



Discovering My Purpose: Who am I? Where do I belong? When do I feel fulfilled?

I had the most amazing time of my life. The retreat was exceptionally well-organized, inviting, and full of opportunities for learning and self-connection.

I was able to recognize, accept, and love myself for who I am. I learned how to love myself and why it mattered during the retreat. Self-love, I learned, is accepting myself completely, treating myself with compassion and respect, and nurturing my growth and welfare. This entails not just how I treat myself but also how I think and feel about myself. So, these days, when I think about self-love, I try to visualize what I would do for myself, how I would communicate to myself, and how I would feel about myself in a kind and caring manner.

For the moments that I broke down while at the retreat, I received attention and comfort in the soonest time. One of humanity's major issues is that we're way too excellent at staying going. We're specialists at giving in to the demands of the outside world, doing what's required of us, and focusing on the priorities that others set for us. So, we keep showing up and being a great boy or girl – and we can do it for decades at a time without even flinching or cracking.

Breakdowns are inconvenient for everyone; thus, every effort is made to get it out of the way as quickly as possible to resume business as usual. But, if I can get through it, I learned that my crisis is an attempt to dislodge myself from a toxic status quo and an insistent call to rebuild my life on a more authentic and sincere basis.

Because of the well-furnished and separated rooms, my body and mind enjoyed a wonderful rest. Despite having a problem with it for the previous six days, the exercise helped to clear up my digestive system. In addition, the meals were delivered on time, which was never a problem.

It was an opportunity to meet and interact with all the powerful women. I believe I have been able to put down some of my life traumas here. We have an impact as a group, not just as individuals. Because there was such a shortage of possibilities at the top, we were traditionally encouraged to compete. However, I learnt during the retreat that lifting each other up and harnessing the power of cooperation is the only way we can actually change the equation—and have a lot more fun doing it. There is power in the pack!

I felt appreciated, seen, recognized, loved, welcomed, cared for and not at all discriminated against. As a result, my life has improved significantly. Thanks to this retreat, I will cherish my body and be a bit gentler in life.

“When women work together, it's a bond unlike any other.” _ Victoria Principal
The Mopane' Leaders' Experience Retreat will always be a source of gratitude for me. It had a profound effect on me. It changed my life.