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I cry not alone- My Mopané Leader's Experience Retreat

When I first received a call inviting me for the Mopané Leaders' Experience Retreat, I was confused to what it was about. But, I did not hesitate to say YES. Because for me, anything that brings me into a room with fellow women to discuss something developmental is worth a very quick yes.

When we set off for the retreat on Thursday 10th June 2021, I did not know what to expect, but I was optimistic that it was going to be one beautiful weekend. Upon arrival, the warm welcome by the facilitators and the faculty team was everything.

The most important message I picked from the retreat was self-love. I realized that I had lost myself to the world and had lived in the shadows of other people. It was the **"make an appointment with yourself"** that was a turning point for me. The fact that I never paid attention to myself. I couldn't remember the last time I took myself out for a drink. It was huge revelation.

I had been putting aside my dreams to help others realize theirs. But the retreat taught me that there's more to being a nice person, than putting your dreams on hold to please others. I now believe, I can help others better if I am where I want to be.

I have seen people describe work places, conference rooms and other places as "Safe Spaces", but the Mopane Retreat to me, was the safest space I have ever been. I realized that crying alone is not an option anymore, but that there are many sisters, with whom I could share, cry together and resolve the issue together.

Thank you CivSource Africa.