y.P. IS PLACED WITH ME, THEY ARE ASKING...

Will I be safe?
Will this person want me?
How can I survive?
What's wrong with me?

IN THE U.K WE ARE SYMPATHETIC TO SMALL CHILDREN IN CARE. BUT WHEN THEY GET OLDER WE NO LONGER CARE WE FORGET THAT A Y.P.'S BRAIN IS STILL DEVELOPING & THEY ARE REACTING IN WAYS THEY DON'T UNDERSTAND

FROM



to

FOR Y.P WHO ARE DOING STUFF LIKE DRUGS, SELF HARM, ALCOHOL, COUNTY LINES etc...

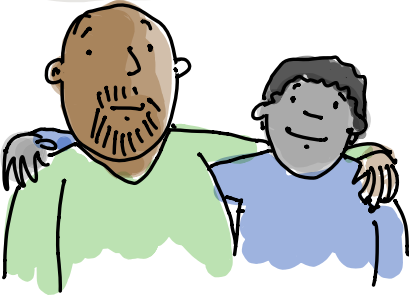


I HAVE PRIVILEGE OF TUCKING THEM UP SAFE IN BED EACH NIGHT!

SEEK FIRST
TO UNDERSTAND
- BEFORE -
YOU TRY TO BE
UNDERSTOOD

THIS
ISA
MANTRA
THAT HAS
HELPED
ME
THROUGH
LIFE!

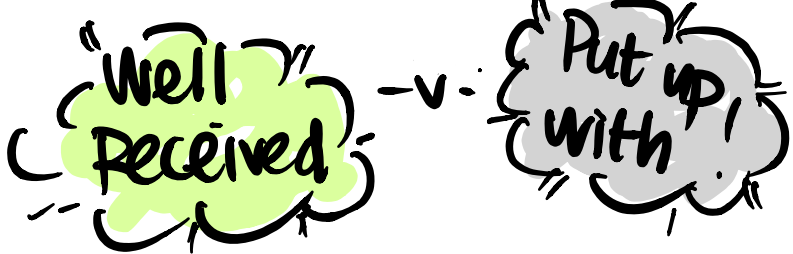
TRYING TO JUDGE
A YOUNG PERSON
WITHOUT
UNDERSTANDING
THEIR EXPERIENCE
DOES NOT LEAD
TO A GOOD OUTCOME



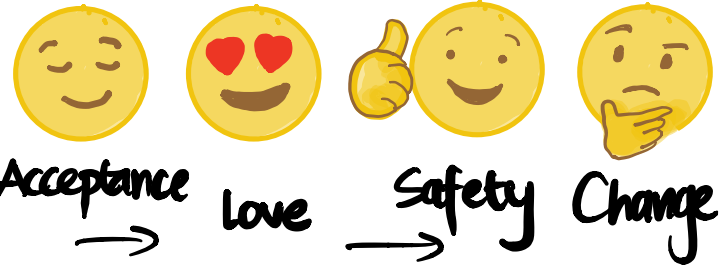
EMPATHY
IS CRUCIAL

IT'S WHAT I GOT FROM GOD,
FROM MY YOUTH WORKERS GROWING
UP > IT'S WHAT I GOT FROM THE S.A.

THE DIFFERENCE
BETWEEN



AND I WANT
TO BE A YOUTH
WORKER THAT
ACCEPTS SOMEBODY,
I DON'T JUST
TOLERATE THEM!



HOW DO YOU RECEIVE JOY ?



DURING 2ND LOCKDOWN I
CAME ACROSS VASA Gospel
AGAIN & THIS SONG HELPED
ME TO FOCUS MY EYES ON
JESUS AGAIN → Calm

I WILL ABIDE AT
THE MASTER'S FEET!



IN THE MIDDLE OF THAT CRAZINESS - I TOOK
A WALK ON TOTTENHAM MARSHES & THIS SONG
RESTORED THAT SOURCE OF POWER & OVERFLOW



EXERCISE.

ZOOM



FRIDAY
AT 8:00pm

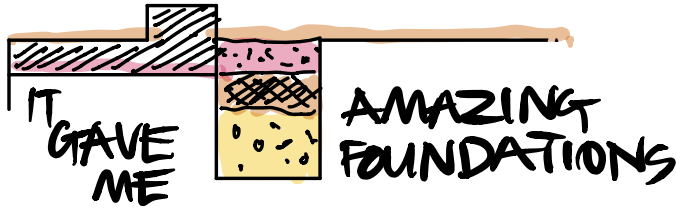


GOOD
LAUGH with
FRIENDS.

I MAKE INTENTIONAL TIME FOR THESE THINGS!

HOW DO YOU MATURE in SERVICE ?

GROWING UP IN S.A. MEANT THAT I WAS GROUNDED IN CERTAIN PRACTICES.



BECAME A YOUTH PASTOR AND GAINED A MASTERS in THEOLOGY & POLITICS!



ALL OF THIS MEANT I COULD SATURATE MYSELF IN THE WORD OF GOD!

- U.S.A - GOING TO A SEMINAR ON Youth Ministry for long haul.



ALL OF THOSE LESSONS HAVE HELPED ME KEEP GOING FOR YEARS —

... WHEN LIFE GOT TOUGH, I WAS ABLE TO DRAW ON THESE THINGS : Daily Habits!

ALTHOUGH NOT PART OF A CHURCH AT MOMENT THERE ARE PRACTICES THAT ARE STILL CENTRAL

EASTER EGG HUNTS.



EASTER STORY



OUR HOMES ARE ALL IN SAME PHYSICAL LOCATION



EVERY JOB I CHOOSE, FAITH BASED OR NOT, IT'S ABOUT PURPOSE & TRUTH. THAT COMES FROM BIBLE & THE S.A. CONTEXT I GREW UP IN

I KNOW WHO I AM IN TERMS OF MY IDENTITY.