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Women's Month 2018

#ChangeTheConversation

"The society carefully controls the freedom of speech of all people, and the race of people who are denied opportunities are oppressed"

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Q1. What does your privilege look like?
I have freedom, family and fiancé that supports me.

Q2. What are you doing to empower those you have privilege over?
I always meet them halfway, make sure I do disappoint them in everything that they are doing for me.

Q3. What does your oppression look/feel like?
The society carefully controls the freedom of speech of all people, and the race of people who are denied opportunities are oppressed.

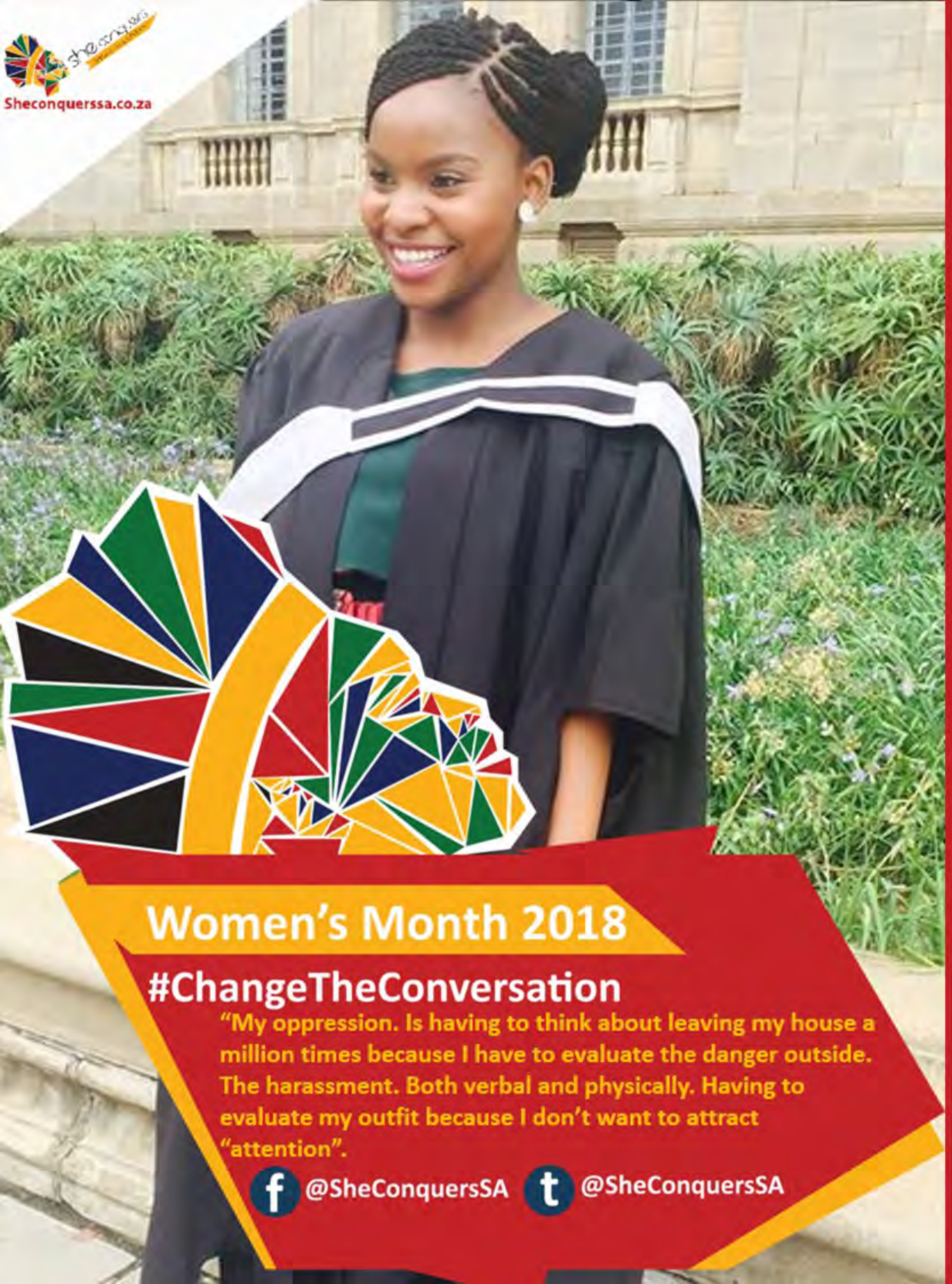
Q4. How do you plan to #ChangeTheConversation in your own life?
By simply being whom I want to be. By listening to my own voice and trusting that it matters.

