



# MONTHLY GLIMMER

## Be Brave Slow Down

As 2024 began with a whirlwind, a surprising realization hit me yesterday: it was International Women's Day, and I had no plans or events marked on my calendar.



I turned to a friend in disbelief, exclaiming, "Oh my goodness, how did I overlook this?"

Her response was a gentle reminder, "It's alright not to always have something planned. You can take it slow, you know."

In that moment, I made a decision. I decided to fully embrace International Women's Day. I chose to celebrate myself by slowing down, breathing deeply, and allowing myself to be pampered by those around me. I hope you found a way to celebrate yourself yesterday, in whatever way felt right to you. I hope you took a moment to pause, to acknowledge your incredible self. You are so amazing that you have a day dedicated just to you!

## Future events

While we are eagerly planning for our annual event, we are also gearing up for a live podcast and will share more details soon!







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## Be Brave Take the next step

The whirlwind, as I've described above, commenced with a significant decision I made back in December while visiting my beloved home country in Africa. Surrounded by the warmth of family, the sun's embrace, and a sense of serene calmness, clarity enveloped my mind and my heart was resolute.

Upon my return to Ireland, stepping back into the glorious chaos that is my life (a chaos I must confess I adore), doubts crept in. Suddenly, the uncertainties of what lay ahead with this decision began to haunt my nights. We gals, you see, aren't particularly fond of ambiguity, monumental changes, or situations where control seems to elude our grasp.

I found myself searching - searching for signs from the universe, clues guiding my path. Should I hold onto the familiar? Or should I welcome the winds of change? This decision weighed heavily on me, impacting me profoundly.

Hours on the phone with Elmarie followed, where I laid out all the pros and cons in meticulous detail. Yet, I remained at an impasse, unable to reach a resolution.

And what did Elmarie offer? A brilliant quote, naturally. After my hour-long ramble, she gently reminded me of Napoleon's words: "I'd rather have a general that makes the wrong decision, than one that makes no decision."

That quote lingered within me. I took myself on a date, attended Steven Bartlett's inspiring talk in Dublin, spent a day nestled in bed, and finally, I made my choice.

"When you can't see the entire staircase, just take the next step," I reminded myself. It was time to be resolute, to keep moving forward with determination rather than standing frozen, gazing at the uncertainties.

To all my courageous ladies facing decisions or obstacles in their lives, remember this: the only path through is forward. Be bold enough to choose, to take that next step.

So often, we crave the illusion of control, the security of meticulous planning. My mantra (now chanted in the office like a battle cry) remains: "I got this!"

But you know what? Maybe I don't have it all figured out today. Yet, I do have the next step, and that is enough for now.

Be brave, ladies. Embrace your decisions, take that leap of faith, and trust that the journey will unfold as it should.

