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## The Mopane retreat: my experience

It is a little over a month since my Experience Retreat! This surprise invitation for female leaders came very early one morning. The minimal content was irresistible: “an opportunity to rest, reflect and recharge”! I needed this badly! I imagined minimal lecture-based sessions for our time together.

To my surprise, the retreat was, simply put, a demonstration of tools. Gifts. Sleep. Exercise. Mirror. Meditation. Nature. Visualisation. Questions. Gratitude. Affirmations. Ceremonies, and many more. The difference between a lecture and a demonstration site, is that all the senses are engaged by the latter. Studies shows that people remember 10% of what they hear, 20% of what they read, and 80% of what they see.

This turned out to be true for me. I had interacted with many of the tools before; mostly through books. During this retreat, they came alive with a lot more meaning.

I am pleased with my continued application of these tools since the retreat. I completed a 30-day gratitude journey with one of the retreaters. This was aimed at entrenching the daily habit for both of us. I started planting beautiful flowers to continue serving my senses. I have regular check-ins with my accountability partner. For some reason difficult to explain, my creativity has shot up. I have attracted a partner for my organisation during this lockdown, with planned engagements at the Africa level.

Thank you to everyone behind each and every detail. It is an act of service to humans. Many thanks to those who gave so that I could receive this gift wrapped in many packages. The world needs a lot more of these retreats.