

THE

WAZOBIA

LOUNGE

WHERE WOMEN FIND CONNECTION,
HEALING AND STRENGTH

Another

OPEN DISCUSSION

ON

SELF AWARENESS
& SELF PRESERVATION

LET'S TALK

Are you pouring out from an empty cup?

How to know when your cup is empty

Lets mingle and connect as women

A safe, confidential space to connect, heal and grow together.

LUNCH WILL BE SERVED

SATURDAY

5TH

SEPTEMBER

THE GARDENS
ROOM CAFE

118 Hewland Road,
Boscombe
BH7 6HW

2:00

TO

4:00 PM

Connection • Healing • Strength • Growth

thewazobialounge@gmail.com

THE

WAZOBIA

LOUNGE

COMMUNITY HUB FOR SISTERHOOD,
CONNECTION, AND GROWTH.

Where Women find
Connection, Healing and Strength

Vision Statement

To create a community where women can feel connected, empowered to heal and thrive emotionally, socially and personally.

Activity 1

Ice Breaker: **Agree** or **Disagree**

1. As women, we often put everyone else's needs before our own.
2. You can be surrounded by people and still feel lonely.
3. Taking time to care for yourself is a necessity not a luxury.

Self Awareness



Knowing
Yourself

The diagram consists of three rounded rectangular boxes arranged horizontally. The leftmost box is light blue and contains the text 'Knowing Yourself'. The middle box is a darker blue and contains the text 'Understanding Your Emotions'. The rightmost box is light blue and contains the text 'Knowing Your Boundaries'.

Understanding
Your Emotions

Knowing Your
Boundaries

Activity 2: Rediscovering yourself

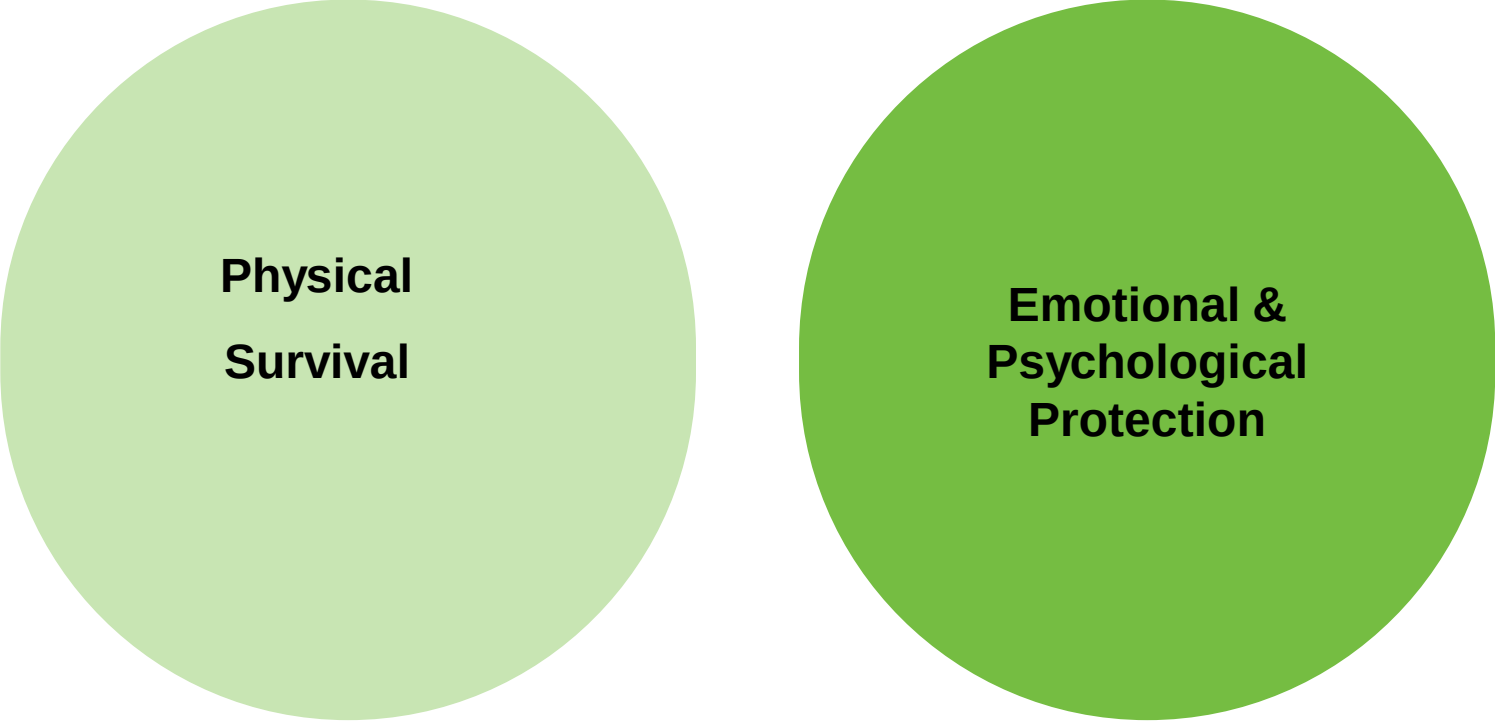
The power of story telling, go back in time when you were:

1. a little girl
2. a young adult
3. a grown woman

Finally what changed?

- Self Awareness: focuses on - 'What is happening within me'
 - It involves recognition of personal strengths, weaknesses, values, emotions and pattern of behavior.
-
- Self Preservation asks 'Now that I recognise it, what am I going to do to protect and care for myself'

Self Preservation



The diagram consists of two large circles side-by-side. The left circle is light green and contains the text 'Physical Survival'. The right circle is a darker shade of green and contains the text 'Emotional & Psychological Protection'.

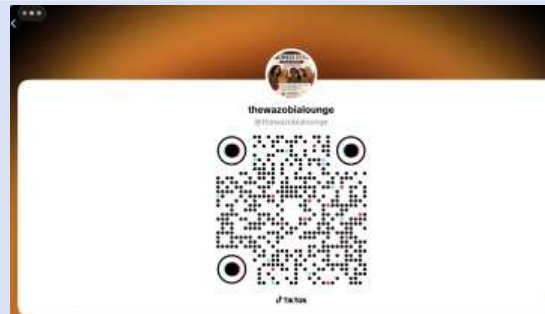
**Physical
Survival**

**Emotional &
Psychological
Protection**

Connect with The Wazobia Lounge



thewazobialounge



Thank you for sharing your time and knowledge,
let's keep talking at the lounge xx

The Wazobia Lounge Feedback

