

RISE & LEAD

QUARTERLY MAGAZINE



International Women's Day 2020 Edition

THE FUTURE IS INDEED A WOMAN!

WOMEN IN BUSINESS & LEADERSHIP

"I was pouring out in so many ways that in the process of taking care of others, I had left myself behind. Eventually, I burned out."

Martina Kelades
Mental Health Consultant

10

32

28

36

MENTAL HEALTH

Personal Development

Founder of Life Out Loud - Mental Health Consulting & Creatives, shares insights.

WELLNESS

A Journey to End Fistula

Habiba Diallo talks about Women's Health Organization International (WHOI).

EVENTS

March 08, 2020

International Women's Day 2020. Celebrating the achievements of Women.

GIRLS' TALK

Trying New Activities

Never be afraid to try something new. If you enjoy a sport, why not try it out.



ELA LANI HAIR
AND BEAUTY
YOUR HAIR EXTENSIONS
SPECIALISTS

www.elalanihair.com

www.salon.elalanihair.com

902 802 7307



On Instagram As
[@elalanihair](https://www.instagram.com/elalanihair)
[@elalanisalon](https://www.instagram.com/elalanisalon)
[@kulturebraidbarhfx](https://www.instagram.com/kulturebraidbarhfx)

CONTENT

Team members

Publisher: **Ifeoma Esonwune**

Contributing Editors: **Kayla Gietzler
Oge Nwachukwu**

Events & Marketing: **Thaissan Honda
Juliet Namugga**

To advertise please contact us:

Phone: **902 802 4055**

Email: magazine@empowerment-women.com

To contribute or subscribe please contact us:

Phone: **902 329 5888**

Email: publisher@empowerment-women.com

Rise and Lead Magazine is a quarterly publication of the Network for the Empowerment of Women. It is distributed widely in Atlantic Canada, and online around the world. Copies are available at Public Libraries, Airports, Universities, and Grocery stores in the Maritimes.

No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means without the prior written consent of the publisher.

4 PUBLISHER'S MESSAGE

"...exciting and compelling stories of women blazing their trails and impacting others positively." - Ifeoma Esonwune

6 INTERNATIONAL WOMEN'S DAY

International Women's Day Halifax 2020: Celebrating the global impact of women in business and leadership. #eachforequal #IWD

10 MENTAL HEALTH

Martina Kelades, Founder of Life Out Loud - Mental Health Consulting & Creatives, shares insights.

14 INTERVIEWS

- Fantanesh Attomsa, a Registered Massage Therapist talks about her activities in preventative and alternative health.
- "...I teach all levels of Usui Reiki while providing ongoing support and mentorship to my students" - Lisa Murphy
- Nagia Fawzi, an entrepreneur and mother to 3 talks all things business in the real estate sector.

28 EVENTS HIGHLIGHTS

- Impact and Empowerment Summit
- Rise and Lead Girls Conference

30 INSPIRE

Kayla Geitzler, Owner of Kayla G. - Editor & Writing Consultant shares ideas. "Writing your way to success".

34 LIFESTYLE

"You can't spell CHALLENGE without Change." - Nicole DesRoche gives an insightful perspective on change.

36 GIRLS' TALK (GT)

Tariro Dheka, founder of Beyond Impact Girls & Philanthropist has 5 quick steps to boost your confidence.



“ In this first edition of our quarterly magazine, we have featured exciting and compelling stories of women blazing their trails and impacting others positively. ”

A Note From The Publisher

by *IFEOMA ESONWUNE*

I am genuinely excited for this inaugural edition of our unique publication - The Rise & Lead Magazine: Empowering all women and girls. This publication is a unique platform for sharing incredible and inspiring stories of resilient and courageous women and girls, with the ultimate aim of empowering other women and girls to rise and to lead in their own capacities.

Rise and Lead Magazine is a brainchild of the Network for the Empowerment of Women. At the Network for the Empowerment of Women, we are devoted to inspiring and empowering women and girls to reach their maximum potentials, and help forge a more gender-equal world.

In this first edition of our quarterly magazine, we have featured exciting and compelling stories of women blazing their trails and impacting others positively. Women who have conquered fear, as well as surmounted challenges and have opened themselves up for more significant achievements. You can do the same too.

Our cover story couldn't be more fit at this point in our history. Martina Kellades, Founder and CEO of Life Out Loud, shares her incredible journey to self-discovery through mental health and how that experience has led her to seek such discovery for others going through a mental health crisis. Her story is compelling and a must-read.

This edition also commemorates International Women's Day. We are very excited to be a part of the global community acknowledging and celebrating women's achievements and contributions to the worldwide economy. International Women's Day is significant to us, little wonder we are celebrating it this year with a unique 2-Day power-packed conference and workshops. Our theme for this year: *Celebrating the Global Impact of Women in Business and*

Leadership. This is a clarion call for all women to acknowledge and celebrate their unique involvement in advancing economies and shaping the future of our world.

This edition also features genuine interviews with women who did not hold back in sharing useful tools and tips that helped them achieve success in their businesses to encourage and empower other aspiring women and girls.

I wish you a fantastic International Women's Day celebration and success in all your endeavors.

“we can help the next generation, with the stories we write today.” Lailah Gifty Akita

Enjoy the read! **RiSE & LEAD**
QUARTERLY MAGAZINE *Inspiring all Women and Girls*

MISSION STATEMENT

Rise and Lead Magazine is a friendly and inspirational companion. It brings to you very emotional, truth-filled, engaging, and uplifting stories of women just like you to inspire and arouse the champion in you. It will compel you to step forward, find your voice, and use it wisely.

ABOUT NETWORK FOR THE EMPOWERMENT OF WOMEN HALIFAX

DISCOVER YOUR UNIQUE TALENTS

Network for the Empowerment of women (NEW) provides a safe and welcoming space where women can unite without discrimination or judgement to gain motivation and fulfill their dreams of business and leadership. Every woman has the opportunity to become empowered through the discovery of her unique passion and talent, to network and mentor one another, and to build long-lasting, mutually beneficial relationships.



OUR MISSION

NEW encourages women to brainstorm new ideas, acquire skills, and access resources through coordinated programs and events focused on Personal and Business Development, Leadership, Gender Equality, Social Consciousness, and Sustainability.

To be a safe and inspiring place where women share their knowledge and experiences, support and mentor one another, discover their talent, develop and nurture their passion, learn new skills, become visionary entrepreneurs, and transformational leaders.

OUR VISION

To help Women discover, develop and drive their unique genius to generate sustainable income, alleviate poverty, and reach their most significant potential through education, equality and inclusivity.



We Are Stronger Together!

ABOUT International Women’s Day

CULLED FROM INTERNATIONAL WOMEN’S DAY WEBSITE

AN EQUAL WORLD IS AN ENABLED WORLD



 #EachforEqual
#IWD2020

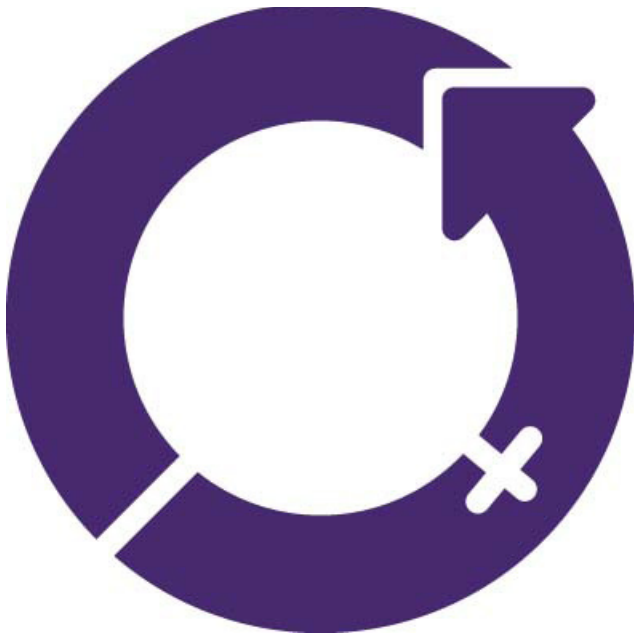
“We do have female astronauts and prime ministers, school girls are welcomed into university, women can work and have a family, women have real choices.”

WHAT IS INTERNATIONAL WOMEN’S DAY?

International Women’s Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

No one government, NGO, charity, corporation, academic institution, women’s network or media hub is solely responsible for International Women’s Day. Many organizations declare an annual IWD theme that supports their specific agenda or cause, and some of these are adopted more widely with relevance than others. International Women’s Day is a collective day of global celebration and a call for gender parity.

International Women’s Day is all about unity, celebration, reflection, advocacy and action - whatever that looks like globally at a local level. But one thing is for sure, International Women’s Day has been occurring for well over a century - and continues to grow from strength to strength.



INTERNATIONAL WOMEN'S DAY COLOR?

Internationally, purple is a colour for symbolising women. Historically the combination of purple, green and white to symbolise women's equality originated from the Women's Social and Political Union in the UK in 1908. Purple signifies justice and dignity. Green symbolises hope. White represents purity, but is no longer used due to 'purity' being a controversial concept.

International Women's Day (IWD) has been observed since the early 1900's - a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies.

