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## MOPANE' LEADERS' EXPERIENCE RETREAT "The Hospital with the Best Doctors"

"I don't want to get into the Mopané Leaders' Experience Retreat program's program content because it will require me to make a movie out of it to allow you to feel what we felt about every item on that program. Probably, Prisca Amongin, a writer by profession (one of the retreat participants and now alumni), will help us write a book with illustrations.

My best treatment from the Mopané Leaders' Experience Retreat "HOSPITAL" was first received at the Mukono Lakeside Escape Resort environment where the retreat took place. Since the retreat happened at the beginning of the second wave of the Covid-19 pandemic, I had second thoughts about positively responding to the invitation sent by one of the retreat organizers. Luckily, the organizers allowed us to ask questions where we felt we had doubts, so I did ask, and eventually, I was convinced to attend the retreat.

The biggest worry remained about how I would fit in since I am a uniformed security person. Most of the members were from civil society and other public service institutions. Towards the departure date, I got positive anxiety about the retreat. There was much tension due to many people being sick and others dying in hospitals because of Covid-19. But I saw the retreat as a getaway from all that.

I was the first person to arrive at the rendezvous for our departure. I think I had underestimated the organizers, but going by the reception we received on arrival, I just knew it would be a fun-filled retreat. Everything was colourful. I have never seen such beautiful colours in one place. The organizers, though, were more colourful. Did I tell you that our accommodation place was the 'serenest', does that word even exist! Yes, it exists; if you attend the Mopane' retreat, you will learn it. This is one retreat you shouldn't miss if you ever get a chance of being invited. There is a lot of learning and unlearning mechanisms we thought matter, yet they clog our systems.

As women in leadership positions, we have a lot on our shoulders from the work stress and striving to excel, making sure we build stable homes for our families, worrying about the well-being of our spouses and children, and even worrying about the problems of people around us you. During the retreat, I got to rediscover that I should come first if I am going to assist those around me. Hearing from women in leadership and their day-to-day challenges was an enriching learning experience, given that they have been able to steer and excel with all the negative energy around them. I applaud the initiators of this program because, indeed, women leaders needed pampering the way the Mopané Leaders' Experience Retreat organizers spoiled us. Thank you, CivSource Africa." \_\_\_

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