

# Josephine Omunyidde Zhane

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## The Mopané Women's Leadership Experience Retreat – womankind that aligns inner acumen whilst unwinding

"As my day's programs were falling in place, it took a phone call from an acquaintance for me to make a spontaneous decision and launch out on a cruise to a four-day adventure at the Lakeside Escape in the company of calm and collected ladies.

Having come out from a roller coaster of a schedule, the 1-hour cruise to the destination seemed like 10 minutes voyage. On arrival, a firm welcome of ululations, cocktails and beach setting ushered us to the Mopané flow – a leadership experience way, way beyond my expectations.

The Mopané Leadership Experience Retreat Program – was an expedition into the unusual yet natural world of rejuvenation, which propelled re-alignment of my inner insight and power to courageously plunge my life from chaos as a leader and change agent.

I must acknowledge that the facilitators were admirable. They exuded authenticity in delivering the rich content of each session in a creatively designed environment, which I highly believe contributed to the uptake of the learnings. The fun that came with the outdoor sessions is unforgettable.

Distinctively, the Mopané Leaders' Experience Retreat Program evoked a lifetime action that I had pondered for years – it ignited me to take the risk whilst dream more.

My personal experience was transformative. It was a much-needed moment to harness my inner power and re-discover my authentic self.

The connection with the diverse quality of women at the retreat instantly wove invisible nets of feminine love that I believe will carry us on life's journey.

As we interacted in sessions, a clear commonality was evident amongst us – womankind that unites us as leaders, encouraging us to recognize the power within us. The power of being a woman, the ability to revive me, love me, reward me because I deserve to no matter the life circumstances.

The Mopané retreat was a space that filled me up, given my leadership role where I am constantly filling others; it enhanced an opportunity to hear from other women leaders through their unique yet relatable stories that affirmed me on this leadership journey as a mentor of 'Engender Girls' (An organization I lead).

The solitude session was an environment to incubate ideas but, above all, to explore areas in my life that needed 'plumbing' expertise to flow effortlessly while acknowledging the mother nature conduit to my body system as an ultimate inspirational current that drives me.

The Mopané Leaders' Experience Retreat could not be interrupted by the presidential lockdown announcement (2nd lockdown 2021), and we kept flowing peacefully. Again, an indication that the retreat was already impacting us in ways we could not discern.

I am so glad that I bent the rules when I received that invitation phone call and chose me. I am renewed each day by the memory of the Mopané Leaders' Experience Retreat Program. With an appreciation to the prayer of serenity that I learned; "...to accept things I cannot change, courage to change those that I can and wisdom to differentiate the two". It is an undeserved honour to have been part of such a rejuvenating life experience. It is stuck with me forever."

Josephine Omunyidde Zhane | Founder Engender Girls Mentorship  
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