

THE FEMME FETTER

ISSUE 9, APRIL 2025

THE PURPOSE OF POWER

Building a thriving life & career you love

LOOKING BACK

back to “About Time” that is

ALLUCANACHIEVE

our new member Adelle Landman chats about her
business and passions

understanding cellulite

Causes, Treatments, and Embracing Your Body

THINKING AHEAD

what does the horizon look like?

BEHIND THE SPOTLIGHT

a look at the life of Karen Zoid

THE LIES WE TELL OURSELVES

how our inner voice shapes our reality





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MARCH MAGIC, MILESTONES & A SNEAK PEEK AT WHAT'S NEXT!

March was truly magical! Not only did we host our most successful first in-person event ever, but we also welcomed an incredible two new members to the UCA community! And guess what? We're already planning our next virtual and in-person gatherings for 2025!

If you were there, I hope it rocked your world—and that you'll bring some fellow chicks along next time. If you missed it, don't worry! I wanted to share a few snippets from my speech because it captures so much of what lies ahead for UCA this year. So, while this Letter from the Editor might be a little longer than usual, I hope it leaves you feeling inspired.

ABOUT TIME: THE STORY

I remember sitting at the back of the classroom, either looking out of the window....at my friends, or at the other classmates and their interactions with one another. It was my safe space....the back row. From there, I could observe without being seen. I could whisper a joke and not worry if it landed because no one was really looking back. I felt powerful there.....in the background. That is apart from the days that I didn't grab a backseat in time....or had to stand in front of the class to give a speech.

It was just a speech—nothing life-changing. A speech I had rehearsed so well, I didn't actually need cue cards....until I stood in-front of the class. Standing there...I could I could feel my throat tighten. My hands were clammy. My mind was racing – and – as Murphy's law would have it – seemingly forgot the words I had to say. Because suddenly, I wasn't invisible anymore. They were all looking at me – expectant and expressionless. In moments like those those, I felt small, unsure, questioning if I belonged – actually no – 100% sure I didn't. Those are the moments I remember most, and I guess it ignited something in me and shaped me more than I realized at the time.

Maybe for you, it wasn't the classroom. Maybe it was a boardroom. A meeting. A networking event. Maybe it still is. Maybe it was today – walking into a room full of people who seemed to have it all together while you quietly wondered if you measured up. And if you've ever felt that way, then you should know you are in safe hands....and that after today – you will know that you not only do measure up – you are unique. And not "unique" = YOU-NIQUE.

We live in a world that makes us second guess ourselves. That teaches us to compare, to compete, to shrink ourselves just a little so we don't take up too much space. I do this regularly, often before I buy or try on an outfit – I imagine some gorgeous celebrity or other woman I know wearing it – like mentally dressing a Barbie – surely if it looks good on her – it will look good on me....right? This comparing thing however....its about time it stops. Its about time we realise that our stories are unique – and matter.

It took me years to understand this. Years of being the third wheel – last chosen, second option Years of wondering if I was too chubby, too loud, too much – years of living in back row. Years of believing that the people at the front of the room – the speakers – the leaders the ones who own their space had something I didn't. But here's the truth – they didn't they weren't perfect. They didn't have all the answers. Hey had just learned something I was still figuring out. That our stories—our experiences, our struggles, our victories—are what make us powerful. They were just telling THEIR stories

And that's exactly why I started **United Chicks Association (UCA)**. Because I believe in the power of women. I believe in you. I believe that when we stop seeing each other as competition and start seeing each other as allies, we change everything. I founded UCA for two reasons:

1. To create a space where women can support, promote, and uplift each other—not just as a feel-good idea, but as a real, structured movement. A place where we learn from one another, grow together, and help each other succeed.
2. To build a future where female entrepreneurs don't just survive, but **thrive**. Through events like this, through donations, through collective action, we are creating opportunities—funding education, launching businesses, and changing lives.

People ask me all the time, “**What makes UCA different?**” The answer? **Me. Our Members. You. Us.** We are different because we show up fully. We are vulnerable. We are real. We don't just network; we connect. That's why when I buy something – I'll buy it from someone I know because I know her, I trust her. I know her struggles – I don't buy only her knowledge, I buy her story, her authenticity, I buy her brand. And that's why people will buy from you – because of who you are.