2020 AND BEYOND

The world has witnessed a significant change and attitudinal shift in both women's and society's thoughts about women's equality and emancipation. Many from a younger generation may feel that 'all the battles have been won for women' while many feminists from the 1970's know only too well the longevity and ingrained complexity of patriarchy. With more women in the boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality.

The unfortunate fact is that women are still not paid equally to that of their male counterparts, women still are not present in equal numbers in business or politics, and globally women's education, health and the violence against them is worse than that of men. However, great improvements have been made. We do have female astronauts and prime ministers, school girls are welcomed into university, women can work and have a family, women have real choices.

And so, each year the world inspires women and celebrates their achievements. IWD is an official holiday in many countries including Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam and Zambia. The tradition sees men honouring their mothers, wives, girlfriends, colleagues, etc. with flowers and small gifts. In some countries IWD has the equivalent status of Mother's Day where children give small presents to their mothers and grandmothers.

A global web of rich and diverse local activity connects women from all around the world ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatrical performances, fashion parades and more.

So, make a difference, think globally and act locally!

Make everyday International Women's Day.

Do your bit to ensure that the future for girls is bright, equal, safe and rewarding.

--||--



Premier's Message

On behalf of the Province of Nova Scotia, it is my distinct pleasure to extend a warm welcome to all those celebrating International Women's Day with the Network for the Empowerment of Women Halifax.

As the Premier of Nova Scotia, I'm delighted to offer my appreciation to the conference organizers for hosting an engaging gathering that recognizes and celebrates the global impact of women in business and leadership. These types of forums epitomize the power of collaboration, networking, and knowledge sharing that will further advance gender equality in our province and beyond.

I offer my best wishes to the participants for an inspiring day. I hope conference visitors enjoy their stay in Halifax.

Sincerely,

A handwritten signature in blue ink that reads "Stephen McNeil". The signature is written in a cursive, flowing style.

Honourable Stephen McNeil, M.L.A.
Premier





Greetings

from the Mayor



As Mayor of Halifax and on behalf of Regional Council, it is my distinct pleasure to extend warm greetings and a special welcome to all attending International Women's Day: Celebrating Global Impact of Women in Business and Leadership event happening March 7th and 8th at the Halifax Marriott Harbourfront Hotel.

International Women's Day is about the empowerment of women, celebrating achievements, and challenging gender stereotypes. Here in Halifax, we strive to overcome barriers and perceptions to grow equality and a healthier community. Everyone can make a difference and take collective action to create positive impact.

I would also like to take this opportunity to recognize the outstanding work done by the Network for the Empowerment of Women since their launch in November 2018. With their unique and thoughtful programs, they share great experiences for many to enjoy from networking, mentoring, leadership and more.

I want to acknowledge, with gratitude, the Network for the Empowerment of Women Halifax for hosting International Women's Day 2020 here in Halifax and making this highly anticipated event the success it is!

Kindest regards,

Mike Savage
Mayor

cover story

MENTAL HEALTH & Personal Development

“Congratulations, Ifeoma Esonwune and the Network for the Empowerment of Women on the launch of the Rise & Lead Magazine.”

- Martina Kelades

It is an honor to be a part of this inspiring platform that brings women together globally. Life has an unusual way of unfolding for us sometimes. Have you ever taken inventory of where you are on your life’s journey - and perhaps thought about the many intricate experiences that have brought you on this path and weaved into your existence?

My name is Martina Kelades. I am a trainer, speaker, consultant and advocate for mental health and wellness. I am the Founder of Life Out Loud - Mental Health Consulting & Creatives - a business that incorporates creative platforms for awareness and training to promote mental health and wellness in the workplace and life in general.

I dedicated ten years of service to supporting, advocating and training individuals around employability, life and social skill development. I loved the work that I was doing and seeing the impact it was having on the lives of others was beyond fulfilling.

I spent several years in the industry but had a sense that a shift within my career was about to take place. I wanted to become more involved in work around mental health, as these issues became more prevalent within my personal life and professional career.

While continuing to work full-time, I co-founded a mental health organization, a project which quickly grew to success. The work demanded a lot of time, energy and resources. During that time, I failed to recognize how much I had overextended myself in that endeavour, and the work to build and provide supports for others became the priority. In addition to working full-time and developing a mental health project, I often found myself lending support to individuals outside of my work. I became so involved in doing, staying busy and being concerned about the lives of others that, over time, I had neglected my mental health.

I was pouring out in so many ways that in the process of taking care of others, I had left myself behind.

Eventually, I burned out. My relationships suffered. My health declined, and work became discouraging. I pretended to the outside world that everything was perfect, but inside, I was falling apart at the seams.

I was off work for medical reasons related to the decline of my mental health, and I fell into a deep depression. Unsure of my future. Unclear of my purpose in this world. Uncertain of a career path that I would find fulfilling again.



***“I spent several years
in the industry but had
a sense that a shift
within my career was
about to take place.”***

MARTINA KE LADES
Trainer, speaker, consultant and advocate
for mental health and wellness. 



“ I felt ashamed that all these years of serving others and supporting people in various capacities, that I could not even do the same for myself.”



My identity as a Personal Development Counselor and Facilitator became a significant part of who I was as an individual. At the time, that identity was undetermined; and I felt lost on my journey.

Diagnosed with Adjustment Disorder, Anxiety and Depression, I struggled to understand why this was happening to me. I felt ashamed that all these years of serving others and supporting peo-

ple in various capacities, that I could not even do the same for myself. I felt embarrassed as a trained and educated social service professional that this was my experience. I was angry at myself for reaching this point of complete physical and mental exhaustion. I did not return to work or the career that was a big part of me. I felt as though my world was falling apart, but little did I know, my life was falling into place.

After weeks of not feeling like I wanted to “show up” in life, I eventually discovered again why our existence is so precious.

- Continues on page 12

MENTAL HEALTH & Personal Development

CONTINUED

I saw a photo of a young girl on a social media platform; she had been diagnosed with a terminal illness. The picture was of her in a wheelchair; her body appeared frail, but as she was holding a sweet puppy in her lap, I witnessed a sense of joy she expressed through the photo. The image was priceless.

I learned weeks later about her passing. I cried and can remember sobbing while feeling helpless that a young girl's life had ended soon — someone who I had not known but felt a connection to in suffering. I learned the most valuable lesson of my life that day: Life is precious and fleeting, and even in our darkest moments, light still exists around us.

Death taught me to live again, and that there is purpose in our pain. I realized that I did not want to waste any more time or days. Instead, I vowed to start re-living my life intentionally. My experiences have led me on the path of starting my business, Life Out Loud. As a business owner, who promotes mental health and wellness, it is an essential layer of my work to acknowledge real-life challenges and hold space for uncomfortable and hard conversations, which is grounded in personal development and growth.

As women, we carry so much shame, guilt, and feelings of not being enough. We think we must be perfect and uphold ourselves to unrealistic measures. But we are also warriors - fighting against insecurities, and inequities and the experiences of injustices faced because we are women. We armour up to conquer social norms from history that have tried to enclose us and limit our capacity to be, to feel, and to act in ways that are empowering as women.

This year's theme for International Women's Day 2020 is "Each For Equal," a theme that draws from the concept of collective individualism. As individuals, we are unique and are responsible for our thoughts and actions. Collectively, we have the responsibility to use our human experiences to create a gender-equal world.



MARTINA KELADES 

Founder of Life Out Loud - Mental Health Consulting & Creatives

We have the power to go beyond reconciling our individuality and use it for collective growth.

I spoke at an event that brought together inspiring and ambitious women to learn, share ideas and uplift one another. I talked about parts of my journey; I spoke to the value of self-care and the challenges around balancing our many responsibilities as women.

Leading up to the discussion, I started to feel vulnerable, like all of a sudden, I didn't feel like I belonged there. I was anxious and fearful of presumed judgements from other women. I thought,

"They are successful businesswomen, what could they possibly learn from me?"



“ We are full of beauty and strength, often forgotten in times of darkness.”



Instead, my message was received with gratitude, love and encouragement. Women shared with me similar fears and challenges - allowing themselves to be exposed. Acknowledged for my honesty, vulnerability and truth, I rediscovered a greater sense of courage that exists in connection.

As women, we take risks; we put our real selves out there. We can choose to remain silent and not honour our truth. Or, we can actively decide to challenge our imposters, broaden our perceptions, protest stereotypes and celebrate women's achievements.

Collective individualism requires a mind-shift that deviates from the norm. A new perspective that focuses on deeper-rooted issues - the inherent difficulties that call us to lean into our struggles so that we can unveil the joy, power, and courage underneath. Collective individualism engages empathy, our ability to see the world as others see it and to show up wholeheartedly.

We have the power to remove shame by sharing our truth, reaching out to others, and build connections and community. Shame is destructive; it disconnects us and makes us feel like we are unworthy; empathy acknowledges vulnerability and invites connection.

We are a collective group of determined women who are making a difference in not only our own lives but also the lives of others - pushing the envelope forward and moving into areas that have been uncharted territory. Let us not forget the strength and resilience within that evolves from the adversities we face - including the innate and historical complex that told us we are not worthy nor belong in this space.

