



Finding the Balance!

First and foremost, I can't explain everything that happened during this retreat because words are too small to describe it. However, the experience was so unique that I pray that I can be a part of it again and again.

Building to the retreat, the communication and coordination were impeccable. As we were preparing to start our journey to The Mopane' Leaders' Experience Retreat, safety measures were communicated, and the CivSource team was quick to recommend where the covid tests could be carried out. Proof of their concern for our health. A very thoughtful thing to do.

Water offers both adventure and joy; the boat ride was very memorable and intriguing. The food was excellent and healthy. The rooms were very warm and comfortable. The exercises every morning were beneficial because they made us healthy and fit. The exercise trainer was terrific and patient with all of us, and this was beautiful. I involved myself in all these fantastic activities, including games and swimming, which helped calm my nerves.

Then finally came the learning moments. The facilitators were exceptional leaders. I came very sure that I would not go back the same, and The Mopane' Leaders' Experience Retreat made sure it happened that way. I learnt a lot over the past few days while at the retreat. I learnt to be a better person, prioritise, build myself, stay balanced with myself, the energy points in my body, the power in speaking positively, how to communicate and listen to my body, and many other things.

Another thingamajig was the care given due to the change of environment. I experienced headaches and stomachaches. The CivSource team was always quick to provide me with help to relieve the pain. This made me feel safer with them, and in the morning, they were always and genuinely concerned about the progress of my health.

From this experience, I have now purposed to listen to my body; I now know my body's story. It is, in some regards, universal: both health and illness are a part of my life. And my body tells the tale. But, of course, tales are different from person to person. Today, when I listen and pay attention to my body's story, I have discovered that I enjoy better health and greater self-esteem. I am also better attuned to the signals my body may be trying to send me when something is going wrong.

So when it comes to the story of my health, there's good reason to commit to listening to it—and living it—for a good, long time.

I can proudly say I am blessed to be among the team that was selected to come. All I learnt has been put to practice, and I believe they are building me and making me a stronger and better person.

Hmmm, I am grateful. I am also thankful that when I felt like I was breaking, the leaders and the team were in place to listen to me and talk to me about how I could feel better. I have learned that it is okay to have emotions. It's okay to be human!

Thank you, Mopane'.

Retreat Alumni