

06th to 11th October 2025

# AWAGO WEEKLY INSIGHT

This week showcased AWAGO's steady growth across schools, community groups, and health facilities. Our teams deepened relationships with new institutions, expanded TM access, and provided strong follow up where needed. Participants responded with clarity, enthusiasm, and a renewed sense of personal stability.

As we move further into the month, the positive feedback reflects a consistent pattern: people are choosing TM because it helps them stay grounded, perform better, and navigate daily pressures with confidence.

**SPECIOZA KIWANUKA**



**INNER  
STABILITY  
FUELS  
OUTER  
PROGRESS.**

# WEEKLY HIGHLIGHTS AT A GLANCE

**25** New Appointments  
**50** TM Course

“Institutions are opening their doors faster than before. Leaders see TM as an essential part of strengthening productivity, focus, and collective wellbeing.”

**Grace Nankya**

## SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: Multiple Schools

Program: New Appointments

Sarah met with administrators at Vision SS, Samosa SS, Wampewo Ntakke SS, and several others. She provided detailed explanations of TM's benefits at institutional level and clarified how the program supports teacher performance, student discipline, and general school harmony.

Her conversations resulted in firm interest from school leaders who appreciated the simplicity and directness of TM. Sarah emphasized AWAGO's consistent follow-up model, which reassured partners of long-term support.

Teacher Spotlight: Nakafeero Suzan

Location: Multiple Schools

Program: New Appointments

Suzan expanded TM awareness across several schools, speaking directly with administrators at institutions such as Coordination High School, Makerere College, Pioneer High School, Fundamental College, and others. She explained the full framework of TM, demonstrating how it improves learning environments, strengthens emotional balance, and reduces teacher burnout.



# WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco & Justine Arinaitwe

Location: Multiple Locations

Program: Teaching & New Appointments

Night worked across several women's groups to introduce TM and reinforce follow up. Leaders described the emotional strain many women experience due to economic pressure and family responsibilities.

TM was welcomed as a tool for stability, clarity, and renewed strength.

Justine extended TM awareness to women's groups focusing on community development and livelihood support. She explained TM in practical terms, aligning the technique with the realities these women face daily.

## HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria & Teddy Nassali

Location: Multiple Locations

Program: TM Course and New Appointments

Teddy delivered the TM course to fifty health students. Participants reported improved memory, stronger emotional balance, and better capacity to handle academic pressure. Some shared that they had been trying to balance schoolwork with personal wellbeing but still felt incomplete.

TM arrived at the right time for them and reshaped how they approach each day. Teddy noted the high discipline and openness of the students, making the course successful.

*Kawempe Community School of Health Sciences*

Aine focused on new appointments across major health facilities. She met institutional leaders and introduced TM as a tool for strengthening staff wellbeing. She explained the value TM brings to emotional stability, clarity, and performance.

At the center, she also completed instruction and three days of checking for a retail client from Junior Achievement. The engagement showed strong results and reinforced the importance of tailored support for organizational partners.

*C and A Hospital, International Medical Center, Entebbe Hospital, Mildmay Hospital*

**THANK  
YOU**