Question 1: What does your privilege look like?
"Privilege to me is to overcome poverty and being able to educate my children and give them a better future and educate the young girls around me on how they can still become successful in life, despite poverty"

Question 2: What are you doing to empower those you have privilege over?
"I go back to my roots and educate and empower both young men and women to work hard and give them hope that they can achieve all that they have once dream about. I try to help them by giving the bridge of hope that poverty takes away from you"

Question 3. What does your oppression look/feel like?
" Oppression to be was living in poverty and being degraded my society due to my lack of resources. Society had labelled me as “poor” thus putting me in a certain category which made me feel inferior. I used that inferiority as the first step to the ladder of my success"

Question 4. How do you plan to #ChangeTheConversation in your own life?
I raise my children to be good men and women of society. I did not let my children taste the pain of poverty as I experienced. Although I teach my children to go back and give back to society, that society did not give to me. I raised them to be a bridge of hope in society.



1. My Privilege I would say (as much as it such be a basic available to everyone) is the fact that I was fortunate enough to get higher education and complete my studies. As a black woman it's always difficult finding "privilege". But also with that being heterosexual does have its privileges as well as non heterosexual black women go through much worse in our society. Even at the hands of other women.
2. I don't know if I can say I'm taking initiative and going out and doing something but I've always been someone who was open to anyone who came up to me for help. Whether it be academic or otherwise.
3. My oppression. Is having to think about leaving my house a million times because I have to evaluate the danger outside. The harassment. Both verbal and physically. Having to evaluate my outfit because I don't want to attract "attention". The fact going to buy bread could mean I never make it back home.
Also. In academic spaces and our work environments. We always being looked down upon. Because we are women.
4. Bring visible in previously oppressive spaces is my 1st step at changing the conversation. In my final year there were days were I questioned if it was all worth it and for me just making it for the bus or to the hospital was a step forward. In my present job. Doing my best. And not being afraid to speak up. To show that I am also capable. It warms my heart when I see more and more black women occupying positions of power and industries thought to be for men.

Q1. What does your privilege look like?
Healthy, abled and educated, have my loved ones around me.

Q2. What are you doing to empower those you have privilege over?
I empathise, give away the little I can and give advice to the best of my ability

Q3. What does your oppression look/feel like?
It just feels like we economically playing catch up, all the damn time! But hey...

Q4. How do you plan to #ChangeTheConversation in your own life?
By maximizing my time working towards the betterment of myself in every way possible (Financially, Mentally, Physically, Spiritually, Emotionally, Socially etc.) and extending that to my reach. I feed off positive energy, I get inspired and excited by everyone who is exceptional in what they do and I want to give the same back.

1. What does your privilege look like?

My privilege is being the only child in the house that got the opportunity to go to good schools and had the opportunity to go to Varsity as well. Though my parents didn't have much but they managed to give me the best education.

2. What are you doing to empower those you have privilege over?

I always encourage those who I have more privileges over to remember that life is an exam and we all have a different paper to write. So they need rise above their situation. Work hard and remember to run their own race at their own pace.

3. What does your oppression look/feel like?

My oppression feels & looks like as individuals we are so scared to be unique but find it very important to conform and find validation from society on ways to live.

4. How do you plan to #changetheconversation in your own life?

How I plan to #changetheconversation in my life is by ensuring that I never allow anyone steal my shine and convince me otherwise. Never to live to impress the masses by simply appreciating the little I have and making the most of it. Never try and fit in places that I don't belong, but however remind myself everyday that I am unique, beautiful and intelligent. I don't need anyone's approval." - @Kea_Mabale

Question 1.What does your privilege look like?
"Privilege to me is knowing that I wake up knowing that I have food to eat, a warm place to stay, and parents who are going to support and take care of me. Privilege to me is knowing I can go to university everyday, whereas most people don't get this opportunity"

Question 2 .What are you doing to empower those you have privilege over?
"I try and help them where I can, I take part in many different fund raisers. The best thing that I can do for them is I link them to http://Bwisehealth.com because I know that's where they can get medical advice and help even if they don't have money to see a doctor"

Question 3: What does your oppression look/feel like?
"I feel oppressed when society makes me feel like I need to do certain things or behave in a certain way in order to prove that I am a man. I strongly believe that I don't need to hurt a women to be a man, nor do I need to sleep with many women. As men we need to support women! "

Question 4: How do you plan to #ChangeTheConversation in your own life?
"I aim to encourage the men around me to be who they are, to support women and not give in to society. I aim to carry on sharing http://Bwisehealth.com with the community and those around me to ensure I am giving back to my community "#changetheconverstaion

1). what does your privilege look like?
Despite the current realities of gender inequalities in our present society in South Africa. I am privileged to be able to compete with Males in Business and career. And in contributing a voice of change, transformation & development in South Africa. I'm privileged to have a right to freedom of speech; hence I speak against women abuse & oppression.Contribute to changing the status quo and contribute to changing skewed mental ideologies based on gender.

2). what are you doing to empower those you have privilege over? I speak words of hope, upliftment and encouragement to empower women who are less privileged than I. I believe in Sisterhood and in women empowering one another. Women that speak, sing or dance in unity achieve removing great obstacles in present societies and nations.

3). what does your oppression look/feel like?
My oppression looks like a young woman who walks along side of the road late in the evening and is preyed by older Man who see an opportunity to attack in the mist of vulnerability.My oppression feels scary and overwhelming as I am unable to travel freely, without being on a look out for Man who prey on my vulnerability as a Woman in present society.

