



#UFSWomen

# THE BOUNCEBACKABLE WOMAN DON'T HOLD HER BACK

## BEING A RESPONSIVE WOMAN

WOMAN'S MONTH INTERACTIVE GUIDE WEEK 4



#UFSWomen



**WHAT YOU ARE  
DOING!!**

## **COMPLETE THIS FIRST**

**1**

**Register for the Women's  
Breakfast by clicking on the  
following link**

**<https://event.webinarjam.com/channel/UFSWomen>**

**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

## Using Your Strengths

This week we want you to build your emotional resilience by focusing on your strengths and using them to your advantage. Therefore for this week's activity, we would like you to list at least five (5) of your strengths and actively apply these strengths within the next five days. Once you listed your strengths you will have to reflect on the way you applied your strengths and also how it made you feel after each day.



### List your five (5) strengths

### Day 1

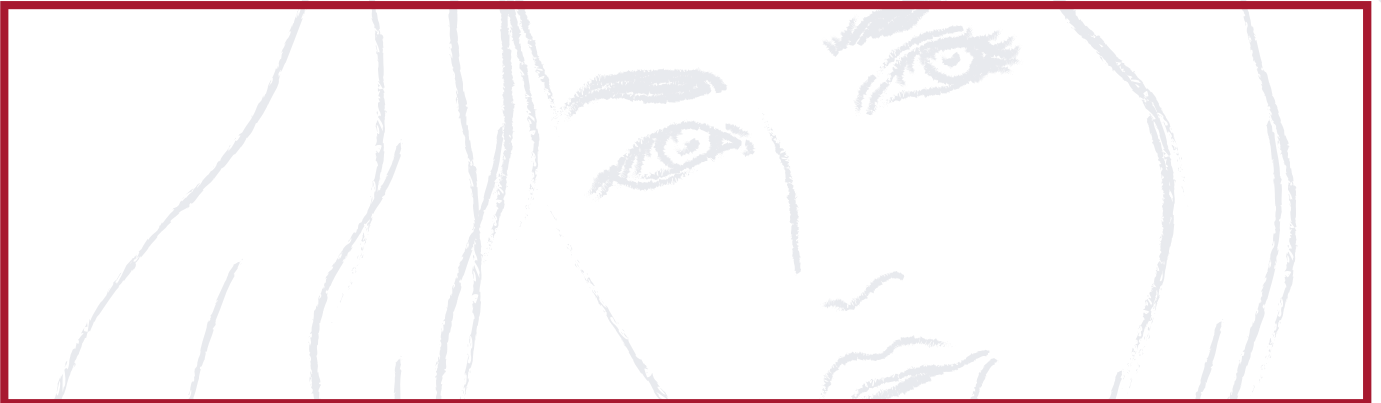
### Day 2

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## Day 3



## Day 4



## Day 5



**How will you ensure that you use your strengths in the future?**



# CHALLENGE FOR THE WEEK

## Social Connections

Research shows that we are more likely to be happier and have a greater set of social skills when we spend more time with others. This week, we want to challenge you to make at least three (3) genuine and meaningful social connections. At the end of the week list the three (3) social connections and reflect on how they made you feel. It can be a 5 - minute conversation with someone new or asking a coworker about her day and even taking a whole hour to connect with someone you care about. The important thing is that you must take the time to deeply connect with other people.

### Social Connection #1



### Social Connection #2



### Social Connection #3




# TEDTALK

Listen to the following TEDxTalk "How to get rid of loneliness and become happy" by clicking on the following link:

<https://www.youtube.com/watch?v=vZT-bB66iIk>

What stood out the most for you?



How will you use what you have learned?

# ARTICLE

Read the following article "Work from Home Tips to stay Motivated"

by clicking on the following link:

<https://www.forbes.com/sites/carolinecastrillon/2021/02/14/work-from-home-tips-to-stay-motivated/?sh=58949f073af5>

What stood out the most for you?



How will you use what you have learned?