It's about time we embrace that. It's about time we stop shrinking. It's about time we take up space. It's about time we stop waiting for permission. It's about time we stop playing small. It's about time we step fully into our power.

And it starts right here, right now, with us. It's about time, Lioness. Tell your story – Roar!





Activities & events to look out for

TWENTY-TWENTY-THRIVE

APRIL

- 1st Femme Fetale Magazine gets released
- 2nd Members Monthly Virtual Connect

MAY

- 1st Femme Fetale Magazine gets released
- 7th Members Monthly Virtual Connect
- 10th Members Only Get-Together
- 1 - 31st #UCAPhoenixGlowUp Challenge

JUNE

- 1st Femme Fetale Magazine gets released
- **4th The Power of Purpose (Online Networking Event)**
- 4th Members Monthly Virtual Connect

JULY

- 1st Femme Fetale Magazine gets released
- 2nd Members Monthly Virtual Connect

AUGUST

- 1st Femme Fetale Magazine gets released
- 6th Members Monthly Virtual Connect
- 8 - 10th Members' #AnnualBirthdayBreakaway

SEPTEMBER

- 1st Femme Fetale Magazine gets released
- 10th Members Monthly Virtual Connect
- 1 - 30th #UCAPhoenixGlowUp Challenge

OCTOBER

- 1st Femme Fetale Magazine gets released
- 1st Members Monthly Virtual Connect
- **4th In-Person Networking Event**

NOVEMBER

- 1st Femme Fetale Magazine gets released
- 5th Members Monthly Virtual Connect
- 29th Members' #ChicksMas Lunch (2nd Ed)
- 1 - 30th Bi-Annual Business Growth Challenge

DECEMBER

- 1st Femme Fetale Magazine gets released
- 3rd Members Monthly Virtual Connect



member testimonial

"I joined UCA around August 2024, and this organisation has been so great for business. Within a week I got an order from someone outside of the organisation (thanks to all the promoting our founder does) and have since then gotten work from members within! We support each other, and I have thus far been connected with other members selling products and services that I can use. Joining this group has been great. Love yah!"

Amani

@amani.caricatures



VANESSA TALKS ABOUT

BEHIND THE *Spotlight*

Vanessa Gray

Female Vocalist, Muzo, Competition Judge &

Vocal Coach

Mobile: +27 66 055 7677

Email: vangraymuzo@gmail.com

FROM STRUGGLE TO STARDOM

*The Inspiring Journey of South
African Singer-Songwriter, Karen
Zoid*



In the heart of South Africa's vibrant music scene, Karen Zoid's story stands as a testament to resilience, talent, and unwavering determination. Born in Belgium and raised in Johannesburg, Karen's journey from a struggling musician to one of South Africa's most celebrated rock artists is one that continues to inspire.

A CHILDHOOD MARKED BY PASSION AND HARDSHIP

Karen Zoid, born Karen Louise Greeff, discovered her love for music at a young age. Growing up in a middle-class home, she had access to music but not necessarily an easy path to success. Her parents' divorce and financial difficulties forced her to mature quickly, and she turned to songwriting as a way to express herself.

Despite facing challenges, Karen remained determined to make a name for herself in the music industry. She studied drama at AFDA, a film and performance school in Johannesburg, but soon realized that her true passion lay in music. Dropping out, she began performing at small gigs, bars, and open mic nights, struggling to make ends meet while chasing her dream.

A BREAKTHROUGH AGAINST ALL ODDS

Karen's big break came in 2001 when she released her debut album, *Poles Apart*. The album featured the hit song *Afrikaners is Plesierig*, which became an anthem for South African youth and catapulted her into the limelight. Her unique blend of rock, folk, and alternative music, combined with deeply personal and socially relevant lyrics, resonated with audiences across the country.

Her rebellious spirit and fearless songwriting set her apart in an industry dominated by pop trends. She quickly gained a cult following, earning her the title of South Africa's "Queen of Rock."

