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A penny worth my time!

As commitments overlapped on my calendar and emails crowded my inbox, physical stress quietly building up in my body. I didn't realize the tightness in my jaw, involuntary squeezing of my stomach muscles, or that my shoulders were reaching for the ceiling. Sound familiar? The invitation to the Mopane' Leaders' Experience Retreat was an opportunity to take a moment and surrender to complete relaxation.

At the retreat, I learnt that taking time for myself is not selfish. Before, I always had to talk myself into curving out time on my calendar to relax. But after the retreat, I have shifted my mindset. To be the best version of myself, I know how to put my wellness first.

Life unfolds in the present. But so often, we let the present slip away, allowing time to rush past unobserved and unseized and squandering the precious seconds of our lives as we worry about the future and ruminate about what's past.

Re-dedication to my wellness has taught me to be more mindful, enjoying each day as it comes. In turn, this has boosted my happiness. I am committed to fully showing up with kindness daily for my family, friends and most importantly myself.

Hold spaces for each other:

I learnt that holding spaces for each other means walking alongside another person without judgment, without trying to fix them or the situation, without trying to impact the outcome, all while not making them feel inadequate. To do this, I am now on a journey to open my heart, let go of judgement, control and offering unconditional support as I hold space for someone directly, or hold space for someone as they hold space for someone else.

The morning exercises: Before the retreat-like many, I found myself beginning each day by looking at my phone. I'd sit in bed, scroll through social media, and check email, lose track of time as the minutes ticked by. Then at the last possible moment, I'd leap up and hurry to work, call into a meeting or hop on my computer. Morning exercises are now an item I have added to my daily to-do list, and now I feel productive, happy, and healthy each morning I wake up. Exercising has helped me experience success in all areas of my life and achieve every audacious goal I set for myself.

One by one, little by little, here a little, there a little, the retreat put some very practical truths into my life. The fireplace was deeply spiritual. The reflections were mind-boggling. Everything was super.

May God bless you all. Lastly, I enjoyed my room- managed, my me time too was well appreciated. Worth every penny you invested in me!
Forever grateful!