

#UFSWomen

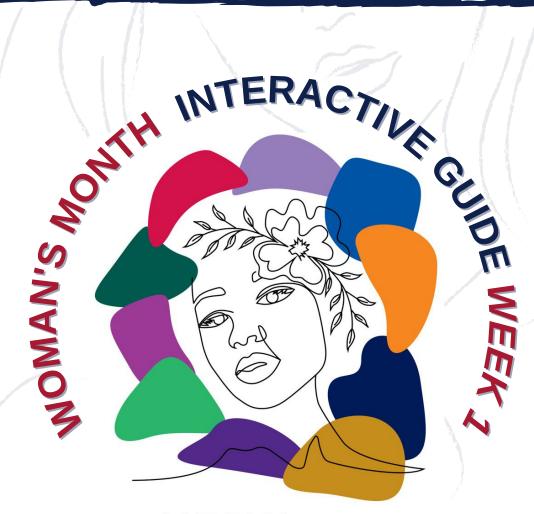
We Salute

Our women of quality
Our women making an impact
Our women who care



THE BOUNCEBACKABLE WOMAN DON'T HOLD HER BACK

BEING A CONFIDENT WOMAN



#UFSWomen

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COMPLETE THIS FIRST

- Register for the Women's
 Breakfast by clicking on the
 following link (insert link here)
- Complete all the activities in this guide and submit it to Carmine Nieman

 NiemanCL@ufs.ac.za



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 | Tacronym to address your insecurity |
| | and the second s | Challenge |
| 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?