THE RISE TO FAME

Following the success of *Poles Apart*, Karen continued to release chart-topping albums, winning multiple awards and establishing herself as a household name. Her music evolved over the years, embracing both English and Afrikaans influences, allowing her to reach a broader audience.

Despite her success, Karen never lost touch with her roots. She remained committed to her fans and often used her platform to address social issues, making her a voice for many South Africans.

GIVING BACK AND BUILDING A LEGACY

Today, Karen Zoid is not just a celebrated musician but also a mentor, producer, and television personality. She has collaborated with some of the biggest names in the industry and has played a crucial role in shaping the next generation of South African artists. Her work on *The Voice South Africa* as a coach further solidified her influence in the music world.



Beyond music, Karen continues to support various charities and initiatives that promote music education and youth development. Her story is a reminder that perseverance, passion, and authenticity can break barriers and create lasting legacies.

A VOICE THAT WILL NEVER BE SILENCED

Karen Zoid's journey from struggling musician to South African rock royalty is nothing short of extraordinary. Her story serves as a beacon of hope for aspiring artists, proving that no dream is too big and no obstacle too great.

From performing in small clubs to selling out major arenas, Karen Zoid embodies the true meaning of a rags-to-riches story. And as she often says, "Music has no borders. It speaks to everyone."

THE POWER OF PURPOSE

BUILDING A THRIVING LIFE & CAREER YOU LOVE

Feeling stuck or searching for more meaning? Whether you're building a business, growing your career, or simply looking for fulfillment, purpose is the key to thriving—not just surviving.

Join us for an inspiring virtual networking event where we'll dive into purpose, passion, and engagement to help you create a life and career you truly love.

Discover how to:

- Find and align your purpose with your career, business, or personal life
- Stay motivated and engaged, even when life gets overwhelming
- Create balance, joy, and success—whatever that looks like for you

Plus, connect with a powerful community of women who lift each other up!

This event is for YOU if you're ready for clarity, inspiration, and meaningful connections. Don't miss out!



4 JUNE '25

10:00 - 11h30 AM

online virtual event



OUR SPEAKERS



Taryn-Lee Potgieter
United Chicks Association
NPC



Janet Du Preez
Engagement Dynamics



Ana Wüst
Project Happiness

www.ucassociation.org | info@ucassociation.org

**Register
Now**

<https://wkf.ms/3DQHjM7>

UCA
unitedchicks
association



Janet's aim is to inspire, equip and guide a new generation of core-driven impactful leaders, who will tackle problems that matter and build exceptional 21st century organisations. Drawing on great theory, creative methods, and a genius network, the mission of engagement Dynamics is to design, develop & deliver the most beautiful, useful and irresistible transformative leader development solutions on the planet.

Janet du Preez

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JANET TALKS ABOUT
PERSONAL
empowerment



THINKING AHEAD

what does the horizon look like?

Yesterday, I was coaching a highly strategic leader. I am going to call her Talia. I know that Talia is strategic, not just from working with her, but because she recently completed a very powerful strengths assessment that gave us empirical confirmation of what I had observed in how she shows up. I'll tell you more about the tool at the end of the article. For right now, let me focus on how Talia and other strategic individuals think.

Whether or not you are naturally strategic, I think you can learn to look at the future in the way that innately strategic thinkers do. They have an amazing ability to adjust their focus to look at both the horizon and the space right in front of their feet. This intuitive approach is very useful in dealing with complexity and uncertainty.

Natural strategic thinkers don't have make these switches purposefully. They just hold their horizons in their minds as they make day-to-day decisions. In the words of Steven Covey, they "begin with the end in mind". They are very clear of where they are going.

Some people absolutely LOVE having something to aim for. They like having a future target that is pulling them in. But, you might become anxious defining what the “end” looks like. It may feel too restrictive to pin yourself down to specific goals or you may also be unbelievably aware that there are many unknown variables that may derail your plans.

Over the last five years, the erosion of our basic assumptions, the shifting of boundaries and rules, the lack of certainty and the real threat of personal loss have added fuel to the complexities we were already navigating as a result of technological disruption and new social paradigms.

