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My Mopane Experience - A divine encounter.

Around June 2020, I received a phone call from a very good friend asking if I had some time over the weekend, and indeed, I was free. She spoke to me about this retreat opportunity for women leaders, and given my passion for such growth spaces, I felt like, why not? I immediately signed up. It was very timely! Before this, I had a very hectic first half of the year, and in that particular month, I had just left a job that I felt I needed to think through well before opting to stay permanently. I had mental and emotional fatigue. Yet, I was involved in all these leadership spaces where I had to deliver. It's like I needed a cave to run into, find myself and then return to life.

I arrived at the Lakeside Escape, and a breathtaking scenery I found! The ambience, set-up, and the energies in that room were exactly what I needed. I was thrilled. The theme for the retreat was 'Plumbing chaos out of your life.'

Wow, I thought to myself, this is the ideal spot God could have led me to. At the retreat, we were taught about grounding. As leaders, we needed to be grounded for us to lead effectively. We were taken through a couple of indoor and outdoor exercises, and I learnt a lot of simple things we could do to thrive, such as breathing, just being present, feeling and listening to your body. We were encouraged to sit and reflect, meditate, share our experiences and these moments were all mind-blowing. I did an internal soul search, and that's when I resolved what I wanted for myself. We were also encouraged to put ourselves first, for we cannot pour from an empty cup. To give, to lead, we needed to have a source within that we could easily reach out to and draw from.

There were a couple of lessons that I took away from this experience; I chose to adopt a routine of regular exercising, something I often procrastinated about. We also promised ourselves that we would do three things while we got back to our respective places in a bid not to slip back into our old lifestyles. We got accountability partners from within the retreat with whom we still share these growth experiences. We each came back with a package of spectacular gifts, including scented candles for our meditation and reflection moments. I also adopted the concept of the gratitude jar as taught by Ms. Jacqueline Asimwe, the CEO of CivSource Africa. She encouraged us to write down one thing we're grateful for at the end of each day. I have done this since I returned, and the results are excellent. Every time we are thankful, God pours more into us. The Mopane' Leaders' Experience Retreat is one of the best experiences of my 2021 and will remain with me for a lifetime! I would implore every person out there to get in touch and find their way to this one of a kind leadership retreat experience.