We are full of beauty and strength, often forgotten in times of darkness.

When you feel broken and incomplete, scarred and frayed at the seams, I encourage you to “mother” the child within you - the child who was told that

she is not enough. Respond with understanding towards yourself when you feel inadequate, fail, or when suffering, instead of avoiding pain. Be gentle with yourself with caring words and nurturing thoughts. Remember, you are more than enough, and you are worthy of kindness, compassion and love.

Every challenge that I have personally experienced has provided me with incredible insight into what it means to have self-compassion, the value of kindness and connection, and how to repurpose pain for healing and growth.

We are all doing the best we can, individually and collectively.

--||--

Interview: Fantanesh Attomsa

I have always had an interest in preventative and alternative health, which has led me to explore massage therapy.



FANTANESH ATTOMSA

Registered Massage Therapist,
Birth Doula and Owner of Blue
Nile Massage & Wellness

“With the myth that self-care is selfish, plus personal guilt and taking care of other responsibilities, it makes it much easier for women to push themselves to the side.”



What is your name and what do you do?

My name is Fantanesh Attomsa. I am a Registered Massage Therapist, Birth Doula and Owner of Blue Nile Massage & Wellness. I offer a variety of holistic massage therapy treatments, including Swedish, Thai, Indian Head Massage, and so much more. You can view my full list of services at www.bluenilemassagetherapy.com.

Why did you choose your niche in the health and wellness sector?

I have always had an interest in preventative and alternative health, which has led me to explore massage therapy. I love massage therapy because it's a holistic, non-invasive approach to health that focuses not only on the physical but also the mental and emotional parts of being as well. There are two sides to massage therapy, which I am very passionate about- the scientific, clinical, physiological part, and the active, healing and therapeutic part. For me, both sides are the same - they just use different languages. As an RMT, I get to use both to encourage the body's natural healing process.

How important is it for women to be in a position of power when it comes to making informed decisions about their health and wellness?

It is crucial! It is essential to be empowered and to have autonomy over our health. We didn't always have a choice or voice when it comes to our bodies, which has had devastating effects. Pairing our intuition with the proper information allows us to make the best decision about our health. You should never be afraid to ask questions when it comes to your health. Healthcare professionals are there to serve you! Do not be scared to say no, or to do your research and request alternatives. Making informed

decisions about our health is robust, liberating and helps us to feel in control.

What factors lead women to neglect their well being?

I believe the number one factor is a feeling of guilt. Most women tend to feel that self-care is a selfish act, especially when she has a family who is dependent on her. Globally, women are contributing to the economy through many hours of unpaid work. Huge responsibilities are put on women to care for children and the elderly, which means they are working around the clock. But you should stop and ask yourself, how useful are you in taking care of others if you are not first taking care of yourself? If you are not doing well, you will not be able to do well for others. We should move away from the idea that caring for ourselves is a selfish act.

Do you see a gender gap in health care and personal well being?

Unfortunately, there are still a lot of cases where women do not have a say in their health care, which puts them at a disadvantage. There is still a lot of stigma around women and sexual violence, which makes it challenging to seek out medical support. Women's reproductive health has always been a topic of discussion, often being pushed with agendas that do not include them. The prenatal, labour and postnatal process can sometimes feel like it's been done TO us instead of WITH us. Women still do not have the full right to say or decide for themselves what to do with their bodies, which makes seeking healthcare options an intimidating process due to the fear of being shamed or misunderstood.

However, I do see a rise in safe spaces such as women's health organizations, information and advocacy groups, which is making the process a little easier to navigate. I think it is excellent that the gap is being acknowledged, and there is support available to help give women a voice, but we still have a long way to go.

Do you think women are more likely to neglect their health than men?

It can happen. With the myth that self-care is selfish, plus personal guilt and taking care of other responsibilities, it makes it much easier for women to push themselves to the side. However, I will acknowledge that men do experience similar challenges. With societal pressures to be hyper-masculine, men will often time endure pain and undermine health issues to appear stronger and not to burden their families. I tend to see it play both sides in my work.

Having a young son, myself, who is quite active, I try to encourage him to take care of his health by setting that

example for him at a young age and challenging societal expectations. It includes frequent massage treatments for both of us.

What advice do you have for women living a very busy life with professions, marriages, children, etc.?

Dedicate and Delegate. If you can, start by dedicating 30 minutes of your day to yourself. If you have more than 30 minutes, try an hour or more. We need time to nourish ourselves mentally, physically and spiritually. Then, delegate. Utilize the supports around you - they are there for a reason! Ask your friends, families and co workers for help when you need it.

- Continues on page 16

FANTANESH & CLIENT
 Therapeutic Session



Interview

Continued

How can women devote time to their well-being?

Maybe it looks like waking up 30 minutes earlier than everyone else to enjoy the early morning peacefulness by yourself. Hire a babysitter or other caregiver. If this is new concepts for you, start with just 30 minutes a week or once a month. You deserve daily self-care, but this can be difficult to adjust to, so start with baby steps. Do things that put yourself at the center of your life. Some examples of self-care activities include:

- Read an exciting book
- Take a bath
- Go for a walk
- Get a massage
- Book a counselling session
- Paint
- Dance
- Meditate
- Try a new restaurant
- Plan a vacation, etc.

What changes can women make today to improve their lifestyle?

I touched on it above, but you can consider this as well - our bodies are working extremely hard daily to ensure everything is working correctly - down to a cellular level! Our bodies need regular maintenance to keep things running smoothly mentally, physically and emotionally. To do well on the outside, we need to do well on the inside and remind ourselves that self-care is not "selfish care."

What do you see for the future of women's health and wellness?

I am very excited! I see more women in research, medical fields, advocacy and health promotion. Women are becoming more and more interested and informed, which means we are moving towards health care that is better suited for our bodies. I believe more women want to know what it is available and are exploring alternative health options, which is excellent. All of this interest is leading to women being in control of their health, which is very empowering.

FANTANESH ATTOMSA ↓



What is your advice to people considering massage therapy as a profession?

It is gratifying! I love that I get to help people every day, and often the results are immediate. I get to encourage people to practice self-care regularly while empowering them to take control of their health through education. It is not just “fluffy” stuff - schooling is very intensive, but you get a good grasp on all aspects of the human body to give the best treatments. If you have an interest in alternative and preventive health care, I highly recommend exploring massage therapy.

What does International Women’s Day mean to you?

It means Love, connection and community. It is a time to honour women who had come before us and paved the way, as well as celebrating women who are currently out there fighting and changing the world. From the First Lady to the first grader, and from the female president to the female athlete, I feel a strong sense of global sisterhood around this time. It is an excellent opportunity for us to come together to celebrate, honour, and set an example for future generations.

What message do you have for women reading this?

Be patient with yourself, and work towards developing a regular maintenance plan and speak kindly to yourself every day.

What inspires you?

Representation. I am inspired by women pushing to achieve their goals and dreams, seeing women in positions of power. Also, taking time to myself to re-set.

How do you stay positive and motivated?

I enjoy listening to podcasts, particularly Oprah’s or Iyanla Vanzant’s. Like most people, I can sometimes have quite a lot on my plate, so taking regular self-care days to nourish myself is very important to me.

As a business owner, what positive impact do women in business make globally?

Having representation, particularly in positions of power, is essential. There, we can have the opportunity to effect change

“ It is a time to honour women who had come before us and paved the way, as well as celebrating women who are currently out there fighting and changing the world.”

and be a voice in issues that affect women everywhere. We bring a different perspective on things, which allows for different solutions. Most importantly, we set an example to younger girls that their opportunities are limitless and that they can be anything they want to be as long as they are willing to work for it.

What would you say to a woman considering leaving her 9-5 for a private business?

Having multiple sources of income is always a good position to be. Start small and build yourself up to a place where you can sustain yourself into the future before quitting your 9 to 5. It takes time and patience! But you can do both. I understand the desire - financial independence is a significant key in economic freedom. If you have a dream, find a mentor! Reach out to resources that are available to help you turn it into a reality. Try not to disregard advice from people who have come before you but be clear about your vision and what you want.

--||--



“I have always been genuinely interested in personal development and spirituality.”

INTERVIEW with



What is your name, your occupation, and What inspires you?

My name is Lisa Murphy. I am most passionate about educating and empowering others to recognize their immense personal power as deliberate creators of their own lives. I am truly and deeply inspired by seeing others make a connection with their inner truth, discovering what brings them joy and choosing to live on purpose from their heart center. My inspiration comes from compassion, kindness, and love towards ourselves, others, and our planet. I practice Usui Reiki energy healing. Also, I teach all levels of Usui Reiki while providing ongoing support and mentorship to my students. I coach introduction to chakras (understanding your energetic body), the law of attraction, law of vibration, and powerful mindset tools including; affirmations, vision boards, and gratitude through passionately designed transformative group workshops and personalized one on one sessions for all ages both virtually and in person.

Why did you become an entrepreneur? Why lifestyle, healing, personal wellbeing? What factors lead you to become a business owner, holistic success coach?

