

AUGUST NEWSLETTER

Welcome to our August Newsletter!

August is more than just a month on the calendar. It's a powerful reminder of the strength, resilience, and contribution of women throughout our history and in our everyday lives.

We would like to take this time to honour the incredible women who came before us, those who walk beside us, and those still to come.

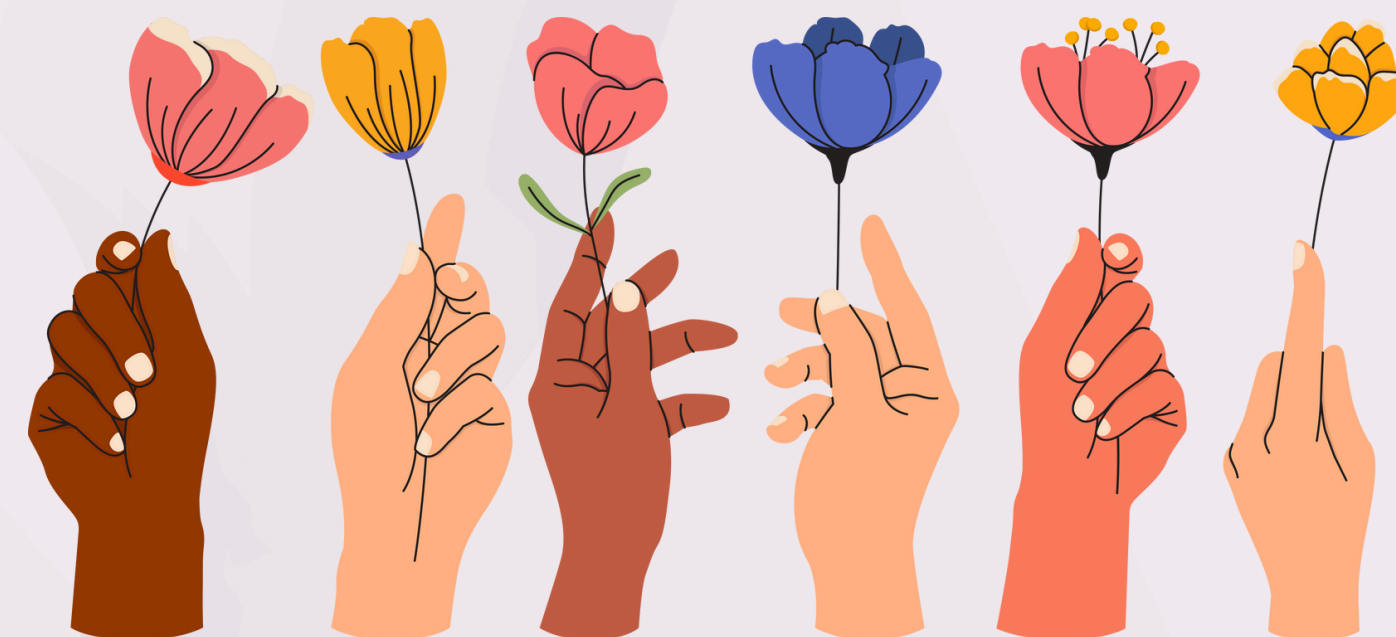


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Here are some powerful statistics that remind us how much progress we've made and how much further we still need to go:

- Women make up 51.1% of South Africa's population.
- Only 32% of executive positions in South Africa are held by women.
- Yet, South Africa ranks 20th globally in gender parity in political empowerment thanks to strong representation of women in parliament.

***DID YOU
KNOW?***



WOMEN'S DAY



“To those who oppose us,
we say, ‘Strike the woman,
and you strike the rock.’”

– Winne Madikizela-
Mandela



A Bit of History:

Women's Month commemorates the historic march of 20,000 women to the Union Buildings in Pretoria on **9 August 1956**, in protest against the apartheid pass laws. Their courage and unity became a turning point in the struggle for freedom and gender equality in South Africa.

The march became a symbol of women's resistance against apartheid and their fight for equality.



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OUR WOMEN'S EVENT

**Thank you to all the ladies that joined us
on Saturday 2nd August for our annual
Orchid Women's Event.**

**Another successful celebration of women,
networking and sharing their experiences.**

**We look forward to next year's event!
Here are a few snapshots captured on the
special day. Have a look on our website
for the full gallery.**



WE WANT TO HEAR FROM YOU

Your voice matters. If you've engaged with us in coaching, we'd love to hear your feedback, what's landed, what's shifted, and how we can keep growing together. It is completely anonymous so we would appreciate honest and constructive feedback. :)

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A pink speech bubble with a black outline and a striped tail pointing towards the bottom right. Inside the bubble, the text 'WE WANT YOUR FEEDBACK!' is written in a bold, black, sans-serif font with a white outline.

**WE WANT YOUR
FEEDBACK!**

A pink rounded rectangle with a black outline. Inside, the text 'Click here to complete our short feedback form!' is written in a bold, pink, sans-serif font. A black mouse cursor arrow points towards the bottom right corner of the rectangle.

**Click here to complete our
short feedback form!**

GET IN TOUCH WITH US:



Protect your mindset. Remind yourself: you don't need to do it all perfectly, you just need to keep showing up. And that's more than enough.

Book your sessions now:

DEBBIE WHEAL

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CASSIE QUITERRES

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Please note: Cassie will be on leave on 13th Aug and will return 4th Sep in office.

Tune in to our latest podcast episode.

Click below!



Also available on our website