4). How do you plan to #changetheconversation in your life?
I plan to speak out more to women of all walks of life and enable my words to help women step out of being a victim to realizing their strength in being a victor. And turning past experiences of abuse into platforms of growth and healing for the benefit of the future generations of women, children and the underprivileged without a voice in our society.

1. To some extent, being a woman and black in this country has more cons than it does pros. I am second guessed at every turn, be it on a topic I am fully knowledgeable in or anything in general. So I would say, my privilege is that of education. My access to education has opened doors that I believe are not as welcoming to black women who are not in some way educated. I'm a basic human being who went to school and did her best. Anyone can do that in my opinion, but to be found worthy of something as simple as a bursary/internship means that there is something about you that another black woman does not have. I privileged despite my race, finances and access. Simply being me and keeping at it, is a privilege on its own.

2. Listening to people talk about themselves is something that I am good at. Although I do find it hard to extend myself in terms of peer counselling and other talks. I try my best to give people my time and attention when they need it most. I have this thing at the back of my mind that always says that "remember that you are not the smartest person in the room". I take this thought seriously because I have personally learned more from hearing others talk than listening to myself, and repeating what I already know. One thing that I am very fond of is asking questions on topics I know a little something about. I do this to gain perspective from various people who have walked in shoes that are usually bigger than mine. I'm not really sure how this helps those "less" privileged than me, because I believe being humane is the greatest attribute that any human being, rich, poor, and trying should have.

3. I have personally never been put in a position where I felt inferior to anyone else, even at the level of "privilege" I was at. It's a personal attribute that I grew up with. When things went my way, I would be over the moon and when they didn't, nothing really changed. Disappointments would come as they rightfully should, but that did not affect me in any way. I would say that it actually helped to do better, to hold on to a promise I made to myself and understand that this thing called life is and will always be what I make of it.

4. One of my greatest passions in life is education and girl children. I am obsessed about these two atoms of life because of the following reasons. (1) I am a female who grew up as an only child to both parents who literally did everything for me. One of the greatest of these things being, sending me to school. My obsession in this regard is around children who come from damaged homes and are not afforded the love and care that is necessary to their growth, especially in respect of how education has a huge role to play in the twisting of a mindset born into destruction and harmonising it with self-actualization. Girl children in the female category are a group of people close to my heart for a veracity variety of reasons. I'm pro female and my obsession with education and females is intertwined. I want to be able to start a foundation where I can be able to adopt girl children to fund through school and womanhood as a whole. To start their lives with them, be the cement that holds them together as they rise and continue to establish and maintain their purpose and role in life. Foundations and motivational talks usually go a long way in helping others and I know someday, I will have a voice big enough to speak up and an audience that is not only willing to listen, but willing to speak up with me.

1. What does your privilege look like?

- I got out of my comfort zone and looked for opportunities and lucky enough I met good people with gold heart who were able to assist. I was given opportunity to attend a mind-set programme (African Centre if Excellence) then that's when I realised that I can get anything I want as long as I set my mind and heart to it.

2. What are you doing to empower those you have privilege over?

- Help them in any way I can. Empower, equip and educate them if needed.
- Do projects and events for them so that they can network and get out of their comfort zones

3. What does your oppression look/feel like?

- I feel like African Religion is oppressed.

Just because we prefer to worship God in our African context we are called ungodly or that we are demonic, our Prophets and other spiritual fathers are threatened to be punished and to be jailed is uncalled for. This is SA and we have rights of religion so stop oppressing us. We are African we want to worship God freely without fear.

4. How do you plan to #ChangeTheConversation in your own life?

- I am an African child, I am beautiful and worthy to be great. I am born for greatness and to be the voice of the voiceless. I am born to serve and be the change in the world. I don't need any guy to validate my beauty and my brains.

1. A first glance I thought to myself "what privilege?" but at closer glance, truth be told, in this society I am more privileged than most. I got to go to the best university in the country. I get to do what I really love every day in my job, and get paid for it too. That in itself is a privilege most black 27 year old women in South Africa are not afforded. I do to some extent carry an invisible backpack of privileges based on my "class". I can get a bank loan approved based on my class. I can walk into any restaurant and order a coffee, (NB. Although I cannot be sure whether or not I will get served properly). If I don't feel like driving today, I can order an Uber that will take me to work. One day when I have children, I can hire a nanny and leave my baby at home and go for drinks with my mates. I can buy myself a coffee and a muffin after work today without having to walk back home.
I can comfortably bring up examples from my own family in social settings, without bothering to fill in the blanks about my partner or my sexuality. That is privilege.