As entrepreneurs, we are honoring a calling to create. I believe the entrepreneurial journey chose me. I simply listened. I think that our path is pre-determined, and it is our

purpose to align with our higher self (soul) so that we recognize our inner calling. Growing up, I thought that I would become a teacher or work in health care, as my personality exemplified the qualities of these professions. I have always been genuinely interested in personal development and spirituality. I felt my best when I was focusing on studying these concepts. I've always been passionate about working with people. I have a keen interest in the business. Honoring this interest, I returned to school after I became a mother to study business through distance education with NSCC. As my journey deepened, I found myself working alongside a company where I had the opportunity to coach women in building their businesses. I found myself incredibly passionate about coaching the mindset aspects of a business. I was working with my daughters on these tools as well. Like a snow day activity, my daughters and

I spent time together working with affirmations and creating our personalized power statements. My oldest daughter encouraged me to take this teaching further by explaining to me how she felt many other children she knew could benefit from learning these tools. Together we designed and planned workshops to share within our community, and that's how I created my business. Now looking back, I can see how the dots divinely connected to bring me here.

What is Reiki, and what are the benefits to the general wellbeing of people?

My journey brought me to Usui Reiki. I embraced divine direction and followed the guidance to become a Reiki Master/Teacher, and I feel that I am entirely at home within this practice. I feel connected to the purposeful path I came to walk. Through Reiki, I have discovered and compared to who I truly am on a deeper level. I practice at Strides Spa and Wellness Center, Elmsdale Nova Scotia, while also teaching all three levels of the healing art.

Reiki, universal life energy, is a powerful natural healing method. Current research strongly supports the ancient belief that life energy flows through all

living things. Disruptions and imbalances in this energy flow correlate to physical, mental, and emotional illnesses. The healing art of Reiki addresses these imbalances by restoring and replenishing this vital energy to support healing, promoting optimum health and wellbeing. We are all born with the innate wisdom and capability to heal and preserve life. I believe the healing session is a beautifully powerful technique to address issues that have been created by poor lifestyle choices, trauma, emotional baggage, negative self-talk, etc. I believe ultimately in empowering and supporting my clients to understand themselves while equipping them with tools they can implement within their day to day lives. I believe Reiki is a way of life.

The benefits of Reiki are abundant and highly personalized. I believe you will receive through Reiki precisely what is meant for you at the time for your highest and greatest good. Benefits include, but are not limited to, enhanced mental clarity and overall feelings of wellness, and balanced emotions, detoxification, strengthened immunity, reduced pain, and tension. An increased rate of recovery from injury, better sleep, reduced blood pressure, deep relaxation, reduced stress and anxiety, and an expanded inner vision and creativity. Other benefits include personal and spiritual growth, a more in-depth understanding of self, more energy, increased vibrational frequency of the body. Do not expect a diagnosis. Reiki does not replace medical treatment.

Has helping people develop and heal naturally been always what you wanted to do? What were other dreams you have, and are you still pursuing them?

I have always been aware of the beautiful connective power of humanity. I recognized very young that by merely focusing on my energy, I had the potential to impact others. By simply sharing a smile with a stranger, it was readily apparent how this gesture could drastically change another's state. I have always been highly sensitive and connected to my own emotions as well as others, with incredible compassion to assist other people. Throughout my entire life, I have been sharing healing. It is not something I aspired to do as much as something that has been a part of me. Something that I was already. I do have other dreams; I have many. I find every possibility exciting and intriguing. I am still on a mission to uncover all the ideas I hold within, and this is the beauty of the journey. It is all about making space to connect to one's true self, to listen long enough to understand what brings real joy. We evolve and grow, and our dreams change with us. I will always be pursuing my dreams while living my mission to empower others to follow theirs.

For some women, fear of the unknown has kept them from following their passion and developing a business, fear of losing a sure source of income, and venturing into scaling up a business. What advice do you have for someone thinking about that right now?

If you have desire and passion, dive in! You can change your plan, and you don't have to see the vision in its entirety, just start. Take a step, test it out. The only failure comes from not trying. You do not need to replace your income in one day, but following your passion will give you a choice. The desire is in you as part of your divine calling, and it is worth exploring. Explore the path to connecting to your joy. Listen.

“Through Reiki I have discovered and connected to who I truly am on a deeper level.”

- Continues on page 22

INTERVIEW

EXCLUSIVE:

“Remarkable Women Are #NotASupplyProblem”

Culled from **AMPLIFY EAST** February 2020



IFEOMA ESONWUNE

Founder, CEO Network for the Empowerment of Women

Ifeoma Esonwune is a visionary entrepreneur, founder, and community leader committed to creating social change and making a difference in her community and the world at large. She is the owner of Matella Event Concepts – a communication and event management company specialized in the production and planning of corporate and social events.

Her passion for women and girls’ empowerment, diversity and inclusion led her to establish the Network for the Empowerment of Women (NEW), an organization that provides a safe and welcoming space, where women can unite without discrimination or judgement to gain motivation and fulfill their dreams of business and leadership. A place where every woman has the opportunity to become empowered through the discovery of her unique passion and talent, to network and mentor one another, and to build long-lasting, mutually beneficial relationships.

Her background is in Hospitality Management, Communication and Leadership.

In Ifeoma’s words:

My family and I immigrated to Halifax in June of 2016. It was a mixed feeling of excitement and uncertainty at first. Still, it did not take me long to settle into the friendliness and beautiful smiles of the people of Halifax.

Though I arrived in Halifax with a lot of expectations, I was going to integrate quickly, find a job and acclimatize to the weather. Little did I know it wasn’t going to be as easy as it was getting used to the smiles. I had to learn to cope alone with three kids while hunting for a job and getting to know the city. My husband had gone back to Nigeria to continue his work.

I must say that finding a job as a new immigrant wasn’t that easy in 2016, due to the lack of Canadian work experience for newly landed immigrants. I remember asking someone if it was possible to have Canadian work experience without living in Canada prior? I was a few weeks old in Halifax at that time.

But I learned quickly to create that experience for myself if no one was willing to give me the chance to prove my skills. Two months after I arrived in Canada, I started my own event planning business - Matella Event Concepts. I faced the same barrier in my business, being a new start-up. That didn’t stop me, though. I began producing my very own signature events. I volunteered anytime I found the opportunity. I collaborated whenever I saw an opportunity for collaboration. And within three years, Matella Event Concepts had successfully produced and managed multiple corporate and social events, including fundraisers. By 2018, I founded the Network for the Empowerment of Women, Rise and Lead Girls Forum, and Little Learners Social Association.

I am a person who believes strongly that everyone is uniquely endowed and that every dream is realizable if you work SMART at it. This mindset has helped me in all my endeavours. I am also a believer in the empowerment of women and girls, and the advancement of gender equality. My firm belief in possibilities and enthusiasm led me to venture into Summerside, PEI, to host the first of its kind International Women Day celebration in 2019. The event brought together women from Halifax, Moncton and Summerside to share knowledge and empower one another.

I hosted a first of its kind Rise and Lead Girls Conference 2019 in Halifax. The conference brought together girls from Charlottetown, Annapolis Valley, Halifax and neighbouring Communities. I also hosted the first ever Girls Inspire Girls Summit commemorating International Day of the Girl 2019.

This inaugural event featured young ordinary girls from our communities doing extraordinary things and creating social change.

Little Learners Social Association is a platform through which I positively engage and inspire children in my community and beyond to stay focused and dream big. But most importantly, build friendship and learn to live in peace and love with one another. Little Learners Social Association won the Community Impact Award from the Association of Nigerians in Nova Scotia for being an organization that made the most impact within our community in 2019.

I also received the 2019 Most Inspiring Immigrants in the Maritimes Award from My East Coast Experience for my vision, leadership and impact in the Maritimes Community.

My events and works have been covered by the mainstream media including CTV Atlantic, CBC, and Global News Halifax.

I have also been mentioned, and a statement read about me twice in the Nova Scotia House of Assembly by MLA Rafah DiCostanzo.

I am very grateful for all the awards, recognition, and accolades that I have received in the short time that I have been in business living in Nova Scotia.

What are you most proud of professionally? And who or why?

I am most proud of the work my team and I have done creating empowering events for women and girls, and our efforts in advancing gender equality. I am also proud

“When you forgive those who hurt you, you set yourself free from hurting.”

of all the amazing women who believe in me and support me with everything I do.

I am earnestly proud of parents who believe in the programs we offer at Little Learners and trust us with their children. I am also proud of the recognition, accolades, news coverage, and awards I have received so far.

What's your vision for Atlantic Canada in 10 years? What's our biggest opportunity now?

I hope that every small business will find the opportunity to build partnership for growth and scale up globally. I hope that they find ways for collaboration with big corporations here in Canada and abroad. I also hope that more doctors stay in Atlantic Canada.

I see the biggest opportunity in the effort to retain young talents and international students in Atlantic Canada. The Atlantic Immigration Pilot program is a big opportunity too.

What was your greatest stage of growth? What made it a shift for you?

I think it is in making a conscious effort to rediscover myself always, in recognizing my potentials, and understanding where my strengths and weaknesses lie. That understanding has helped shape my life, my business and my daily interactions with others. I believe strongly in my ability and potential, considering that I can do and be better. It is that innate desire to do good, to help humanity. What made a shift for me is that awakening that comes through deep, sincere reflections on my life and experiences.

