



I had always wanted to be part of the Mopane Leadership retreat. So, receiving an invitation email from CivSource Africa was exciting.

I really had a good experience at the retreat as I interacted with inspiring women from all walks of life, different backgrounds, different ages, different professions with lots of knowledge to share. Trust me, I learnt a lot from them as many challenged and inspired me to be a better version of myself. I loved the challenge. Let me share my testimony.

Grounding and surviving. This was a whole new topic to me because I learnt about the things that keep me grounded and ungrounded, which made me realize that I need to do more self-awareness sessions. After the session I went to my room, sat down to reflect, and understand myself. From the experience exercise, I decided to always reflect on myself to know myself better each day.

Reconstructing my body. I must say that I realized that my body is like a construction site that is always under construction thus I should be patient, trust and believe in myself as well as dedicate myself to the journey of building the Charity Nafula I want. From this session I realized the things I must pay attention to so as to better myself and keep myself in balance.

General testimony. The retreat reminded me of the purpose of my body which is to serve me to leave a happy and fulfilled life, the need to listen to others and ensure that everyone's voice is heard in my space, the power of my voice and words, the areas in my life that I need to change, how to keep my life in balance, the need to forgive, let go and love myself more, to practice gratitude (I now own a gratitude jar – thanks to mopane retreat), practice receiving, practice affirmation, how to feed myself by doing things that make me happy as well as appreciating myself. I was reminded about the need to speak to ignite fire in other people, to filter my truth, balance self-reflection with self-expression and practice inner peace.

At the retreat I promised to remove and drop the dirty breeches in my life that included self-doubt, victimization, procrastination, letting go of the past wounds, judging others, not taking care of my body, among others. Finally, I would like to extend my word of thanks to the entire team at CivSource Africa, for giving me the opportunity to be part of this retreat and I will continue taking care and loving me and be a better woman that I want.

THANKS, MOPANE, FOR IGNITING THE FIRE IN ME
With love and gratitude

Charity Nafula

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