

## Five-Day Writing Challenge

### Day One- Your First Remembered Trip-Sight

I can still recall a day in late spring 1984, when I left Trinidad and Tobago and boarded the airplane that would take me to Portland Maine, for a connecting flight to my ultimate destination, Bethel Maine. I had been selected to attend an International Workshop on Human Interaction. I had no preconceived notion as to what the 10 days, the duration of the workshop, would bring. However, I recall being filled with excitement and a spirit of adventure. The memory of that time has remained with me, since it was there that I was impacted on several life altering levels.

My most enduring memory, was the vision of the evergreen forests that seemed to beckon to me, offering a place to be held dear to my heart, a shelter from whatever storms could be on the horizon, a place I would always want to run to, and to share with that one special person in my life. A place where I could find comfort, and bask in, forever.

The trees stood tall and majestic, like sentinels, standing guard to keep me safe, and stretched over miles and miles, with no end in sight. The trees were of varying types and heights, but shared in common, almost bare extensive trunks, with each competing to reach the light. The light shone from above, through upward arching branches that were not too dense, and the slight rustling of the branches filtered the light into mosaic like shapes and sizes, through the trees eventually falling unto lower hanging branches and the forest floor. The trees were well spaced, and the undergrowth sparse, with the lure of ideal conditions for an unimpeded stroll through the forest.

The backdrop to my stay in Maine, was a vision of myself, strolling serenely through the forest, and enjoying the promise that it offered.

The site, on which the Conference Facility was located, was extensive and beautiful. The lawns which were lush, green and undulating, dotted with ornamental trees and shrubs, and strategically placed benches, inviting a pause and conversation, provided the ideal setting for many team building and self awareness exercises. Participants in the workshop were responsive and many admitted to being affected in profound ways.

I was impacted and left the workshop with a greater sense of self-awareness, confirmation of my communication strengths and weaknesses, and most importantly, empirical evidence of how people responded to what I did and said.

I also left the conference with the cherished memories of the beautiful setting of the workshop location, the beckoning of the evergreen forest with its promise of serenity and security.

Many times since then, I revisit the setting and experience in my dreams.