2. Generally, I support those less fortunate not just by giving out donations, but also by taking the time to encourage and inform young girls especially on tools available to them that can in some small or big way help them overcome their circumstances. I encourage young girls and boys to read and often share books with those less fortunate than me in a bid to give them access to a world view they wouldn't otherwise have because of lack of access. I make it a point to support black women in the corporate environment because I know how important it is for us to feel heard. I make eye contact with women and avoid petty remarks about looks – because I for one know there is so much more to a woman than how she looks.
3. Every day of my life white men and women in subtle and obvious ways make me feel like I shouldn't be here. More often than not I feel this in the workplace, but I also feel it in a Woollies store when I'm the queue and I get the "what are you doing here" look for the white woman behind me. Being black in this country is an emotional journey, especially in the workplace. The per capita income of black people is only 15% that of white people. Can we then presume that White people are more hard-working and enterprising than their far poorer black fellow citizens?? Not.

I feel it even from black men, who often make reference to my looks or my sexual appeal before having interest in anything I have to say. And perhaps this one infuriates me even more because a black man especially should be protecting me, but instead often – I feel he is the biggest threat. He hyper sexualises me even in the workplace or at the gym and he uses his privilege and presumed power over me to do that. To even think he has the right to do that. I am a single woman and even in dating I often meet men who question me on my career goals and any pursuits I may have outside of getting married and raising children – I get "Mpinane, you're a woman, and you're not getting any younger, you need to find a man who will take care of you and raise your children, time is not on your side". This is totally absurd to me that a man can go his whole life encouraged to pursue his dreams and I on the other hand need to be mindful because the true measure of a woman's success is who will marry her and how many children she will have? Some men see it and do it any way, but for those who don't even know they are doing it, I implore you, the man, to think twice before you make a comment about what I should or should not be doing given that I am a woman. Think twice before you say "You're actually quite smart" in that pleasantly surprised tone. Think twice before you ask me why I don't have any kids yet, or ask how long I'm planning on staying single for. And I know many people don't like to hear this, but all men benefiting in some degree from their privilege. But I also know, gay men benefit less, black men benefit less, lower class men benefit less, but all men do get some dividend just by being men. And it drives me crazy.

4. I am committed to questioning anything and everything that doesn't makes sense to me or has even the slightest stench of oppression. Not just towards me, even to those around me. By challenging the status quo unapologetically. Even in social settings when a man that is my friend jokes about how his woman should be dishing up food for him , I will always be the one to ask him. I ask people all the time about "what they mean when they say...". I don't take the jokes lightly, using your privilege to exercise power over me or others even in the subtlest form is not funny, and will not be tolerated. And at risk of being labelled 'the angry black woman', I will continue be no nonsense when it comes to the oppression of any marginalized group in this country because until we speak up, confront and publically oust and humiliate racists, sexists, rapists, homophobes and make them extremely uncomfortable, they will continues to spread their plague across our beloved country, and honestly enough is enough.

1). what does your privilege look like?

I recognise that I am privileged because I am a man. Corporate culture is still very much male dominated, and thriving as a male in such an environment is far easier than as a female. I recognise that I am privileged because when I leave the house every day, I don't have to be weary of being harassed or even raped. I recognise that I am privileged because of the various double standards that society places on males vs. females. As an example, a man that voices his opinion can be considered to be assertive, whereas a woman doing the same thing can be considered to be aggressive, emotional etc.

2). what are you doing to empower those you have privilege over?

