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The wonderful journey started with blessings from the Almighty with I healed! Let me tell you about this healing. Grab a chair sit calm, hear yourself breathe, catch your breath and on your third breath read along. (chuckles away)

The Mopané leadership experience retreat was nothing short of my expectations. I follow CivSource Africa online and the moment they announced the Leadership retreat, I sighed and promised myself that I would be a part of it one day. They told of the beautiful place, great people, and unrushed time for leaders to relax, breathe and connect. True to that promise, that was my best experience, connecting with nature and my breath and constant gleaning from a well of wisdom Ms. Hope Chiguddu. These were delivered beyond my wildest imaginations.

This incomparable retreat was the first of its kind for myself and as a leader- I connected with vibrant and honest women. For the first time I shared my deepest stories with a stranger on the first day of meeting. I guess it had to do with the environment we were in. For me this was my first win as an introvert that loves keeping things to self.

On our first day of sessions, we talked about our passports (how we see ourselves), I felt great relief that I now had a different perspective of myself because of that burden that I laid down during that intimate conversation. Throughout the sessions, 'Our Feminist Witch' (Ms. Hope Chiguddu) discussed energy centers and how these affect our leadership. She challenged us to think about issues, things that we bottle in or those we fail to execute well, which result into pain, self-judgement, and denial. In that moment, my mind connected with the pain I carried in my upper chest. When I searched deeper, it was true that what was being talked about was (had) happening to me. I scampered through the different phases of my life and realized I stored so much pain from failed relationships, un-met expectations, anxiety, and sometime sheer fear of the unknown. I looked back to when I should have said some things and other times wished I said and did things differently. I took stock of things I failed to start because of fear of judgement, and journeys I abandoned because of guilt feelings.

I DETERMINED TO breathe life to this pain, to let go and heal.

The morning exercises quickened my healing. I came to terms with myself and decided to let the energy flow, one evening during my nature walk in the forest; I took deep breaths of healing, I spoke healing over my chest, healing over my painful past experiences, my leadership mistakes, and embraced healing. I breathed to healing, I breathed to a new Sarah, one that is committed to diligent self-leadership and intentional positive leadership of others. I committed to my next phase of morphing.

I am so thankful to CivSource Africa for the beautiful space that was passionately created to allow me to be present to myself and my soul. On arrival, we received a note that said in part "we planned for you and prayed for you" I felt prepared for nothing; was short of that statement.

Today, as I look back to the person I promised to be when I drew my next 5 years' passport- I am thankful that I had the opportunity to dream and that I have hands to hold to in pursuit of that vision.