What's your favourite or most read book or podcast? Now or at each of your greatest stages of growth?

Stephen Covey's The 8th Habit: From Effectiveness to Greatness. It is Mr. Covey's follow up to the 7 Habits of Highly Effective People. I love it.

What's your deepest learning from this past year? How did/will you apply it?

The incredible power of forgiveness. I learn to set myself free by forgiving others. When you forgive those who hurt you, you set yourself free from hurting. So, I forgive for me - first and foremost.

Who's inspired you, directly or indirectly? How have they inspired you?

A lot of incredible people in my life inspire me daily. My family is my greatest source of inspiration. Also, Emme Morin (15 years old) actually I met her when she was 14. She has been an indirect source of inspiration for me. Each time I think of all her selfless accomplishments at such a young age, I'm always challenged to keep doing. She is so young yet so athletic and strong. I admire her greatly.

What would you have done differently?

I would have said “No” on occasions that “Yes” brought me hurt. But I really don't regret giving of myself unconditionally for a good cause.

What are the principles you live by?

Live one day at a time.
Make time for family.
Believe in your ability.
Value friendship.
Uplift others.
Say “No” sometimes.

**Women & Girls Empowerment,
Serial Entrepreneur,
Event Manager,
Storyteller,
Food enthusiast**

SOURCE: AMPLIFYEAST.COM

You still have a 9-5 job; how do you manage juggling between that and building your business?

Aside from running a coaching business and sharing Reiki healing, I also work as the daily operations supervisor of a wellness center. My employer is very much encouraging of my business aspirations. I recognize and honor this position as a blessing daily. I am grateful to work at this beautiful facility while connecting to and serving my community. This position is very much in alignment with my purpose and passion, and I believe it to be part of the divine plan to encourage personal lessons and growth along my journey. I think we should seek as much as possible to expend our energy and place ourselves in situations and roles that honor our joy and lift us. I did much examination and re-evaluating within my experience to take me to this place of enjoyment and fulfillment within my work.

What steps have you taken as a business owner to keep up with family responsibilities while ensuring the success of your business?

I have learned to honor the moment. I work by time chunking, setting aside a specific amount of time to complete a task, focus, then put it aside. I honor my work time and my family space. We do not need to work and be available to our business every waking moment to be successful. When we step away from hustle and tap into flow, we are happier, and things move and grow more efficiently. I have learned to ask for help. I acknowledge that sometimes I need to lean on others to get things done. I listen to my inner self to know what I need. The to-do list is long and will always be there, but sometimes I need to disengage with a cup of tea. Some rest and self-care allow me to come back to both business and parenting stronger and more powerful.

What has been your biggest challenge in life and in business?

The biggest challenge I have faced thus far has been to make space to connect to and listen to my inner wisdom. I had gotten caught up in the busy tasks of business and was overworking until I decided to make changes. It was challenging to do initially; I had to set the alarm. Taking 5 minutes of space to do absolutely nothing, I began just to sit and pay attention to my breath. That is how my meditation practice began, and it has completely transformed my way of being. I am now less reactive, more centered and confident, and connected to where I am going.

I also had to recognize along my journey that other's limitations are not my own. If I have the desire to pursue something, I need to rely on my permission to take action. Others will give you their

feedback on your ideas but only through their lens and experiences. You need to learn for yourself, listen to your guidance system, and motivate yourself.

Do you see a gender gap in your business? If yes, what do you think needs to be done to close the gap?

I see both powerful male and female voice in the spiritual arena and the world of personal development. Both men and women are opening up, honoring their true self, and having powerful conversations. As we open to these discussions, we are feeling increasingly safe to acknowledge our divinity and rise together, exploring this deep inner knowing. I see this within my experience because I have mindfully chosen to surround myself with like-minded open people who are willing to show me this. There was a time in my journey when I did feel alone and not understood. I may have chosen to see a gender gap from this viewpoint. As my journey has progressed, the right people to encourage my growth have fallen into place, and I surround myself with a soulful community of people who see me. We will continue to come together and hold space for one another, the collective that is humankind, created from the same divine source energy, to pave a new direction into a heart-centered living, where we are indeed equal.

What would you say to an aspiring young woman who wants to go into business, and also raise a family, but is afraid that one or the other might suffer?

I recommend bringing your family into your journey. Bridge the separation between parenting and your business. Share what lights you up and teach them how to honor this joy. Become a model of self-connection and awareness, following dreams, expanding comfort zones, and respecting and honoring inner vision and passion. When you are following your passion, you are becoming your best self. When there is a dream inside of you which you have not honored, there will be a piece of you missing. When the desire is unmet, you may become unfulfilled. When you are whole and fulfilled, you can give more to those you love. When you fill yourself up, there is more of you to share. When you are genuinely and pleased, you will be a more successful mother and business owner.

How do you stay motivated, relaxed, healthy? Do you have any special routines?

I focus on gratitude. When I wake up, before my feet hit the floor to prepare for the day, I give thanks for the smallest of blessings in my life. I listen. I tap into my inner knowing, my intuition, my higher self, to guide me. I pay attention to what will encourage me and what holds me back. The things that do not serve my happiness

and highest purpose I now let go of freely. I trust the journey and try not to fall into overthinking. I honor my alone, I meditate, journal, and focus on my breath.

What do you think about International Women's Day? What are you doing personally to forge a more gender-equal world?

International Women's Day is a very significant celebration at this time in the evolution of humanity. My view is, it honors the divine feminine that is within every one of us, both female and male. The divine masculine and feminine energies are within each of us, regardless of our gender. These energies lend to specific traits, thoughts, and behaviors that create our personalities. We are recognizing that we must look to honor and balance these sacred energies rather than leaning too profoundly on one tendency. The world is transitioning into a new paradigm. This shift is causing the collapse of the patriarchal system that has developed through time. Feminine quality has suppressed until now, is being honored as the valued equal alongside the divine masculine. We are becoming more mindful as Women own their power, and men are being encouraged to connect more deeply to their nurturing, creative, intuitive, vulnerable sides. This shift is causing us to become more mindful in the way we live our lives. We are looking at our lives with greater meaning and focusing more on self-awareness. International Woman's Day is a celebration of the progress we are making as a collective. We are beginning to honor both energies as complementary to each other. We are now stepping into our most enormous potential of humankind.

To forge a more gender-equal world, I focus on striving for more excellent inner balance. I focus on emotional awareness. I work to provide a safe container for others to uncover and express their truth. I believe a gender-equal world will become our reality when we recognize the fact within us, that we are all one. It should never be men versus women. We are all working together as people. International Women's Day, for me, is a celebration of humanity and our rise towards perfect balance.

What advice do you give women who are struggling right now in developing their business?

Honor the struggle, as it is a part of the journey. There are many ups and downs, wins and losses, challenges, and victories in business. Embrace the lessons and grow from them, and celebrate the smallest of successes. Take a tally. Reflect on how far you have come. Often, we become so focussed on where we think we should be that we forget to honor how far we have come.

Where do you see Reiki and energy healing in the next 10 years?

Humanity today has strayed from the ancient healing knowledge and connection in a relentless pursuit towards progress. We rely heavily on technology and less on our natural gift of intuition. We are living out of balance. We will achieve equilibrium between ancient wisdom and modern technology when we take full responsibility for our own life and health. More and more people are ready to recognize and align divinely with their higher self by making a conscious, active role in creating their experience. Reiki is becoming more and more widely known and accepted among the scientific community. The vast, incredible benefits of Reiki are being valued and studied. The healing modality of Reiki is being incorporated into complementary therapies within many hospitals while beginning to become recognized through insurance providers. I believe we will continue to see Reiki becoming more and more widely practiced as a common mainstream holistic way of healing and living.

--//--



Checkout our website!

lisamurphyglobal.com

“My appetite for a challenge is what made me take the tougher road.”



NAGIA FAWZI



Interview *with* Nagia Fawzi

Who are you, and what do you do?

My name is Nagia Fawzi, a mother to 3 children 14, 17 and 20 years old. My husband and I started a family at a young age. I work as a real estate agent. I like to socialize and meet new people, which my job allows me to do. I like open-minded people, people with goals and ambitions. I enjoy cooking, reading, dancing, riding motorcycles, love nature, and I love to run.

Why did you become an entrepreneur, and why Real Estate?

I was able to stay home with my kids for the first few years to raise them, take care of them since my husband and I

are the only family in Canada. I must say that I was fortunate to be able to do that. After that, I started to help my husband with his real estate work as an assistant plus stager. It was great, but still, I wanted to be able to have my own experience and career, I wanted to do something for me, earn my own money. So, I decided to join my husband in the real estate business, and we became a team. I felt disorganized in the beginning, but later I started to figure it out slowly. I helped him improve the business using social media and working on my circle of people that can use our services. I kept taking risks and leaving my comfort zone and dealing with stressful situations and developed the skills to deal with such situations.

It was not my husband that helped me develop, more it was my willingness to think of him as a mentor who can accommodate my aspirations, and we inspire each other. I have to mention this because it's good to recognize and make the people around you feel appreciated. My husband and kids always encouraged and supported me.

