

## WFWP Leadership Retreat in Hampton Georgia Reflection

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I was honored to attend the recent WFWP Leadership Retreat in Hampton Georgia this year. The retreat was centered on the theme "Collaborate, Transform, Inspire" and an opportunity for collaboration, transformation, and inspiration is certainly what they offered to us.

I was grateful for the chance to meet other women from all over the country who are involved in the work of WFWP and to hear about their projects, challenges, and victories. Meeting these powerful, passionate women and having the opportunity to collaborate was in itself a great gift.

The retreat also offered tools for personal growth and transformation with most of the second day dedicated to content from a group of speakers ranging from alternative healing practices including reiki and tongren, to a presentation about nutrition facts, to a discussion about inherent value and the importance of self-love. After the presentations was a rich opportunity to connect with the speakers at their tables and receive more of their insights.

I was certainly inspired by the further focus on the work that WFWP is currently doing and their future plans and goals. I was especially happy to hear more about the Schools of Africa and hope to do some work here in Colorado to fundraise for the incredible work being done there.

I am so grateful to have had the opportunity to participate in this year's WFWP retreat and I would encourage anyone who has the chance to go in the future.