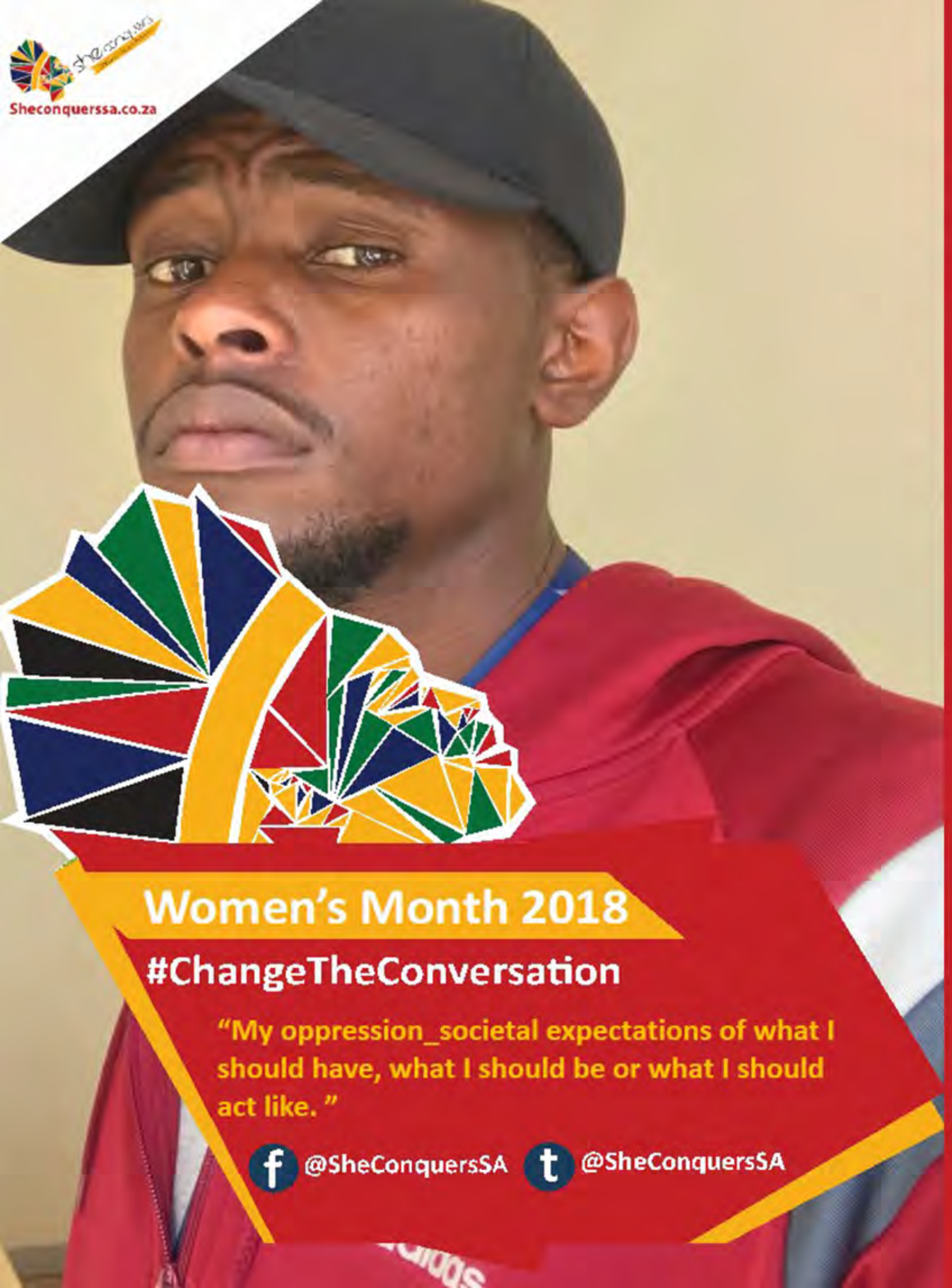
I recognise that I was privileged to have access to education and the opportunities that have arisen subsequently. I look to empower those that would not otherwise have the same access to education. I tutor and mentor high school children who live in a nearby township so that they may have the right guidance and access to information.

3). what does your oppression look/feel like?

As much as I am privileged to be male, I recognise my oppression via my race. The history of this country is well documented, and these impacts continue to manifest themselves. I feel this oppression every day, particularly in the "non-black" spaces I occupy.

4). How do you plan to #changetheconversation in your life?

I change the conversation in my life by recognising my oppression and educating those that inadvertently perpetuate that oppression. I change the conversation by understanding my privilege and being sensitive to those that are oppressed as a result of my privilege. I change the conversation by educating those around me in similar positions of privileg



Q1. What does your privilege look like?
Being able to sleep with as many women as I want [CONSENSUALLY] and be praised by my peers. If/when I contract HIV or any other STI, it'll be blamed on whoever I got it from and not on my promiscuous ways. Not being held accountable for anything I do that infringes on any one's rights, but instead excuses made for my behaviour.

Q2. What are you doing to empower those you have privilege over?
Tough question. I don't think I'm doing nearly enough- but the least I can do is encourage people to be their best selves (whether, morally or and that is not determined by societal expectations or anyone else that is not you.

Q3. What does your oppression look/feel like?
My oppression is/are, self-sabotaging habits, seeking approval from society or those close to me, so much so that I make decisions uncharacteristic of me. [This is more a personal struggle too]. My oppression is also societal expectations of what I should have what I should be or what I should act like. It is also not being able to speak openly about certain topics without the fear of being rejected or seen as weak or weird by others.

Q4. How do you plan to #ChangeTheConversation in your own life?
I plan to be more open and willing to be judged for talking about not so comfortable or normal topics in everyday life. Especially with those closest to me, and not just in passing, because that's where it begins. It is only in that way can these issues be taken on and addressed on a higher platform.

1. What does your privilege look like?
Living a positive life style and not allowing your HIV status to define you

2. What are you doing to empower those you have privilege over?
To be face stigma, take their medication without fear with confidence and be viral suppressed

3. What does your oppression look/feel like?
People are afraid to be stigmatise on HIV due the way HIV is being presented, if you HIV positive you are sleeping around or you going to die

4. How do you plan to #ChangeTheConversation in your own life?
By voicing out and fight stigma that HIV is not what they think it is, it just a like any chronic sickness and doesn't mean if you have you are sleeping around.

1. Well, privilege is simply having an advantage over someone else. It is having opportunities that the other party might be forbidden to have. Being privileged come with having a right that might either directly or indirectly violate someone else's right. As someone in the media industry and space, men are privileged compared to women. There are certain stories that women are not entitled to cover or if they do they are guided by what men think should be presented to the audience. In other words, women are not really presented the way they are supposed to be because although they might feel like they can share some ideas on something, they might not have the opportunity as to men. Sometimes, like I said, they are not even given the platform to present their ideas or whatsoever.

