

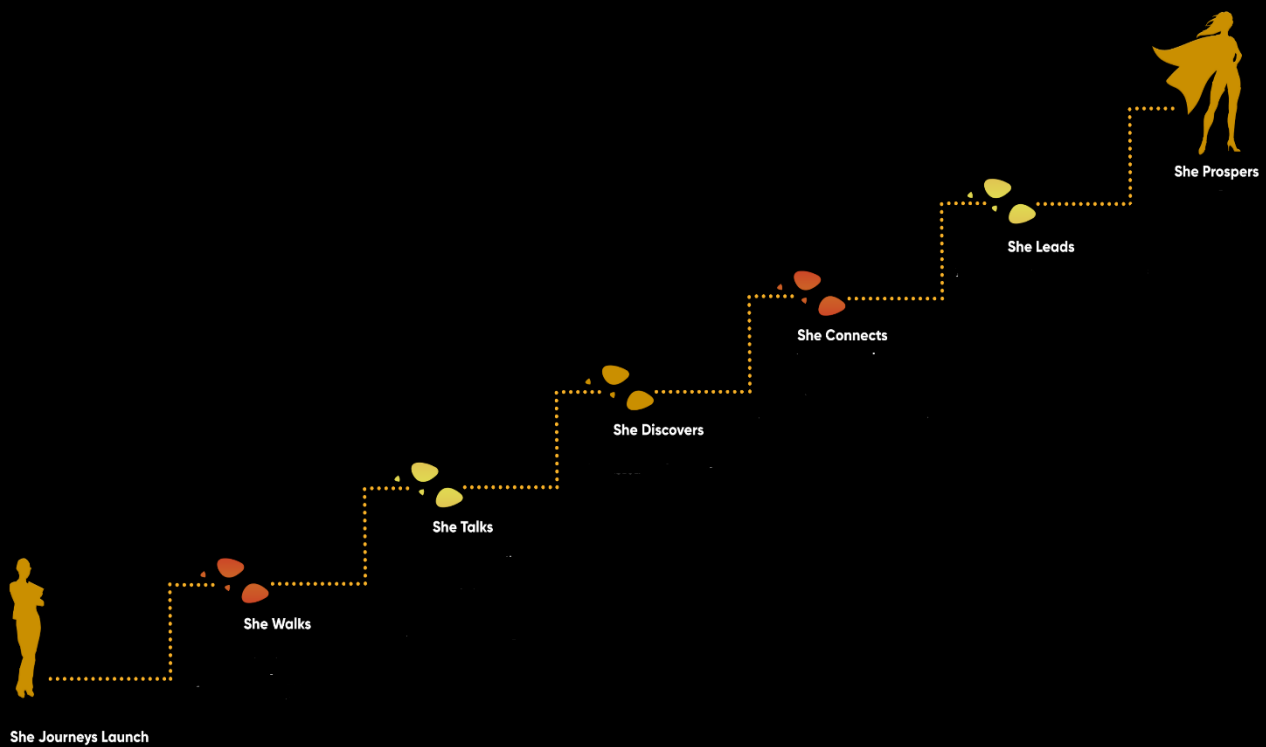


She
JOURNEYS

ACTION PLAN 2021



FRAMEWORK & PROPOSED DATES



Topics	Description
She Walks	Who am I? (Conducting a personal audit) <ul style="list-style-type: none"> - Self-reflecting on my current life journey (Embracing my own story) - How do I view myself? (Visually demonstrating the picture in my mind) - What type of personality do I have? (16 Personality test) - Evaluate my soft & hard skills

She Talks	<p>How are you communicating Who you are to the world?</p> <ul style="list-style-type: none"> - Silencing the voices in my head - Understanding my own voice (improving my communication styles) - Conducting a personal brand audit - How to carry myself with confidence & believe in my own story
She Discovers	<p>What motivates me to do the things I do (Discovering my “Why”)</p> <ul style="list-style-type: none"> - What do I value? - Draft my own Why statement - How does my Why impact the world around me? - Does money drive me? How to better manage my behaviour when it comes to money matters.
She Connects	<p>How do I find my tribe? (The place where I belong?)</p> <ul style="list-style-type: none"> - How do I network? - How do I find a mentor? - How do I find a community where I can learn and share?
She Leads	<p>How do I lead with courage?</p> <ul style="list-style-type: none"> - Myself - My Relationships (Family, Romantic Partners – to include GBV discussion)
She Prospers	<p>How do I measure my success?</p> <ul style="list-style-type: none"> - What picture do I see for my future (Vision boarding and detailing the different options with a specific focus on career vs entrepreneurship) - Celebrating how far I have come (Online Graduation)

	Topics	Live session	Estimated Time Per week
Week 1 (23 – 30 Aug)	She Walks	Coaching feedback session	3 hours (Course work & live session)
Week 2 (31 Aug – 5 Sep)	She Talks	Live Masterclass	3 hours (Course work & live session)
Week 3 (6- 12 Sep)	She Discovers	Live Masterclass	3 hours (Course work & live session)

Week 4 (13- 19 Sep)	She Connects	Coaching feedback session	3 hours (Course work & live session)
Week 5 (20- 26 Sept)	She Leads	Live Masterclass	3 hours (Course work & live session)
Week 6 (27 Sept – 3 Oct)	She Prospers	Coaching feedback session	3 hours (Course work & live session)
8 October 2021	Online Graduation	Online Event	1 hr 30 min

How will it work?

The She Journeys programme is a 6-week programme focussed on helping female students to navigate through life's pressing questions with the aim of each participant finding her own path and embracing her own journey.

Each week starting from the 23rd of August, we will introduce a new theme. The goal is to help each participant "assess" her life and choose the best path for her personal and professional growth. Live sessions will be conducted on Tuesdays, unless communicated otherwise.

The Programme will end off with a celebratory online graduation that will signify the start of a renewed perspective.

How will the Course be Conducted?

The content will be presented in a hybrid format through videos and reading/ study material. That will be uploaded onto a learning platform.

Each week would include a live online session that will alternate between a coaching feedback session and a live masterclass.

WE ARE LOOKING FOR:

Female Students who are:

- 2nd year and beyond
- able to commit a minimum of 18 hours over 6 weeks to complete the programme
- able to access a computer/mobile device with internet (MS Teams compatible)
- Serious about personal growth & development
- interested in entrepreneurship
- Looking for a community that will support & cultivate each other to grow and prosper

WHAT IS IN IT FOR YOU?

- Affirmed identity & purpose
- Create your own vision board for reflection and direction
- Improve your confidence to make meaningful, personal, business and career decisions
- Practical tips of how to better manage your money habits
- A network of like-minded young women

PARTNERS



PROGRAMME CO-ORDINATORS

CHAYA LEGAL (Varonique Philander)

NELSON MANDELA
UNIVERSITY

BENEFICIARY PARTNERS

MADIBAZ ENTREPRENEURSHIP HUB