

REPORT

Circle of Peace in collaboration with Trustbuilding Program





“If you want to bring
happiness to the
whole world, go home
and love your family”

Mother Teresa

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Remarks from Executive Director



In 2025, Initiatives of Change (IofC) Indonesia implemented the Women Creators of Peace – Mindful Staycation: Healing & Sharing Stories program to strengthen women’s leadership and psychosocial resilience as foundations for sustainable peacebuilding. The initiative responds to growing recognition that effective peacebuilders require not only technical skills, but also emotional well-being, ethical grounding, and trustbuilding capacity.

The program engaged 20 women participants from 2 regions, providing a structured and safe space for mindfulness practices, guided storytelling, and peer learning. These approaches were designed to enhance self-awareness, emotional resilience, and participants’ ability to engage in empathetic dialogue across differences. Monitoring and reflective assessments indicate improved confidence in community engagement and strengthened interpersonal trust among participants.

The program contributes directly to IofC Indonesia’s Trustbuilding Framework, linking individual transformation to collective responsibility and action. It aligns with SDG 5 (Gender Equality) by strengthening women’s leadership and agency, and SDG 16 (Peace, Justice, and Strong Institutions) by supporting inclusive, non-violent, and participatory peacebuilding processes at the community level.

Through this initiative, IofC Indonesia continues to advance evidence-informed, women-centered peacebuilding interventions that are locally grounded, scalable, and aligned with global peace and development priorities.

Great work team.

Miftahul Huda,
Executive Director IofC Indonesia

Remarks from CoP Indonesia



In 2025, Initiatives of Change (IofC) Indonesia continued strengthening peacebuilding efforts through programs that center healing, trust, and ethical leadership. The Women Creators of Peace, Mindful Staycation: Healing & Sharing Stories program stands as one of the key initiatives that highlights the importance of women's agency in shaping resilient and harmonious communities.

The program reflects a growing recognition that sustainable peace requires more than technical capacities; it demands emotional well-being, reflective awareness, and the ability to engage in empathetic dialogue across differences. By bringing together women from diverse backgrounds, the initiative created a structured and supportive environment for mindfulness practices, guided storytelling, and peer learning. These approaches contributed to strengthened confidence, expanded leadership capacity, and deeper interpersonal trust among participants.

This effort aligns closely with IofC Indonesia's Trustbuilding Framework, which links personal transformation to collective responsibility.

It also reinforces national and global development goals, including (Sustainable Development Goals) SDG 5 (Gender Equality) and SDG 16 (Peace, Justice, and Strong Institutions), by promoting inclusive, non-violent, and community-rooted peacebuilding processes.

The work carried out through this program demonstrates the continued relevance of evidence-informed and women-centered interventions in Indonesia's peace and social cohesion landscape. By grounding peacebuilding in lived experiences, emotional resilience, and shared humanity, these initiatives contribute meaningfully to stronger communities and healthier democratic life.

Appreciation is extended to the team, partners, and participants who made this work possible and who continue advancing IofC Indonesia's mission with dedication and integrity.

Siti Zaetun
Chair of the Board
Initiatives of Change Indonesia



**WOMAN
CREATORS
OF PEACE**

Circle of Peace



Sebuah ruang untuk perempuan beristirahat dari hiruk pikuk, menemukan kedamaian, dan berbagi kisah perjalanan hidup.

Yogyakarta

29-31
OKTOBER
2025

Bandung

5-7
NOVEMBER
2025

Timeline Pendaftaran:

- 7-18 Oktober 2025
Pendaftaran
- 20-23 Oktober 2025
Wawancara
- 25 Oktober 2025
Pengumuman

Isi formulir
pendaftaran
di link ini:



bit.ly/women_CoP

Info lebih lanjut: Admin (+62 831-4990-6632)

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Yogyakarta 29-31 October 2025



Umi
Masruroh

Nidaul
Jannah

Azkarinna
Fitri

Anis Nur
Widayati

Mitha Diana
Arhanti

Fajriatun
Nisa Islami

Teresa
Avilla

Bandung 5-7 November 2025



Putri
Puspitasari

Siti Hana
Hasanah

Putu Mitha Rira
Maharani

Deisy Rinni
Meir Rakmeni

Kisah Wibry
Pawitane Ati

Jocaste



Faza Rahim
Kesuma Puteri

Chintia
Giana

Alifah Zahira
Sofwa

Siti Nur
Fitria

Anindya Rizka
Ayunda

Linda
Sebastian

The Team



Miftahul Huda
Executive Director



Nenden Prawira
Lead Facilitator



Anisa Eka Putri
Project Coordinator



Anisa Ladhuny
Facilitator



Riri Lestari
Comms Officer



Samrotul Mufidah
Finance Officer



Ibrahim Fawwaz
MEL Officer



Ahmad Wildansyah
Administration Officer

Facilitator & Facilitator Assistant Reflections



Reflection from Nenden Prawira



The effects of colonialism still linger in Indonesia, and the mental impact of it is still felt by today's younger generation, especially women. It is evident that many women are emotionally unavailable for themselves and the people around them, including their families. This is because we were raised by families that did not allow for these emotions to be processed, yet, culturally and geographically, Indonesia is a compassionate, communal nation that values togetherness.