Lots of hurdles were in the way, such as language, and my nature is not prone to risk-taking, but I knew sitting still wouldn't help me either.

So, I decided to push myself and approach things with a more open mind and see what this adventure will hold. After all,

THE REEEF GROUP

if it were easy, everyone would do it. I chose Real estate because caring and helping are in my nature, I am very social, and I also love helping people and sharing the excitement and happiness of the confirmation of their move to the next chapter of their lives. Also, having my husband, Shereef, around me with his 14 years experience before I joined him has given me a lot of knowledge about the real estate industry.

From your experience, would you say that 'self-employment/ business or entrepreneurship culture' has been characterized as a "male phenomenon"?

From my experience with real estate, women are doing very well. There is a gender gap perhaps in confidence where women come to this business or any other business with a lot of self-doubts, but, slowly and with tenacity and persistence figure out they can be stars at what they are do.

Some women start their own businesses because they want more flexibility with their time, or because they are not satisfied with their present careers. What factors led you to become a business owner/entrepreneur?

Flexibility was my number one factor because I have my family to look after. I also noticed that working in a typical job type of environment would not allow me to push myself enough out of my comfort zone. I wanted to be more creative and take the initiative by myself rather than being assigned work to do all the time. My appetite for a challenge is what made me take the tougher road. I have a good analogy about things in life that are more rewarding than others. I love to ride motorcycles off-road, and the less challenging the trail is, the more annoying it becomes. The more disinterested I become in just riding mile after mile of comfortable, dull, smooth, and uneventful terrain. However, when I ride through over obstacles or steep sections, I feel a rush and happiness that I cannot describe in words. The risk, the danger, the possibility of having to try again and pick a better line through my obstacles allows me to feel alive. Very alive. If the trails were easy, there would be no story to go with it.

For some women, fear of the unknown has kept them from following their passion and developing a business. Fear of losing a sure source of income, and venturing into and scaling up a business. What advice do you have for someone thinking about that right now?

Before going into business, make sure you have some savings on the side. It takes time to nurture and grow a business. Create a target and focus on it by putting up pictures and sticky notes everywhere to remind you of the goals you want to reach. Develop a positive mindset. Vision board and sticky notes have shockingly worked for me in ways that are almost spooky when you see what we thought about and what happened. When I started working in real estate, every time I saw those successful real estate agents receiving awards, I was very proud of them, and I promised myself to receive such heights. I did.

- Continues on page 26

Interview

Continued

NAGIA FAWZI 

“Teach your family about your business, and let them in on the challenges you face. Count on their understanding and share your success with them.”



I would say you have to believe in yourself. Someone once told me when I was scared that I wouldn't be able to balance my work and family, "if others can do it, you too can do it." That was one of the things that kept me going. There's always a reward after working hard. People around you will also help you to reach your target or goal when they see your drive and determination. Of course, you will also have people who will try to bring you down since they lack motivation or drive, do your best to turn a deaf ear and a blind eye to such energy-zapping individuals. Always keep bear in that you're not just following your passion and dream you're being a role model to many women who wish they have your courage.

What advice would you give to women that can help them grow in business and leadership?

I would say, do not isolate yourself from the community. Become more involved with volunteering and connecting with people around you, and When I moved to Canada, I didn't speak or understood English. I was taught Arabic and French at school. Becoming friends with Canadians did help to improve my language and to learn more about Canadian culture.

Teach your family about your business, and let them in on the challenges you face. Count on their understanding and share your success with them. Getting involved in social

activities and being active in your community helps to improve your business and leadership skills. Also, being patient and having positive thinking goes a long way.

What steps have you taken as a business owner to keep up with family responsibilities while ensuring the success of your business?

Planning and time management are critical. Whether it's me-time, family, friends or work, I make plans for everything to avoid conflicting schedules.

I also keep my family abreast of what I do, especially with my business so they can be more understanding and supportive.

What has been your biggest challenge in life and business?

It has been balancing between work and health. You must make sure to have time for yourself, so you don't burn yourself out, and you must learn to say no sometimes.

What would you say to an aspiring young woman who wants to go into business, and also wants to raise a family, but is afraid that pregnancy and raising a little one might get in the way of running her business effectively?

Don't let what's in the future hold you up because literally, the future is unknown. Your clients will understand that you have your own life, and you can't be available for your business all the time, and if they don't, then you're better off without their business anyway.

How do you stay motivated, relaxed and healthy? Do you have special routines?

Yes, I do. Running your own business can make your life very stressful and overwhelming. For motivation, I create a life vision board for my goals, vacation, events, and what my goals are for the year. I put it somewhere where I can look at it every day to serve as a reminder. I also set time for myself in my calendar and limit my work hours.

I exercise 2 to 3 times a week doing kickboxing or running, and if the weather is warm, I go off-road with my motorcycle. I meditate and pray every day. I read whenever I get the chance and sew sometimes. That's how I relax.

What's your thought on celebrating International Women's Day? What are you doing personally to forge a more gender-equal world?

I think International Women's day is fantastic, and I support entirely setting a day off to celebrate women. We get to meet great people from around the world and learn from one another. It helps us stay more educated and mo-

tivated by celebrating strong, smart, and talented women around us.

To forge a more gender-equal world, I work hard and try new things to push me out of my comfort zone, and to inspire the people around me to the point that they would ask me how they can set their goals. Helping other young women to step out of their comfort zone, take on new challenges, and improve their self-image.

I see more women joining the business as older agents retire, and women becoming more accepting of taking risks and surmounting challenges.

--//--

THE REEF GROUP

Real Estate Services
902.223.7653
902.880.9982



“For motivation, I create a life vision board for my goals, vacation, events, and what my goals are for the year.”

EVENTS HIGHLIGHTS

NETWORK FOR THE EMPOWERMENT OF WOMEN

Since inception, Network for the Empowerment of Women has been designing and delivering educational and inspiring events to empower and motivate, build crucial knowledge, promote inclusiveness, and develop self-purpose for women and girls in the Maritimes and beyond. Network for the Empowerment of Women through its event platform has created positive collaborations amongst women and girls in Canada and abroad.

The following are some of the unique annual events designed and delivered by N.E.W.

IMPACT AND EMPOWERMENT SUMMIT

This is an annual flagship event of the Network for the Empowerment of Women. The inaugural event was held on November 24, 2018, in Halifax. This event brought together women from across Canada and from all walks of life to share knowledge, engage, and build collaborations for success.

Accomplished inspiring women who have walked their talk were on hand to deliver persuasive speeches that energized aspiring women, and inspired action in them. Attendees usually leave the summit motivated to take the next step in their business or career journeys. The Impact and Empowerment summit holds annually.



BUILD AN EXTRA SOURCE OF INCOME WORKSHOP

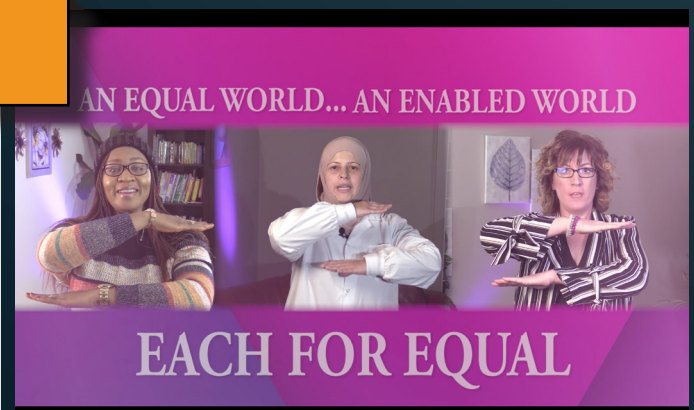
A workshop series that empowers and teaches women the need to build and develop additional sources of income. This workshop provides tools and tips to women for transforming their passion into scalable, profitable businesses. Network for the Empowerment of Women is devoted to teaching women and girls how to be financially independent and contribute to the development of their communities, and the global economy.



INTERNATIONAL WOMEN'S DAY

Network for the Empowerment of Women joins the global community each year to celebrate International Women's Day, which is an annual event celebrating the accomplishments and successes of women in all walks of life. International Women's Day is celebrated every year on March 8.

Network for the Empowerment of Women's first I.W.D. was celebrated on March 08, 2019, with an array of diverse women from Nova Scotia, New Brunswick, and Prince Edward Island. It was an uplifting and rewarding moment for every woman in attendance.



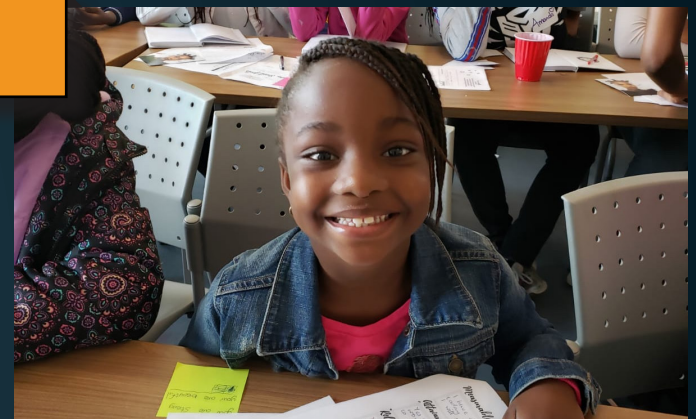
RISE AND LEAD GIRLS CONFERENCE

This is a unique yearly conference where girls and young women ages 9 – 16 are empowered and motivated to rise and occupy their place in society. They are taught to be fearless in their pursuit to better develop themselves and make meaningful impacts in their communities. Girls learn from accomplished female role models, entrepreneurs, business and community leaders from all works of life, how to stay focused and push for equality and equity.