2. It is difficult to see that we are advantaged on the expenses of women. And to disrupt that we need to be conscious of our advantage and how it affects women and take a step back by giving women the opportunity to present themselves, their opinions and share ideas with the rest of the world. I am very vocal about this stance on social media and in my cultural activism.
To go back to a society that reveres rather than abuse women.

3. Patriarchy also affects man and nothing describes this better than the notion of toxic masculinity, where men are assigned traditional roles of superiority of which failure to live up to, defines you less of a man. Speaking against this traditional role assignment which limits us as men makes one come across as weak and as a result this viewpoint is suppressed because it does not follow the status quo.

4. I plan to #ChangeTheConversation by daily advocating for gender equality in both the formal and informal spaces I find myself. As a rural boy, I have made it my responsibility to take this kind of discourse back to my community, in the family and home environment so as to encourage those around me to understand that we aren't defined by our genitalia.

1. What does privilege look like?

- Being in a position where I can empower other women and help them grow spiritually, mentally, financially and socially

2. What are you doing to empower those you have privilege over?

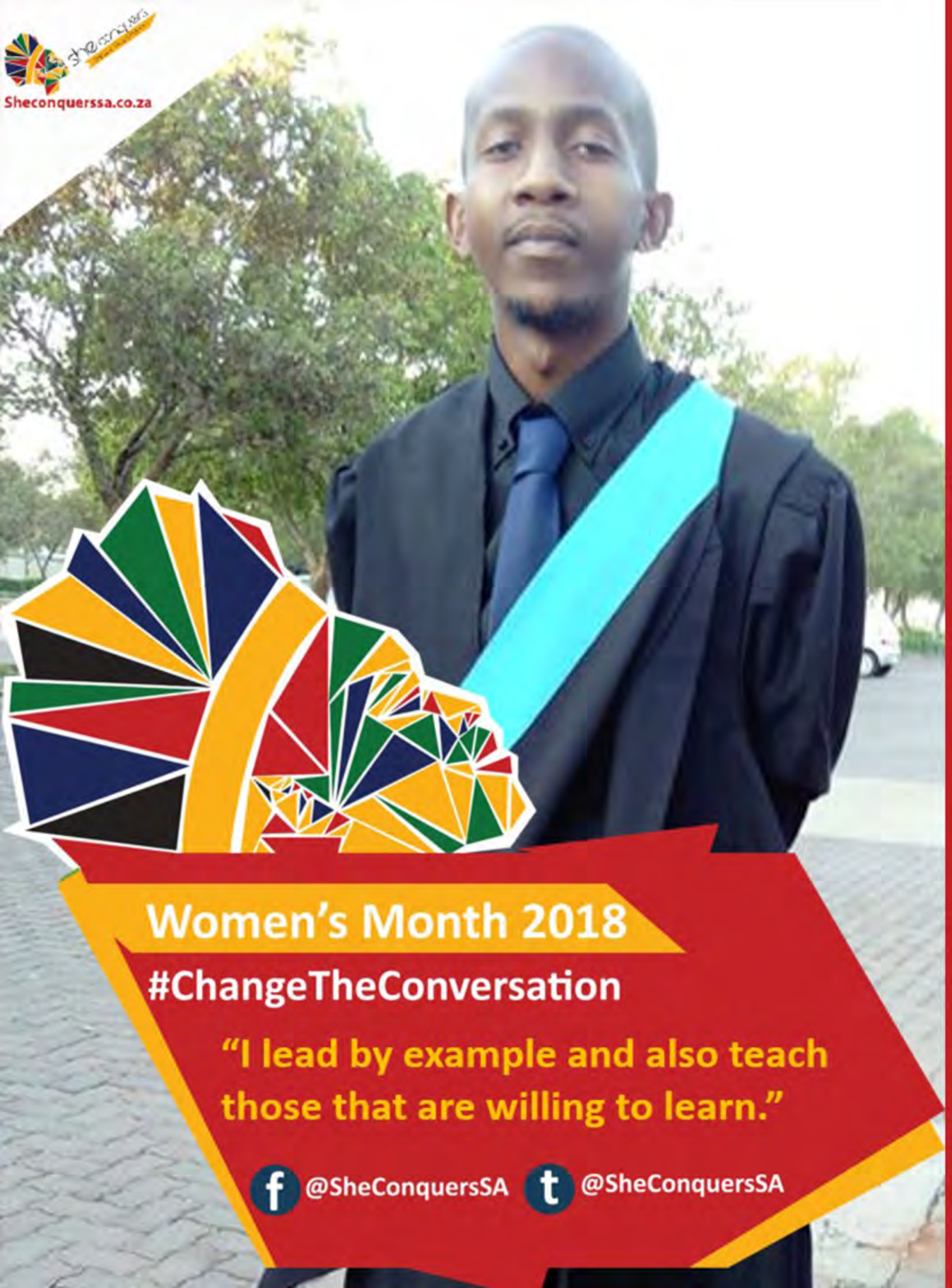
- I mentor, teach, guide and empower a group of young women called The Daughters of Zion which is running under the program of the AMI 12. I assist them in fulfilling their vision, spiritually, mentally, financially and socially

3. What does your oppression look/feel like?

- Oppression feels like having a limited voice as a woman in the church, in the work place and in the community and not having a place where women can fully express themselves.