Colonialism caused families to fragment, destroyed family bonds, and eroded a sense of self-worth. The family is no longer safe for children to seek protection, share their anxieties, or determine the direction of their lives. Everything continues to move like a snowball, affecting many aspects of life, and ultimately influencing the current state of social life. Many have begun to experience mental health disorders, starting from something as simple as the inability to regulate emotions, the lack of a safe space to share stories, to a loss of direction and low spirit for life. Added to this is the increasingly chaotic state of the country due to high corruption and a government that has failed to provide welfare for its people

Not only that, but a toxic patriarchal system still dominates women's issues in Indonesia, with high occurrences of domestic violence and sexual harassment, as well as an unjust legal system.

lofC Indonesia cannot answer all of these complex problems but we believe that no matter how small our actions are, we will still influence change. We believe these small things will have a huge impact in the future.

Through this CoP platform, lofC Indonesia has begun to respond specifically to the problems experienced by women. CoP tried several things, like involving men in the program and incorporating CoP into corporate programs. From this, we learned that the most effective approach is to focus on women's issues and recruit participants from cities that have already been impacted by lofC programs, such as Yogyakarta, Bandung, Jakarta, and the surrounding areas.



In addition, our target audience includes young women who are students, young housewives, and young workers, among whom issues such as domestic violence, sexual harassment, and mental health are prevalent. Given these complex problems and conditions, our goal is simple: TO CREATE A SAFE SPACE to tell stories and share life experiences, to rediscover peace within oneself, and to start making changes beginning with oneself.

Of course, we need a strategy to introduce CoP further to women in Indonesia. Therefore, we created the Circle of Peace by inviting women to become more mindful, gently pulling them away from activities that sometimes distract them from being fully present. Every woman deserves to rest and take time for herself to connect with her inner self, her wounds, her life, and her future. From there, we were able to spread information more broadly to many women. A total of 41 people registered, and we selected 19 participants to join the event.

As previously explained, even women's primary needs such as health, education, and security cannot be guaranteed by the state. We have to work and fight to fulfill all of that. Therefore, for programs like this, we need financial support from third parties. In this case, IofC Indonesia successfully secured funding from the Sylvia Zuber Fund (SZF), which supported essential needs such as accommodation and transport for the team. However, for meals, participants had to pay for themselves and so, to save money and make it affordable for everyone, we adopted a self-cooking concept focused on vegetarian food.

Everything went well, not only for the participants but also for the Facilitators and the IofC Indonesia team. With what we have planned and accomplished, we want to continue doing this in the future, with better concepts and management. We need support from all parties so our hope and the change we dream of can occur massively in Indonesia.

Thank you for the support from IofC Indonesia, donors, and CoP International.



Reflection from Anisa Ladhuny



Women Creators of Peace (CoP) from Initiatives of Change (IofC) Indonesia is part of a global movement promoting peacebuilding and reconciliation through women's leadership. This program focuses on empowering women to become agents of peace in their communities by encouraging dialogue, understanding, and collaboration. Women from various religious, cultural, and social backgrounds are encouraged to share stories and personal experiences, reflect on inner peace, and find ways to create positive change in their environments.

This initiative emphasizes:

- **Personal Transformation**
- **Dialogue and Reconciliation**
- **Leadership for Peacebuilding**

I participated twice in the Peace Circle, in Yogyakarta and Bandung, and it helped me to increasingly open my mind and heart; it felt as though my heart was aching, yet at the same time, I was smiling.

Reflection from Samrotul Mufidah



In 2025, we organized the Creator Women of Peace Circle activity in collaboration with the Trust Building Program, which was held in Yogyakarta and Bandung.

In this activity, I had the opportunity to lead the quiet time session which is a very important session in every IofC activity. From the reflections of my colleagues, I discovered a strength to become an actor of peace. As women, it turns out that we have the strength to be the creators of peace, and that we can create change for this world, starting with ourselves.

The CoP activity experience in Yogyakarta for 3 days and 2 nights brought me to the realization that women are naturally guardians and caregivers for their families. We possess great love and also the generosity of spirit to be willing to sacrifice for our loved ones. Consequently, it is not uncommon for this to be considered normal, or even to have become like an obligation for us. The event in Yogyakarta provided a new understanding for us women that we have the right to choose. We have the right to not always yield to circumstances and other people, including family. We found that our worth is not measured by our sacrifices and that we remain valuable even if we choose not to sacrifice. We have the right to be happy without hurting anyone. This activity truly gave us the strength to be ourselves without sacrificing ourselves or hurting others.