GIRLS INSPIRE GIRLS SUMMIT

One of a kind girls empowering event designed and delivered by the Network for the Empowerment of Women in commemoration of the International Day of the Girl. N.E.W. joins associations and industries around the world in celebrating and honouring the girl child. The Girls Inspire Girls Summit brings together diverse girls ages 8 – 16 to share their knowledge and experiences and learn from one another. The summit beams the torch on ordinary girls doing extraordinary things in their communities. This unique summit is very inspiring and is celebrated every year in October.



CAREER DAY FOR GIRLS

Network for the Empowerment of Women sponsored by R.B.C. through Girls Action Foundation Montreal hosted its first National Career Day for Girls on November 27, 2019. The event brought together incredible and accomplished career women from Nova Scotia to share their experiences and challenges in building their successful careers. Network for the Empowerment of Women hopes to make this an annual event.



“That Light Feeling Under Your Feet”

Kayla Geitzler

Owner of Kayla G. – Editor & Writing Consultant

I had been writing courseware for Air Traffic Controllers for two years when my position was eliminated, but I took it as an opportunity. I decided it was time to do something I loved. I opened Kayla G. – Editor & Writing Consultant. I would be writing and revising business content, offering writing development courses, tutoring and mentoring to help women reach their goals.

When I shared my exciting news with my family, there was some resistance. But their objections weren't new. They'd said similar things when I pursued my MA in English Creative Writing. When I sought work on the sea. When I said, I wanted to be a writer at five years old.

I grew up in a home with severe alcoholism and addiction. I was told that as a woman, my opportunities would be limited. I was made to believe that I was powerless to change my own story. Although I was determined to create the future, I wanted for myself. I didn't know how or if I could.

In 2004, I left Moncton to work on cruise ships. I worked 18 hours a day with people from all over the world. It became my first book, *That Light Feeling Under Your Feet*. It won the Bailey Prize and was short-listed for the 2018 New Brunswick Poetry Prize and the AB Publishers' Award. The CBC recognized me as a poet who “reflects the enduring strength of the literary form in this country.” It took me five years to find a publisher, but I proved that narrative poetry could be successful.

During university, I witnessed the struggles of living female writers. Things like narrative poetry, female perspectives, and a “soft” voice were discouraged and often excluded from publication. The Me-Too movement and the lack of diversity were becoming an overwhelming concern within Canadian Literature. And when I workshoped my writing, I was often defending my voice and resisting the pressure to conform to trends and the accepted male narrative. These issues persist.

I strive to create a community. Every woman's voice has value, and her aspirations should shine in the world. However, as a new business owner, I am sometimes concerned that my relaxed approach doesn't come off as sincere yet professional. Writing is intimidating to many people, and I want my clients to be comfortable. I am invested in their dreams and well-being.



Strong, successful female voices inspire and motivate me. So does writing that comes from a real place.

However, the same issues that prevent women from joining literary events or entering business also impact my business. Many women abandoned their dreams of publishing or entrepreneurship due to damaging criticism. They would like to work with me but aren't “good enough.” I cannot currently persuade them, and I see how well they do. The world would benefit from what they could offer.

Twenty years ago, I didn't believe I would be much of anything. Now, I'm not just an author, but a Poet Laureate, and a business owner. I wrote my own story. And I want other women to know they can do that too. What you do matters.

Un Enfant, Un Trésor Eternel / A Child, An Eternal Treasure is a humanitarian association which works for the well being of orphans and less privileged children in order to improve their quality of life and thus allow them to have a better future.

Our mission is to improve the conditions of poor children (orphans, street children, children from poor families, sick children, etc.).

In order to ensure the development of our action, we collect summer clothes and shoes for babies and children. These donations are always accompanied by products like rice, baby milk, diapers, hygiene products, etc., offered or purchased on site. Therefore, we also collect small toys, food, hygiene products and cash donations.

Our expenses are the transportation of children and baby items from Canada to Africa, the purchase of basic necessities for orphans, etc. which are covered by membership fees and possible donations. This is why your contribution is appreciated.

Our membership fee is \$50 per year and if you want to get rid of kids' clothes and shoes, you can contact Louise at (902) 817-4502.

For more information:

Enfant, Un Trésor Eternel/A Child, An Eternal Treasure

37 North Green Rd

Lakeside, NS B3T 2L6

Registry Number 3331715

<http://enfant-tresor-eternel.com>

unenfant.untresorcanada@gmail.com

Tel: (902) 817-4502



A Journey to End Fistula

Habiba Mariam Cooper Diallo — Founder & CEO, WHOI

Hello! My name is Habiba Cooper Diallo. I am the founder of the Women's Health Organization International (WHOI), a Halifax-based non-profit organization. I established WHOI in 2012 at my Sweet Sixteen fundraiser birthday party to bring awareness to and develop tools to put an end to a devastating childbirth injury known as Obstetric Fistula. Obstetric Fistula is the result of a prolonged and obstructed labour in which there is no emergency medical intervention (C-section) for the mother. This labour complication results in a stillbirth, as well as constant leaking of urine or feces (incontinence) for the mother. Due to her offensive smell, she becomes an outcast in her community and suffers severe psychological and emotional trauma. There are an estimated 2 million women and girls living with Fistula globally, most of them in Africa and Asia.

I first learned about Fistula at 12-years-old through the story of Anafghat Ayoub, a young woman from Niger, West Africa. She got pregnant as a pre-teen, which resulted in a stillborn birth, and later an obstetric fistula. In spite of having her Fistula repaired, she died two years later due to complications of infection. I was horrified when I read her story, mainly because I had never before heard of Fistula. In one piece I read she was alive and in the next, she was dead. The combined shock and sadness I felt upon reading Anafghat's story is what motivated me to delve further into the issue.

Today, eleven years later, I continue to advocate for the eradication of Fistula through my organization WHOI, which is a partner of the United Nations Campaign to End Fistula. We have also held several awareness and fundraising events in the Halifax community.

In November 2019, we held an art auction fundraiser at the MacPhee Centre for Creative Learning in Dartmouth. In March 2018, we held a live art show awareness event in partnership with the Maritime Museum of the Atlantic.

Recently, we started an initiative to fundraise for fistula surgeries in Ghana, and we are halfway to our fundraising goal of \$10 000. The money raised will cover the cost of repair surgery for the patients and will allow them to lead a healthy life again. They will become dry. Obstetric Fistula is a sad condition that deprives too many women and girls of their human rights. We must put an end to it and now. Thank you. Please visit us at www.who.ca

"I first learned about fistula at 12-years-old through the story of Anafghat Ayoub, a young woman from Niger, West Africa."

↓ HABIBA MARIAM COOPER DIALLO





↑ HABIBA & 15 YR OLD PATIENT
At the Addis Ababa Fistula Hospital, 2012.

Addis Ababa Fistula Hospital, 2012
HABIBA & PATIENTS ↓



HABIBA MARIAM COOPER DIALLO ↑
Addis Ababa Fistula Hospital, 2012

ADVERTISE

Phone: **902 329 5888**

Email: **publisher@empowerment-women.com**

CONTRIBUTE OR SUBSCRIBE

Phone: **902 802 4055**

Email: **magazine@empowerment-women.com**

NICOLE DesROCHE

“YOU CAN’T SPELL CHALLENGE WITHOUT CHANGE”

My parents had ingrained two things in me growing up:

Work hard and be your best.

So, I did. I worked hard and, over time, built a career in the corporate world. I worked crazy hours, commuted hours to and from all while raising three terrific kids and trying to be the best wife possible. I loved what I was doing, and things were good. Until the unforeseen happened: I lost my job after 19 years with that company.

I was lost and honestly didn’t know where to start, and life quickly became terrifying. Who was I without a “career”? Turning inwards and trying to get some answers, I came to this realization: That corporate world was not what I planned for my life. I used to be a dreamer when I was a little girl...before life hit hard in

so many aspects, virtually steering my life in not great direction due to:

- a) circumstances and
- b) choices I made along the way.

Little did I know that it was now time to brush the dust off those dreams, because it’s never too late, and you are never too old.

After about six months of being home, working for my husband doing book-keeping for his construction company: I came to another realization that I loved it. The mom at the bus stop, never missing homework, games, practices etc.

Plus, having supper ready and on the table for my family was no longer a stressor for me, but something I enjoyed doing and looked forward to the table chats. But, I still missed something for ME, and it bothered me not to be able to contribute financially to the household like I once had.

It was around this time that I learned about the Arbonne Opportunity. I was already using the product but didn’t consider the business side of it.

NICOLE DesROCHE
Founder, ARBONNE
Charitable Foundation 

“It wasn’t until I worked on myself and being surrounded by other inspiring women and leaders that I truly came to see MY value.”



