

GROWi Module 1: Session 2

We are all diamonds
in the Rough



In Partnership with



Cohort 3 Reflections:

Welcome to GROW_i Module 1: Session 2, where we explore the idea that we're all diamonds in the rough, destined to shine. In this reflective journey, participants uncover insights and wisdom that will help them grow as leaders, not just in one aspect, but in every facet of our lives.



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Pressure and heat are our portion as growing leaders. But we shouldn't forget the end game is a beautiful Diamond

_ Isabella Akiteng

”

Position yourself in the shoes of those you lead. We are all diamonds in the rough – there is a need to recognize that there is value in everyone we lead

_ Dr. Lydia Mpanga Sebuyira

”

As a leader, you need to focus. I have been scattered pieces and this session has allowed me to recenter and focus.

_ Susan Zemeisu

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“It takes many years” to make a diamond. I have deep respect for those who have done what we do for years - passion and talent too need polishing.

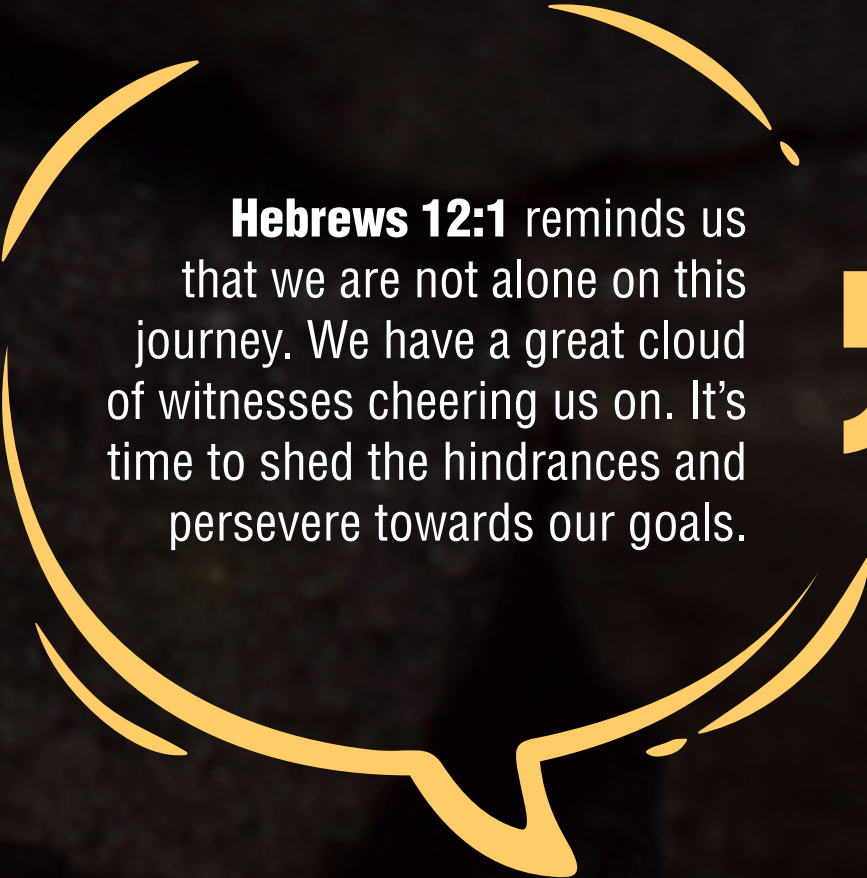
_ Catherine Mugabo

”

Part of growth is how we speak to ourselves. – Dr. Lydia Mpanga Sebuyira People who speak to themselves are not mad but Growers. Starve your distractions and feed your focus.


_ Isabella Akiteng

Now, let's draw inspiration from some powerful session quotes:



Hebrews 12:1 reminds us that we are not alone on this journey. We have a great cloud of witnesses cheering us on. It's time to shed the hindrances and persevere towards our goals.

”



Philippians 3:13-14 reinforces the idea of forgetting the past and focusing on the future. We press on toward our high calling, just like diamonds pressing toward the light.

“

Invaluable Lessons:

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Angella Kasule introduces us to the concept of an “amygdala hijack.” It’s essential to analyze risks and the triggers that set us off.

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Kamakune Stella reminds us that our radiance should shine from both within and outside. Just like diamonds, our inner beauty must match our outward appearance.

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Catherine Mugabo elaborates on the facets of a diamond, relating them to the heart, head, and hands. Each area needs development, much like facets on a precious gem.

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Susan Zemeisu stresses the need for personal development and the importance of taking a pause to polish ourselves.

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Natalejja Lydia shares her valuable lesson in emotional intelligence. Learning when to hold on and when to let go, especially when emotions trigger an “amygdala hijack,” is crucial.

Related Quotes on the Session Theme

To wrap up this reflective journey, let's draw inspiration from related quotes:

In the words of many wise individuals:

A diamond in the rough is still a diamond.