4. How do you plan to change the conversation in your life?

- By raising powerful women, who know their identity and who will go for what they want and they believe in.



1. My privilege is in the knowledge of language patterns and how they entrap our people in self built boxes of ignorance.

2. Purposeful use of positive language, and its respectable thoughts, feelings and action. I lead by example and also teach those that are willing to learn.

3. It looks and feels like momentary ignorance.

4. By continuing to overstand and share the fact that my language (intra and interpersonal) binds me and others to certain circumstances. Circumstances are how we make (speak) them.

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1. What does your privilege look like?

I think as someone who was fortunate enough to go to university, even though I was raised by a single mom, my education has afforded me some level of privilege. Thanks to the hard work and dedication of my mother I can support myself and those around me. In our community there are lots of people who don't make it to university and sadly there is a misconception about those of us who do. There's this belief that university or studying further is for certain types of people, those deemed "clever" or "cheese girls/boys", but that's not the case. I believe that if people knew about all of the tertiary education options available to them they would know that there is a place for them in these space and in the world, they don't need to continue the cycle of dead end jobs, unemployment and the belief that they are not good enough to rise above generational poverty.

2. What are you doing to empower those you have privilege over?

For starters I never act smarter than I am or try to downplay what someone else knows because "I went to university". Sometimes just listening to people, their views and what they know is enough to empower them. People want to be heard, regardless of who they are. From the cleaner to the CEO people want to that the knowledge they have is worth something. It doesn't matter whether you've gained your knowledge in a formal educational environment or on the streets; there is something to learn from everyone and we would be wise to remember this. I always try to approach every encounter with this in mind and give people a platform to talk about the things they know about without shutting anyone down or making them feel small.

3. What does your oppression look like?

I've encountered so many faces of oppression as a black woman but since I've started this off with education and how it's empowered me to compete in the job market I think I'll draw from my experiences in the workplace. For me one of the most frustrating things as far as oppression goes is being overlooked or undermined in the workplace because of my skin colour. To a large extent I think people do this unconsciously because there is this misconception about coloured or black women. We are often seen as less or not knowing as much as our white counterparts (not to mention aggressive or having a bad attitude if we speak up for ourselves). This is something I experience on a regular basis in the workplace and despite the fact that I am on the same level managerially and more qualified than my white counterparts they are constantly placed above me or viewed as more knowledgeable based purely on the fact that they are white. I think we have colonialism to thank for this "white is right" mind set. We need to remember that skin colour is not an indicator of intelligence and we should all work on deprogramming this mind set because it's something that exists within ALL of us subconsciously. Something as simple as aspiring to move into a white neighbourhood is exercising the "white is right" mind set, and while we should all aspire to do better we must check our motivations for the changes we seek to make and understand that white doesn't equal better. Black woman you are smart and beautiful just as you are.

4. How do you plan to #ChangeTheConversation in your own life?

I think changing the conversation starts at home with our families. I've personally made a conscious decision not to entertain conversations that praise certain traits above others. I've found that in coloured family's skin tone, hair texture, eye colour etc. are things we often joke about. I personal don't agree with it and while it often doesn't come from a bad place it perpetuates the idea that white is right. The lighter you are, the straighter your hair, the better. People put themselves through hell mentally, physically, and financially to attain this misplaced ideal of what beauty is and I believe changing the conversation starts with something as small as not laughing at that inappropriate joke or poking fun at someone for having curly hair or dark skin. Stop it, it's not nice, the effects are long lasting and this is how bullying in schools starts!

I would also definitely like to commit to engaging with children from disadvantaged backgrounds to inform them of the options available to them after school so that they feel empowered enough to know that there is a place for them on the job market. They need to know they have something to offer the world!

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Women's Month 2018

#ChangeTheConversation

"I am very privileged to be working for a psychologist when there are so many unemployed graduates"

@SheConquersSA @SheConquersSA

1. What does your privilege look like?

I feel like I am privileged because I am an educated African woman who has an honours degree in psychology currently doing her masters in Masters of Social Science by dissertation at UKZN. I am very privileged to be working for a psychologist when there are so many unemployed graduates. It's a privilege to have the ability to be financially independent.

2. What are you doing to empower those you have privilege over?

I am a youth member from the Methodist church. We do community outreach. We are currently involved in a programme that is trying to help one of our youth member who is unprivileged. We are going to build a house for her.

3. What does your oppression look/feel like?

My oppression is that as a young black female who has graduated it is very hard find a job. We grew up knowing that we need to study in order to have a better life but we live in a society that has so many female graduates who are unemployed.

