

**Atlehang Nkotha:** Thanks for this, have been stressed lately because of academics.. I also started withdrawing from friends as well

**Kimsha Sewpal:** Plan your Energy , not your Diary !🔥👁️

**Onica Matsheke:** Lifelong learning great stuff. Knowledge is not only heeded in tertiary institutions walls.

**Kimsha Sewpal:**Open communication is key 👁️

**God\_At\_The\_Center** 😊: It's not Pride, it's Self-Respect 😊

**Theresa Yvonne:** Thanks for inspiring me.

**Professor Tshidi Mohapeloa:** know your value!!

**Phakamile Mazibuko:** Look out for yourself and others 🙏

**Kimsha Sewpal:**I also think alone time for a few minutes or an hour a day is very important for self care

**Kimsha Sewpal:**Thank you Dr Meyer 🙏

**Phakamile Mazibuko:** Thank you Dr, what an informative session 🙏

**Kimsha Sewpal:**SWEEP is definitely one of those network platforms that do help us 🙏

**God\_At\_The\_Center** 😊: How do we support each other as women

**Norah Clarke:** How do we support each other as women? One option: We tell the stories of other women when they don't or cannot tell their own stories of success.

**Kimsha Sewpal:** embracing and working through each wave of energy that's comes 🙏

**NP Mthethwa DUT:** wow thank you so much, this is so uplifting

**Professor Tshidi Mohapeloa:** remember to get yourself grounded

**Nqobile Tembe:** As a young graduate/professional, always be alert. Check people's motives. Do they share information with you to guide and inform or merely gossip. Refrain from the latter.

**Prof Seekoe:** It's important that our government should develop specific policies that address transformation in the true sense of it focusing on women

**Kimsha Sewpal:**Thank you for this sisterhood session. It's always inspiring.

**Phakamile Mazibuko:** @Ms Zowa, please arrange a High Tea or Lunch, we need to meet... such a bunch of beautiful, intelligent and resilient women! Wow 🙏🙏🙏