



LADIES NIGHT – AFFIRMATION SUNDAYS

It has come to the world's attention that there are significant negative effects of social media on our young girls. This exposure, coupled with individual past and present challenges, is forcing our girls to have a negative view of themselves both at their physical appearance and financial standing, and this has negative impacts on their thoughts, hopes and dreams. It is with this insight that we have dedicated time to develop a strategy to get our young girls to acknowledge the power that they possess deep within. It is with this insight that we have established "AFFIRMATION SUNDAYS".

Affirmation Sundays are Sunday evenings dedicated to encouraging these young people to go into the week with the knowledge that they possess power and with that power, they are able to do any and everything. Whether it is school related, work related, or family related, we remind them that they are more than capable of, quite literally, changing their world and inspiring others to do the same in the process.

The word Affirmation directly means "the practice of positive thinking and self-empowerment—fostering a belief that "a positive mental attitude supported by affirmations will achieve success in anything." By so saying, we mean 'mantra's' that we repeat on a daily, hourly, or even minute by minute basis, to remind ourselves that we are beyond capable of achieving great things.

Due to the pandemic, we seek to limit exposure by utilising the virtual platforms afforded to us. These include Facebook, WhatsApp video call, YouTube, Zoom and Instagram. The sessions will be recorded so that one may go back to any session that resonated with them and play it back. In these sessions, we seek open and honest communication, both from our girls, and the speakers of that day. We seek to answer questions from these young girls that relate to the life and growth of the speakers. The speakers are a list of phenomenal women who have overcome different challenges in their own lives to reach heights that they, themselves, did not believe they ever would.

We are all very aware of the crippling statistics of gender-based violence in South Africa. A lot of the girls whom we are reaching out to have been victims of such atrocities. Which is why the main messages we are sending out to them are:

- We must acknowledge first the impact that the abuse has had on us mentally, physically, and emotionally. Without doing so, the 'ghosts' from the past will cripple us in future and perhaps are already doing so in your present.
- Despite what we were told, what we have endured, what challenges told us to believe that we are not deserving of happiness and success, it was all a lie. We do deserve happiness. We do deserve success. We do deserve any and every good thing that this world has to offer. WE ARE WORTHY.
- We may think that our situations are exclusive only to us, but someone, somewhere has gone through exactly what you have gone through. And its with sadness that we acknowledge that some of us have endured a lot more hardship, on a more frequent basis, under harsher circumstances than most of us will ever know. That is why it is important to share your story. Your story is your legacy. Your life is someone's inspiration. Your story gives hope to those who are still grasping at the straws of life. Your story says, If she can make it, I can make it too.

So, every second Sunday of every month we shall have "AFFIRMATION SUNDAY". We will share pieces of us that will inspire others. We will listen and advise as best as we can to the young ones that need to hear words of hope from us.

CRITERIA FOR EVERY SPEAKER

1. Must have a matric certificate
2. Must have a diploma/degree/honours/masters/doctorate (PhD)
3. Must be employed:
 - By a company
 - Be self-employed
4. Must submit a brief on the content of their speech to byhessini@gmail.com for consideration. Alternatively use the business number +2773102884 on WhatsApp or via call.
5. All ages of the speakers are welcome

Let us women change the world; one girl at a time, because WE ARE WORTHY!