4. How do you plan to #ChangeTheConversation in your own life?

My friend is involved in a campaign that is helping unprivileged woman by providing sanitary pads to them. I want to be part of that campaign because I feel like it is important for every woman to be comfortable when it is that time of the month. Nothing is more stressful than knowing it's that time of the month and you don't have pads.

1.What/ how does your privilege look like, for you?
~ The best way to look at this is I am able to make choices, and also if I have a thought it's not so difficult to implement that idea, what am trying to say is my privilege for now it's my mind. As a black woman my privilege are limited especially in business, you get overpowered by male spices that why a woman got to work twice as hard to prove your worth it in this industry your in, the racism and sexism as a black female business owner experience is profound.

2.What are you doing to empower those you have privilege over?
~ As an author and Co director of Virtual Womanhood Institute our mission is to encourage women, empower women with the ability to embrace their mind, Emotional intelligence, entrepreneurial skills, and their creativity with no validation from anyone but themselves, we have a mentorship program, nutrition, entrepreneurial boot camps, empowerment workshops and health programs from as young as 11years of age to the elderly category of women. If that is not privilege then I do not know what it is.

3. What does your oppression look/feel like?
~ When we are no longer able to change a situation, we are challenged to change ourselves. For example in a working environment when another gender is trying to prove how useless a female is, the best thing to do is not to show them your capable but to show them that as a woman you are not here to compete but to play your part if that's no longer being served you leave and find some place where they will embrace your qualities than to shut them down, I won't get into details but many woman out there chose to run their businesses because employment exploit you and then you start believing that your sexuality will get you to the top or get you what you want, that's what we face on a daily basis 2018 alone many woman have been killed by their male counterpart because of power, because they don't value woman, because they feel they own woman and that is false, no human being owns another being, We running a campaign to address such issues, and I hope the change will come.

4.How do you plan to #ChangeTheConversation in your own life?
~ I will continue to tell my story, write as many books as I can,
~ with virtual womanhood Institute we won't stop but to even expand to other areas we dont reside in, our aim is to go to schools too and change the system, women needs to be built at the very young age, and to be reminded you do not have to act like a man, your different for a reason and you have your own qualities you need to embrace and plant in your world, you need no imitation but to be self,

1. What does privilege look like?

- Being given the space to can choose the path I want to follow. It is all about being able to get the necessary education,formal and informal so that it enables me to play at national and international stage.

2. What are you doing to empower those you have privilege over?

- I'm empowering a girl child through Smart Girls Development Foundation. I believe our girls need to be exposed to different career paths which were previously known to be man dominated, they need sound role models, mentors and life coaches to can be catalysts of change in their generation. We host motivational luncheon, goal setting workshops and life coaching sessions with them.

3. What does your oppression look/feel like?

- Oppression feels like being in the working environment and working hard to can move up the career ladder and not being recognised for your efforts and your contribution.
- Oppression looks like working the same job with another female from a different race but she earns 3 times higher that what I'm paid.
- Oppression feels like when some man in higher positions expect us women to sleep our way up the career ladder.

4. How do you plan to change the conversation in your life?

- By standing for what I believe in.
- By encouraging the girl child to have a voice
- By letting the girl child know that her contribution is needed and value in this lifetime.

1. What does your privilege look like?
None restricted because I create my own opportunities I fight for my place in society while empowering those who have the same dreams as I. Being able to break down boundaries and creating conversations about mental health which has been stigmatized in may communities while educating those who need the information thats my privilege.

2. What are you doing to empower those you have privilege over?
Opening up channels to converse about stigmatized topics and allowing people to express themselves without judgment, I include them in my journey and put their needs first and find an alternative to have a positive impact.

3. What does your oppression look/feel like?
Being unable to break into industries that need such conversations, truthful life changing conversations to change South African's perspective on the importance of mental health and how important and beneficial these conversations will be.
My oppression is fighting those who have the same idea as Matters of the Brain but monetize it to benefit while forgetting the need and help South Africans need.

4. How do you plan to #changetheconversation in your own life? Staying genuine and changing the game

Q1. What does your privilege look like?
I am an African and I strongly believe there is no better time to be an African woman than now, although growing up was a different ball game, the systems around our cultures has progressively changed, I am heard, I am involved and considered. It's such a great privilege to know that as a Black African Woman, I can voice out my concerns without the fear of being rebelled "Disrespectful".

Q2. What are you doing to empower those you have privilege over?
I lead by example, people have a way of watching your actions more than listening to what you have to say, whenever a platform to demonstrate my privileges is presented, I use it to my best ability

Q3. What does your oppression look/feel like?
Stereotype is real, the aggression and rejection African Black Woman receives from society by simple being equally able and capable is oppressing.

Q4. How do you plan to #ChangeTheConversation in your own life?
My voice is my power, for any culture which exists, it had to be taught, for any culture we wish to manifest, it must be taught. I plan to change the conversations in my life by simple being who I want to be.
By listening to my own voice and trusting that it matters. Also by encouraging younger African Black Woman to have their own voice and believe they can have their own voice.