

Roots & Remittance: Mastering Life, Work, and Finances in a New Land

Context and role of Learn Light

- Bangladesh sends millions of workers abroad every year, contributing heavily to the economy through remittances. However, most migrants receive only basic procedural training, leaving them unprepared for real-life difficulties overseas.
- Migrant workers often face financial mismanagement, emotional stress, family disconnection, communication difficulties and cultural adjustment issues. These problems limit both personal wellbeing and the long-term developmental impact of migration.
- Learn Light addresses these gaps through mindset transformation, emotional intelligence, and self-awareness, helping migrants develop strong mental resilience and responsible decision-making skills before departure.
- The program emphasizes proper financial planning, money management, and family alignment so that remittances contribute to sustainable family growth rather than short-term consumption.
- Through Mindset transformation Learn Light prepares migrants to represent Bangladesh with dignity, communicate effectively, and handle workplace and cultural challenges abroad.
- Through the Learn Light Program, we aim to prepare migrant workers to focus on self-development by teaching them human responsibility, self-consciousness and self-management.

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Total Number of Sessions: 15

Session Duration: 45 minutes per session

Mindset Transformation & Growth (3 sessions)

This unit cultivates a growth mindset and positive thinking, helping migrants adopt responsible behavior, honesty, proper etiquette, and strong self-awareness so they can unlock their full potential and represent Bangladesh with dignity.

Key Components:

- Developing a growth mindset and positive thinking by learning to see challenges as opportunities for improvement rather than threats.
- Responsible behavior, honesty, and proper etiquette that reflect personal integrity and national pride in every situation.
- Self-awareness and effective use of personal resources to identify strengths and actively work on areas of growth.
- Value-based decision making that helps migrants make choices aligned with long-term goals and ethical principles.

Emotional Intelligence & Personal Wellbeing (4 sessions)

This unit develops emotional intelligence and holistic personal wellbeing, equipping migrants with the inner strength to manage stress, adapt to new environments, and maintain balance during challenging times abroad.

Key Components:

- Self-awareness, self-regulation, motivation, and empathy that help migrants understand and manage their own emotions effectively.
- Managing conflict and respecting cultural diversity so they can adapt smoothly in multicultural workplaces.
- Mental wellbeing through breathing exercises, meditation, and self-care that reduce anxiety and build inner calm.
- Physical wellbeing through regular exercise and nutritious food intake that increases energy and resilience.
- Stress management by identifying triggers and applying conscious coping strategies to stay composed under pressure.

Financial Preparedness, Discipline & Family Alignment (4 sessions)

This unit builds practical financial literacy and disciplined money management, enabling migrants to plan wisely, meet both individual and family needs, and ensure remittances support long-term stability rather than short-term consumption.

Key Components:

- Financial planning, budgeting, and smart allocation of income to make every earning purposeful and sustainable.
- Structured remittance management and goal-based saving strategies that turn hard-earned money into future security.
- Preparing the family for responsible money use and preventing dependency so the whole family grows together financially.
- Balancing individual needs with long-term family wellbeing to create shared financial responsibility and peace of mind.

Communication & Relationship Management (4 sessions)

This unit strengthens essential communication skills so migrants can build healthy relationships with family and colleagues while representing Bangladesh professionally and respectfully across cultures.

Key Components:

- Verbal and non-verbal communication (posture, gestures, eye contact) that creates trust and positive first impressions.
- Digital communication tools that help maintain clear and respectful contact even from thousands of miles away.
- Clear, respectful, and effective interpersonal skills that reduce misunderstandings at work and at home.
- Maintaining strong emotional connections with family from afar so distance does not weaken family bonds.

Activities of the session**Interactive Conversations**

Participants engage in guided discussions to explore fixed versus growth mindsets and practice shifting negative self-talk into empowering statements. They reflect on personal experiences and co-create practical ways to adopt responsible behavior, honesty, and self-awareness.

From Real Scenarios to Collective Wisdom

Through shared migrant stories and group reflection, participants uncover common financial challenges and develop realistic budgeting and remittance plans. They learn how to align family expectations and build disciplined money management habits for long-term stability.

Collaborative Group Activities

Participants practice verbal and non-verbal communication skills through role-plays and peer feedback. They focus on clear expression, respectful listening, and maintaining strong emotional connections with family while working abroad.

Exercise Mindfulness

Migrants learn simple breathing techniques and mindfulness practices to manage stress and build emotional regulation. They also explore self-care strategies for mental and physical wellbeing to stay balanced in challenging environments.

Creating Strategies Together In a final collaborative session, participants review real-life scenarios and brainstorm actionable plans for successful adaptation abroad and smooth reintegration upon return. They develop personal strategies for responsible family leadership and long-term growth.



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