_ Unknown

Don't judge a book by its cover; a diamond in the rough may shine brighter than you ever imagined.

_ Matshona Dhlwayo

A diamond is a chunk of coal that did well under pressure.

_ Henry Kissinger

In the depths of every soul, there is buried treasure waiting to be discovered—a diamond in the rough.

_ Bryant McGill

Diamonds are only lumps of coal that stuck to their jobs, you see. They just kept on polishing, and that's why they're so valuable.

_ George Grey

A rough diamond is still worth more than a polished pebble

_ Unknown

Sometimes, the most extraordinary things are found in the most ordinary places. Look closely and you may discover a diamond in the rough.

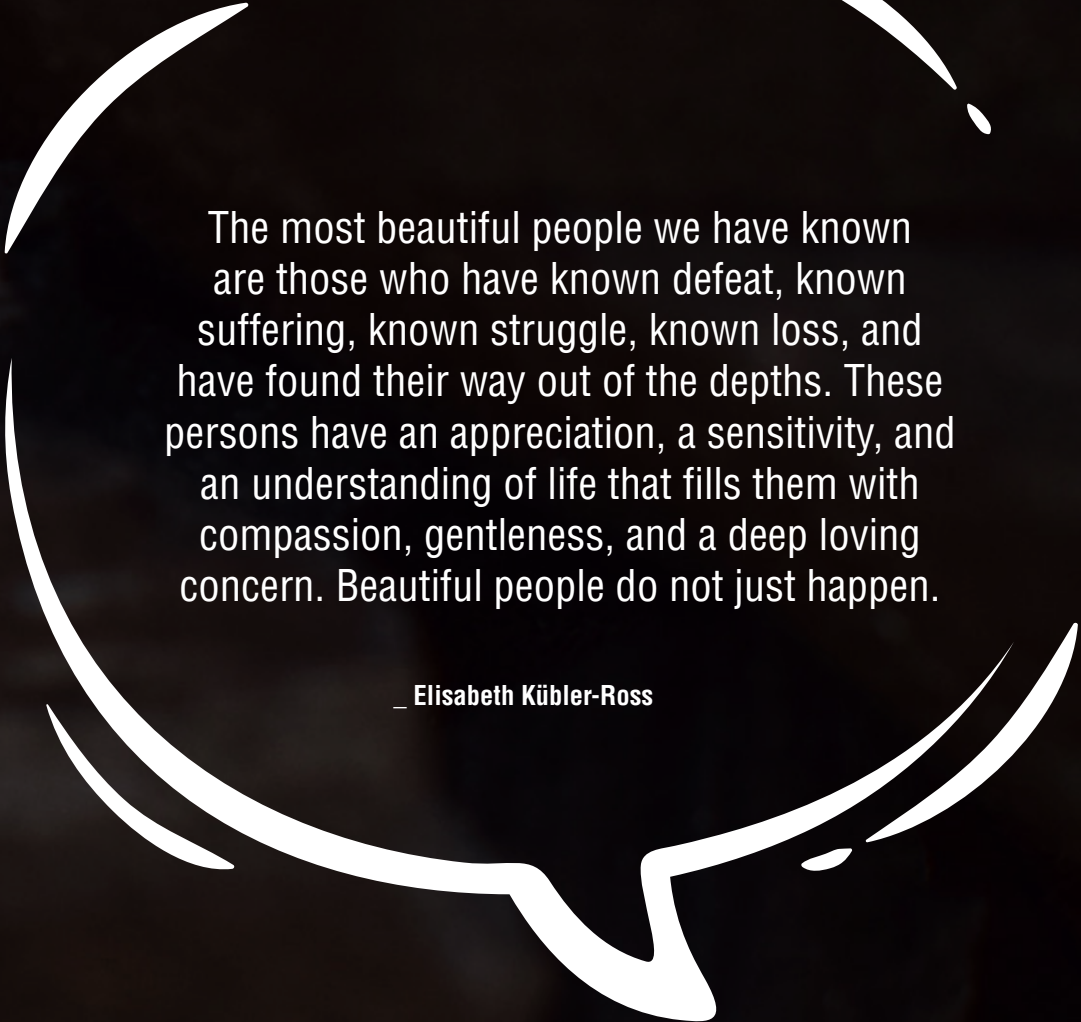
_ Unknown

The greatest treasures are not always the most obvious ones. Keep your eyes open; you never know when you'll find a diamond in the rough.

_ Unknown

The world is full of diamonds in the rough. It takes someone with an eye for beauty to recognize their true worth."

_ Matshona Dhlwayo



The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.

_ Elisabeth Kübler-Ross

So, as you continue on your journey of growth, remember that you are a diamond in the making. Embrace the pressure, polish your facets, and let your inner brilliance shine through.

For more information about GROW; [CLICK HERE](#)



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