

Janet Lissa



*** Stepping out of my Comfort * - * Rethinking the Human-Internet Relationship*.**

I liked the whole experience of stepping out of Kampala coming to an Island location to learn and learn about myself. The retreat venue is indeed a getaway space to meet self. The retreat was the most unique and learning experience for me. Before the retreat, not being online seemed like an impossible task. I learnt how to power down technology to power up my life. I finally was able to notice how much time I spent online. I now set goals for how long I allow myself to be online and my phone without feeling bad and beating myself up (being a slave to the internet).

The whole experience taught me that technology is a fantastic tool that has greatly improved my quality of life, but it can be very distracting and cause me to miss out on what is going on right in front of me. In the wise words of Ferris Bueller, "Life moves pretty fast. If you don't stop and look around once in awhile, you could miss it".

From the experience of the retreat teachings, I learnt that it is not always about work, but it's me, and I have to put myself first if I am to serve others better. I was overwhelmed by the love that the Civsource team shared with us. It is not every day that you get invited to a space full of women, and you go back home feeling energized. The amenities, constant affirmation, the organizing and facilitating team were absolutely remarkable.

All retreat sessions gave me the power to take back what belongs to me and to acknowledge it. My body is my temple, and I love it. Thank you, CivSource, for reminding us that we have the power within us. We have to let it all out and honour it. The campfire sessions reflected sisterhood and created a platform of bonding and learning from each other's experiences.

Thank you, CivSource Africa