The number of participants in the CoP x TBP activity in the city of Bandung was greater than in the city of Yogyakarta. However, this did not reduce the seriousness of our reflection. Participants came from diverse backgrounds and with different experiences. The thoughts and activities they possessed led me to the understanding that women are special beings.

At the CoP event, we had the freedom to express ourselves by cooking food according to our hearts' desires, singing, and creating programs to serve as a follow-up to this activity. For me, being a woman means supporting each other and embracing the diversity we have to carry the message that we can be bearers of peace on this earth.



Reflection from Anisa Eka Putri Kusmayani



That day, I heard the sound of people weeping, including the cry within myself. There was a part of me weeping, screaming, and returning to the past, to the time when I lost who I was. Some of those cries were loud, others were faint whispers. Cries for the courage to face those who caused us hurt. Cries for the courage to move on from wounds. Cries for the courage to forgive.

I spent 3 days and 2 nights with the Circle of Peace in Bandung. I do not know where God intended to lead me, but the candle that was lit brought forth a light of hope within me. A light of hope to create a new story.

“What is peace, anyway?” asked Riri, one of our facilitators. “Yes! What is it?” echoed the voice inside me. It was a deep exploration because, in the Circle of Peace, I could define my own meaning of peace through the clay forms we sculpted. Going deeper, what surprised me most was realizing that if personal anxiety is not unraveled and resolved, it influences not only oneself but also those around us. Conversely, collective wounds are also shaped by personal wounds. Linda, one of the participants, shared that she was able to identify the motives within herself.

“[I can] identify what the motive is behind every action,”

– Linda Sebastian



In the Circle of Peace, our wounds were not glorified, nor did they trap us in the confinement of the word "victim." Instead, we were asked to face those wounds. To face the people who are difficult for us to forgive. We were asked to realize how peace within us will never occur without forgiveness, because holding a grudge against others keeps us imprisoned in a sense of anxiety.

We were asked to engage in a dialogue with the people we struggled to forgive through a letter. The letter conveyed that I was ready to forgive that person. It was a difficult phase, a phase that brought me to tears; tears of release. Releasing the anger and grief of being hurt, and accepting the peace and happiness that came from that release I could sense that feeling from fellow participants. For instance, Mrs. Chintia Giana mentioned, "My anger toward my parents is not as great as it used to be."

This Circle of Peace journey was not a lonely one, despite the personal issues shared. There were friends from Creators of Peace who accompanied me and listened to my story. Here, every story is valuable, allowing us to release old narratives and create new ones. What Jo shared made me even more grateful that "being a woman is a beautiful gift from God." It was through this Circle of Peace journey that I discovered wounds and that forgiveness could free me from the shackles of inner unrest. It was when I finally forgave that I was ultimately able to return to myself.



Reflection from Riri Lestari



During the CoP x TBP activities held across two cities, I was given the space to reflect and share on a question that sounds simple, yet feels deeply complex:

What is peace? And what destroys and builds it?

What unfolded in those spaces became more than a discussion; it became a journey inward.

In Yogyakarta, when I shared for the first time, I realized how carefully I had learned to protect myself. I was hesitant to go deeper, reluctant to open memories from my childhood that I had buried for years.

Yet even when my words were held back, my body and emotions told the truth. The triggers, the tightness, the feelings that resurfaced, none of them could be ignored. They reminded me that what we suppress does not disappear, it waits to be acknowledged.

By the time I shared in CoP Bandung, something had shifted. I felt safer, more grounded, and more willing to be honest. Slowly, my story found its way out. The more I allowed myself to speak, the clearer my wounds became. Through storytelling, I began to understand what truly needed healing, and whom I needed to forgive. Sharing was no longer about explaining myself, it became an act of courage and self-recognition.



This journey led me to a powerful realization; peace does not mean the absence of chaos in our lives. Peace begins when we are brave enough to acknowledge our wounds. Pain, when faced honestly, can transform into strength. Healing starts not by denying what hurts, but by allowing it to teach us.

Through CoP, I also learned how deeply significant the role of women is in peacebuilding. Women hold the power to create peace in very real and tangible ways, starting from within themselves, extending to their families, and flowing into their communities. Peace is not only built in big negotiations or public spaces; it grows quietly in everyday choices, care, and courage.

CoP x TBP reminded me that peace is not something we arrive at, it is something we practice, again and again, beginning with ourselves.



