

What does it mean to be a woman?

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Apart from the obvious running around, multitasking and taking care of others? Apart from the lipstick, having to look your best and managing the vastly promoted fear of aging or having the “right” body form? Caretaker-Warrior- Carrier Women- Mother- Diva-Wife- Chauffeur- Lover- Soccer Mom-Friend –Daughter- Socially Conscious-Chef- Teacher- Cleaning Lady-Therapist.... And Oh Please! Have time for everything, don't lose your temper, balance it all, and love all that you do! Have it all under control!

But that's not a woman, that's a way too long and too unrealistic a list to BE and to DO!... So what is a woman?

At **Empowered Women Workshops**, we have the belief that being a woman is a journey in itself. A journey of self-discovery, honesty and self-love.

We have all these increasing demands, and yet, when doors are closed, for a lot of women, they take on pretty much the same amount of work their mothers did as caretakers

managing the household and raising kids. How could that be, the world really is changing? What is going wrong?

What does it mean to be a women, is a good question, but what drives you as a woman is an even more interesting one. If you are driven by guilt, you will want to do it all, feeling guilty when you are at work when you think you should be with your kids, feeling guilty when you are with your kids because you should be giving your husband attention, feeling guilty when you spend time with your husband because there is laundry to be folded... and so on.... If you are in a guilt trap- how do you get out? You first need to realise you are driven by guilt, and then challenge it as the feeling occurs. Be interested enough about what you are saying to yourself, to actually hear your inner dialogue, and be loving enough to change the words.

Who benefits from us exerting ourselves so much? Think about this. We at **Empowered Women Workshops** find the traps of modern day women worth learning how to get out of. Welcome to our first article in a series for women. Let the journey begin...