
HOW EXPRESSING YOURSELF AUTHENTICALLY CAN HELP EMPOWER WOMEN IN DEVELOPING COUNTRIES

Sydney, 1 May 2017 - Opportunity International Australia says, 'Holding Space', an environment where you can be fully yourself without judgement, is key to us having the capacity to give of ourselves. Clinical psychologist, Kirstin Bouse, will explore the concept of 'Holding Space' and how Australian women can harness it to empower women in developing countries, at the Inaugural Opportunity Women4Women conference in Perth on 13 May 2017.

Opportunity Chief Executive Officer, Robert Dunn, said: "I'm greatly looking forward to the conference, which will celebrate women from all walks of life and acknowledge that everyone has the right to exercise choice, experience social and economic empowerment and pursue their dreams.

"Kirstin will describe how supportive and non-judgemental relationships encourage people to express themselves openly and makes them more able to give in whatever capacity that may be, and that's where we see the collective power of small actions creating big change," he added.

For Kirstin, 'Holding Space' is about people connecting on a genuine, authentic level. "We are communal creatures and we're made to connect from the minute we are born."

"If we hold space for one another in our relationships and with those we interact with on a day-to-day basis, then we are going to feel more capable of generosity, more appreciative of what we have and see that we've got more to give."

Kirstin hopes conference participants will see the impact they can make as one individual doing one small thing. "All small changes have a ripple effect, and ripples become waves," she says.

"One woman in Australia can help one or more women in a developing country by empowering them to grow businesses and break the cycle of poverty."

Kirstin is the author of *The Conscious Mother: A simple guide to mothering with self-awareness, authenticity, confidence and connectedness*.

EVENT DETAILS

DATE: Saturday 13 May 2017

TIME: 9am-3pm

WHERE: Lifestreams Christian Church, Murray Street, Como, WA

TO REGISTER click [here](#).

ABOUT OPPORTUNITY INTERNATIONAL AUSTRALIA

Opportunity International Australia enables you to invest in a mother living in poverty so that she can use a small loan to buy an item like a sewing machine and start a small business. For a family in a developing country who can't afford the basics, a gift as small as \$70 can be life changing. With this hand up, a mother can put food on the table, send her children to school and transform her family's future for generations. Mothers want what is best for their children, and as businesses become successful (98% of Opportunity's loans are repaid), your help means they can make their dreams for their children come true. For more information, visit www.opportunity.org.au

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