



#UFSWomen

THE BOUNCEBACKABLE WOMAN DON'T HOLD HER BACK

BEING A CONFIDENT WOMAN

WOMAN'S MONTH INTERACTIVE GUIDE WEEK 1



#UFSWomen



**WHAT YOU ARE
DOING!!**

COMPLETE THIS FIRST

1

**Register for the Women's
Breakfast by clicking on the
following link (insert link here)**

2

**Complete all the activities in
this guide and submit it to
Carmine Nieman
*NiemanCL@ufs.ac.za***

TO



**Stand a chance to win a prize at
the Women's Breakfast**



ACTIVITY FOR THE WEEK

Positive Journaling

For the next five (5) days list at least three (3) things that you like/love about yourself with regards to the following:



Day 1: Your Body

Day 2: Personality

Day 3: Unique facts about yourself

Day 4: Your achievements

Day 5: Skills that you would like to develop

CHALLENGE FOR THE WEEK

Bare it all!

FAST Acronym:

F - Be fair to yourself and others. It's important to learn that your needs are just as important, you need to be assertive and speak your truth.

A - No unjustified apologies; in other words, don't be overly apologetic. Don't apologize for having an opinion or disagreeing with others.

S - Stick to your values and don't compromise or abandon your values trying to please others.

T - Be truthful and don't make excuses. This requires being honest and not exaggerating or telling little white lies.

A lot of the time we as women have insecurities that no one is aware of and we may feel too insecure to talk about and scared to identify the cause of these insecurities. This week we would like to challenge you to:

List one insecurity:

List the cause of your insecurity

How will you use FAST acronym to address your insecurity

Name two people you can talk to in order to support you

TEDTALK

Listen to the following TEDxTalk "Meet yourself: A user's guide to building self-esteem" by clicking on the following link:

<https://www.youtube.com/watch?v=uOrzmFUJtrs>

What stood out the most for you?



How will you use what you have learned?

ARTICLE

Read the following article "Pursuing Women, Meeting Myself" by clicking on the following link:

<https://www.jstor.org/stable/pdf/43471453.pdf>

What stood out the most for you?



How will you use what you have learned?