



# THE BOUNCEBACKABLE WOMAN DON'T HOLD HER BACK

## BEING A RESPONSIVE WOMAN

### STAYING MOTIVATED

Do you want to know how to stay motivated to work?

### DEALING WITH LONELINESS

Do you want to know how to deal with loneliness?



#UFSWomen



### SEE STAYING MOTIVATED VIDEO

A video for you to watch on your own time and in your own space. Visit our website to watch this video:

<https://www.ufs.ac.za/supportservices/departments/human-resources>

### SEE DEALING WITH LONELINESS VIDEO

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