Testimonials

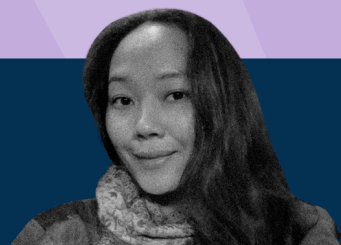


Yogyakarta



"I've come to understand that making peace is a long process, especially when it comes to forgiveness. It's okay to admit you're tired and take a step back for yourself, so you don't end up hurting yourself or others because of your anger."

- Fajriatun Nisa Islami



"I finally found the strength to let go and acknowledge the pain I've been holding onto for the past 12 years."

- Azkarinna Fitri



"I feel relieved to finally release what I've been holding in for decades, and I'm grateful to have found a circle where I can heal and grow."

- Anis N.W.



"I've come to understand that feelings of sadness, exhaustion, pain, and everything long held inside can be expressed without judgment—and that brings a sense of relief and peace."

- Nido



"I feel energized and optimistic that the wounds will pass, replaced by a happiness that is no longer conditional."

- Umi

Bandung



“My next goal is to become empowered, regain my productivity, create a positive impact, and spread meaningful change to many people by building and empowering my circle of friends.”

- Hana



“I am not alone, and I am deeply worthy.”

- Siti Nur Fitria



“I’ve come to understand that being a woman is a beautiful gift from God. I am free to express myself fully as a woman in my thoughts, feelings, purpose, and appearance. Peace is not about suppressing emotions, but about embracing wounds in the most relieving way.”

- Jocaste



“I used to think, ‘Don’t let me feel pain,’ but now I’ve shifted to, ‘I’m ready for the next phase.’ I’ve found a calmer, more accepting version of myself and I feel even more prepared to face tomorrow.”

- Alifah



“Learn to rest, not quit.”

- Faza Rahim

Measurement of Impact



The key findings from the triangle self-reflection form indicate a transformation from a **Victim Mentality** to an **Empowered Mentality**.

Participants no longer view themselves as objects who “suffer” due to their environment, but rather as subjects who have full control to create peace.

Participant narratives are dominated by themes of **acceptance**, **letting go**, and **the redefinition of strength**.

4 Fundamental Inner Shifts Experienced by Participants

1. The Locus of Control Shift

2. Reframing Vulnerability

3. Unearthing Deep Trauma

4. The Reality of Process

4 Fundamental Inner Shifts Experienced by Participants

1. The Locus of Control Shift

**Blaming
the World**



**Taking
the Wheel**

Before:

**“The world must change
so I can be at peace.”**

After:

**“When I change, peace
follows.”**

Key Insight:

Almost half of participants once waited for others to understand them. Now, they understand this truth; Peace is not something we can demand from others.

Impact:

**Emotional control is reclaimed.
Happiness is no longer outsourced.**

4 Fundamental Inner Shifts Experienced by Participants

2. Reframing Vulnerability

Too Sensitive



Emotionally Powerful

Old Label:

“Sensitive = Weak/“Baper”

New Meaning:

Sensitive = Strength

Reality Check:

Many participants—especially women—have been silenced by stigma.

Breakthrough Moment:

“Women are often called overly emotional—when in fact, that’s our power.”

Impact:

**Emotions become guidance, not flaws.
Intuition is trusted. Feelings are valid.**

4 Fundamental Inner Shifts Experienced by Participants

3. Unearthing Deep Trauma

The Iceberg Effect: What Was Hidden Finally Surfaces

Shift:



**Some sessions unlocked long-buried pain—
a true Pandora’s box moment.**

Powerful Truth:

“Pain I’ve been holding for 12 years...”

Impact:

High psychological safety created space for honesty.

Healing begins when wounds are acknowledged—not hidden.

4 Fundamental Inner Shifts Experienced by Participants

4. The Reality of Process

**Instant
Healing**



**Trusting
the Journey**

Old Expectation:

“I want to heal—now.”

New Awareness:

**“Healing is a journey, not
a finish line.”**

Words That Keep Appearing:

Beginning. Process. Slowly.

Impact:

No more magic-pill mindset.

Participants commit to long-term emotional growth.

Gallery



Yogyakarta 29-31 October 2025







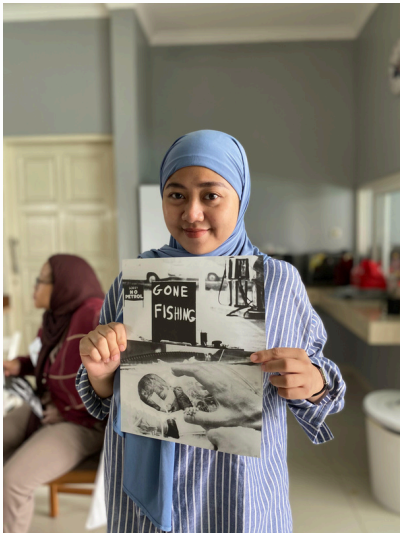


Bandung

5-7 November 2025









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