I have to say I was reluctant at first as I had worked in the traditional industry for many years, but I learned a lot that night, and I knew this business model was smart, online and virtually the way of the future.

So, I jumped in! It's been five years since starting my Arbonne business, and it has made it possible for me to achieve my goals, and I've been able to integrate my business into my life. I'm still able to stay home with my family and be there for them when they need me. I'm grateful for the

extra financial flexibility, opportunities to travel and meet some of the most amazing people that I would never have met otherwise.

I started Arbonne as a Plan B but knew it would become Plan A for my family in its time. My mission is to encourage many others to live life to its fullest because everything is possible for those who believe

natural. Wellness. We're
 We're Forward-
 endly. We believe in
 nism. And Awesome.
 eamers who
 ves. We are Positive.
 ppable. We are pure.
 PURE
 ARBONNE



and take action. I knew that to have something I'd never had, I needed to do something I'd never done. It's within this business that I not only wanted to make career changes but physical changes as well.

I was just sick and tired of feeling sick and tired all the time; so, I decided to get my physical and mental health in check! However, I knew with those challenges I would face, there would be change. I quit smoking, joined a "learn to run" program (that I now teach in my community), started working out (which I currently teach in my community and online through my Arbonne business) and paying attention to what I was putting in and on my body. I started reading self-development books, journaling and listening to anything motivational. Habits I've formed and still use today. I know you've likely heard this before, but "Find something you love to do and do it with all your heart." I found my "something," and I

owe Arbonne a considerable debt of gratitude and that I dared to swallow my pride and fear long enough to take a chance on the Arbonne opportunity.

It's genuinely the unique blend of our culture and fantastic products that make our company so unique. I'm a true believer in the universe and know

that Arbonne was put on my path of life. It wasn't until I worked on myself and being surrounded by other inspiring women and leaders that I indeed came to see MY value and MY voice, and now that I've discovered it, I plan to use it well.

So remember ~ To all the women, regardless of age, who are reading this, never doubt that you are valuable and powerful and deserving of every chance and opportunity in the world, no matter what struggles you've had in life or doubts you have. You can pursue and achieve your dreams, no matter what that dream may be.

--||--

“I believe in you and there are many women, strong and bold that believe in you too.”



TARIRO DHEKA 
Founder, *Beyond Impact Girls*

CONFIDENCE BOOSTER

Five strategies...

Let's be real girls - Confidence isn't exactly the first thing we are all naturally good at.

It takes time to muster such courage to do anything at all! And if I must confess, I was never quite confident myself, between having to raise my hand in class, volunteer to participate in activities or try out a new sport. I never expected myself to do anything at all.

But life seems to have this magical way of helping you realize that perhaps if you tried, just once, something beautiful could come out of it.

So, I did. I encouraged myself to stand up when others were seated, to raise

my hand even when I was unsure of the answer. To be confident, even when I feel scared.

As young girls, we are often taught, “to wait” to be discovered, “to wait” to be called or spoken to. Exhibiting self-confidence is seen as being loud or perhaps forward.

However, that isn't the case, you have a voice so speak up, you are unique, and the only person that needs to uncover your talents is you, you are in control of

your narrative, you are Confident you are Bold, and you are Worthy to be seen and heard. Great- so how do you start?

Here are 5 key strategies that are sure to boost your confidence.

Positive Self-talk - In a society that tells us we must be a certain way to feel important, it becomes quite hard to navigate which path to take. No matter which route you take, remind yourself that you are unique, and you are special. So, stand tall because you are worth every great thing in this world. Let your mirror be a reminder that you are confident.



Try a new Activity – Never be afraid to try something new. If you enjoy a sport, why not try it out. If you enjoy talking to large groups of people-join the debate team. Don't be afraid of failure girls. If something doesn't go the way, you planned. You can rest easy knowing you did your very best.

Set Goals – Is there something you want to do in the future? A goal for the future? Please write it down, and build on it by answering WHEN you plan on completing the goal. HOW you plan on achieving the goal. WHY is this goal important to you? And WHERE it will take place.

Stick your answers somewhere where you can see them.
The world is your oyster; you have to be willing to open the hard shell to find the pearls. This means to study hard and always remain focused, ask for help when you don't understand something.

Be yourself – You are an incredible human being, and you are still growing, so learn from every experience. It's okay to do something different or to look different from the next person. Find your perfect style, own it and be proud of it. Love your body. You are beautiful.

TRY

A NEW ACTIVITY



IS THERE SOMETHING YOU WANT TO DO IN THE FUTURE?

Be Kind - Don't you feel good when you do something beautiful for someone, and they are very grateful? Whether it's helping with chores at home, volunteering at a shelter, being kind to someone having a bad day at school or merely saying kind words that won't hurt others' feelings. Being kind to each other helps you feel 10 times better about yourself.

So, there you go, girls! Five strategies to help you get started on your confidence journey. I hope you always aim to be amazing. I believe in you, and there are many women, strong and bold that believe in you too.

Never stop making an Impact.

Until next time. Stay Beautiful.

--/--

Play in the Game

by IFEOMA ESONWUNE

Hello:

Are you sitting on the fence? Do you feel stuck and unhappy with your life? Would you instead quit than march head-on to create that business, build that career, or develop that idea into something tangible and unique? When are you going to make that sweet dream of yours a reality? When will the world benefit from your God-giving talents and ability? Why is humanity missing out on the incredible ideas that you have allowed to live only in your head?

Wait a minute! Does it exist only in your head because you think people are going to laugh at it or judge you? Do you think it may be too late, or do you feel too old to venture into something new? Or maybe, something from the past is rearing its ugly head and holding you back? What is stopping you from living your dream? Why do you feel stuck?

I know that sometimes, situations in life can feel so overwhelming, and all you can think about is giving up on your dreams and aspirations. I also know that your past may be cropping up in the present and distorting your future. Other times, it may be due to adverse childhood experience causing a lack of confidence and belief in yourself and your ability.

But, whatever the case may be, now is the time to let go of all negative thoughts and energy, and embrace positivity to your core. Remember that no matter how dark the past seems, it has no power to darken your future unless you let it. You can transform your life and change your story. But, to own this truth, you must let go of the past and focus on the future.

Let me tell you now that it does not matter what your past looks like, how old you are, how many opportunities you missed, or how many times you failed before. What matters is that you have the willingness and enthusiasm to forge ahead. The definition of success isn't not failing at all, but in rising up and starting over each time, you fail. Rekindle your zeal to continue pushing no matter how hard it seems or how many times you fail.

***“Remember...
no matter how dark the past
seems, it has no power to darken
your future unless you let it.”***

Now, whoever said those who made it never failed once or twice? Who said their plans didn't seem unachievable at first? Most times, we grow old and rusty with beautiful and brilliant ideas just for fear of failure, fear of rejection, and of how other people will judge our efforts.

Well, just so you know, the biggest failure will be not making any effort at all.

Successful people are those who started and kept on trying even after they failed. For a positive mind, failing is not the last bus stop. Failing is a way of learning. The ride continues. Keep trying, no matter how many times you fail. Dust yourself up and try again. Rejection is part of life, not the end of it. And age? It's nothing but a number. Don't be intimidated by the rising number of brilliant and enterprising millennials. Be the millennial of your time today. Don't be afraid to play in the game, to make that big leap.

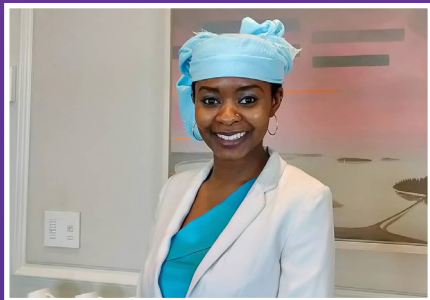
Pitch that idea, give it a good shot, and you will be surprised where

CONTRIBUTORS



Fantanesh Attomsa

Registered Massage Therapist, Birth Doula and Owner of Blue Nile Massage & Wellness



Habiba Habiba Mariam Cooper Diallo

Founder/CEO Women's Health Organization International (WHOI)



Nicole DesRosche

Founder, ARBONNE Charitable Foundation



TARIRO DHEKA

Founder, Beyond Impact Girls



RUTH THOMAS

Toronto Chapter Lead
Network for the Empowerment of Women



KAYLA GEITZLER

Owner of Kayla G. - Editor & Writing Consultant

Are you feeling **Lost?**
Stuck?
Overwhelmed?
Like **life** isn't what you
thought it would be?

LET ME HELP YOU

DEFINE THE
NEXT AND

best

CHAPTER OF
YOUR LIFE

Get Social @KarenDeanSpeaks



Our Next Online
Boot Camp
Starts Soon

Details at

www.KarenDeanSpeaks.com



Sura Hadad

Family Dentistry



ATLANTIC GRUBS
CATERING SERVICES
HALIFAX, NS
902-441-1856
902-329-5888
atlanticgrubs@gmail.com

FOR YOUR ORGANIC, DELICIOUS, AND AFFORDABLE HOMEMADE AFRICAN CUISINE



To sign up for our workshops or mentoring sessions:
tariro@beyondimpactgirls.com



RESILIENCY COACH
SPEAKER
AUTHOR