These factors make decision-making and planning difficult, but also, urgent and important. We only have to look at recent political shifts to realise that the decisions which we make today have the potential to set us on a path to a future which appears to allow little tolerance for mistakes. Today's personal, organisational and national decisions will matter tomorrow.

STRATEGIC THINKERS DO A FEW THINGS REALLY WELL.

- They are purpose-driven and clear about their WHY. Unlike Achievers, they do not always have a fixed goal, but they do have a big picture intention. They find it difficult to take action and make progress if there is no clear, meaningful reason for doing so.
- They look as far as they can see; just to the horizon. They don't try to look too far ahead or to fix their destination too specifically. Scenario planning and scanning exercises help to identify a few alternative horizons and to highlight obstacles or risks along the route. As they move towards the horizon it automatically shifts, with the future becoming more visible and understandable and new opportunities and threats emerging.
- They take the next steps towards the horizon, but not always in a straight line. True strategic thinkers move forward in the direction which makes most logical sense given where they are heading and what is in front of them. They are good at intuitively sensing what the immediate terrain looks like and identifying potential obstacles that will need to be navigated or which might require a detour or additional steps.
- They keep different options open where possible. Because these leaders expect challenges, roadblocks and detours, they don't eliminate options too quickly. They usually have a rough plan B, C and even D in mind and try to take actions which could have alternative outcomes later down the track.
- They listen, learn and test the ground ahead, for the best route. Strategic thinkers are very focused on emergence. They don't expect much to be the same at the end of their journey as it is at the start.

They know that they will change personally, that their context will change, that terrain which looks smooth and safe today may become treacherous once they get to that point and that storms will clear. So, they constantly learn and observe and then assimilate what they learn into their decision-making and planning. As a result, their route is seldom a straight line. They assimilate and adjust constantly, but always head ultimately towards the horizon.

HOW DOES THE HORIZON ANALOGY HELP US TO THINK ABOUT THE FUTURE?

What is fundamentally useful is that the horizon is 3D, not a fixed point.

- We've been taught to think of planning in finite, SMART terms. Our future goal must include a timeline and measurable number. The problem with this kind of inflexible goal setting is that fulfilling anything less than the exact number and date signifies failure. But if our intention is rather to get to the horizon, then a roadblock signifies a detour or delay, not termination. We simply aim for a slightly different destination instead of giving up.
- Finite, point-specific goals also often require us to get on one path and ignore all else. Whilst there is no doubt that this increases the likelihood of achieving the one thing, it does limit how many things we can accomplish. It does not serve a grander or more comprehensive vision. Heading for the horizon means that we can take detours, double-back, explore the possibilities down different pathways and complete multiple objectives along the way.

Instead of completing a list of accomplishments, we create a portfolio of interconnected elements all contributing to a grander vision.

- Because it is 3D, the horizon not only has width, but it also has depth. The really great thing about the horizon is that it is not static – it moves forward with us. We never arrive. The more we move, the closer we get, the further out the horizon extends – stretching us as we grow, opening up new and better possibilities. The horizon is just as far as we can see now. But, as we grow and reach certain milestones, so it shifts out and we get to see more distant and greater possibilities, building on what we have already accomplished.

I HAVE TWO QUESTIONS FOR YOU TO PONDER

Do you know where you want to go and how you are going to get there?

Do you know your innate strengths and how to harness them to make meaningful progress?

I would love to help you explore either or both of these questions. If you would like to connect you can set up time for a chat:

CALENDLY

<https://calendly.com/engagementdynamics/connectwithjanet>

EMAIL

JANET@ENGAGEMENTDYNAMICS.COM.

COMPANY PROFILE

<https://bit.ly/4i5SgYQ>



come & join

VANESSA GRAY

6 April 2025 | 10h00 - 14h00

Shack Express
Coffee & Art

beyers naude drive m5 ext, 1747 rietfontein, muldersdrift

DESIGNED BY GRIT.T CREATIVE CATALYST STUDIO



ADELLE LANDMAN

FOUNDER & CEO

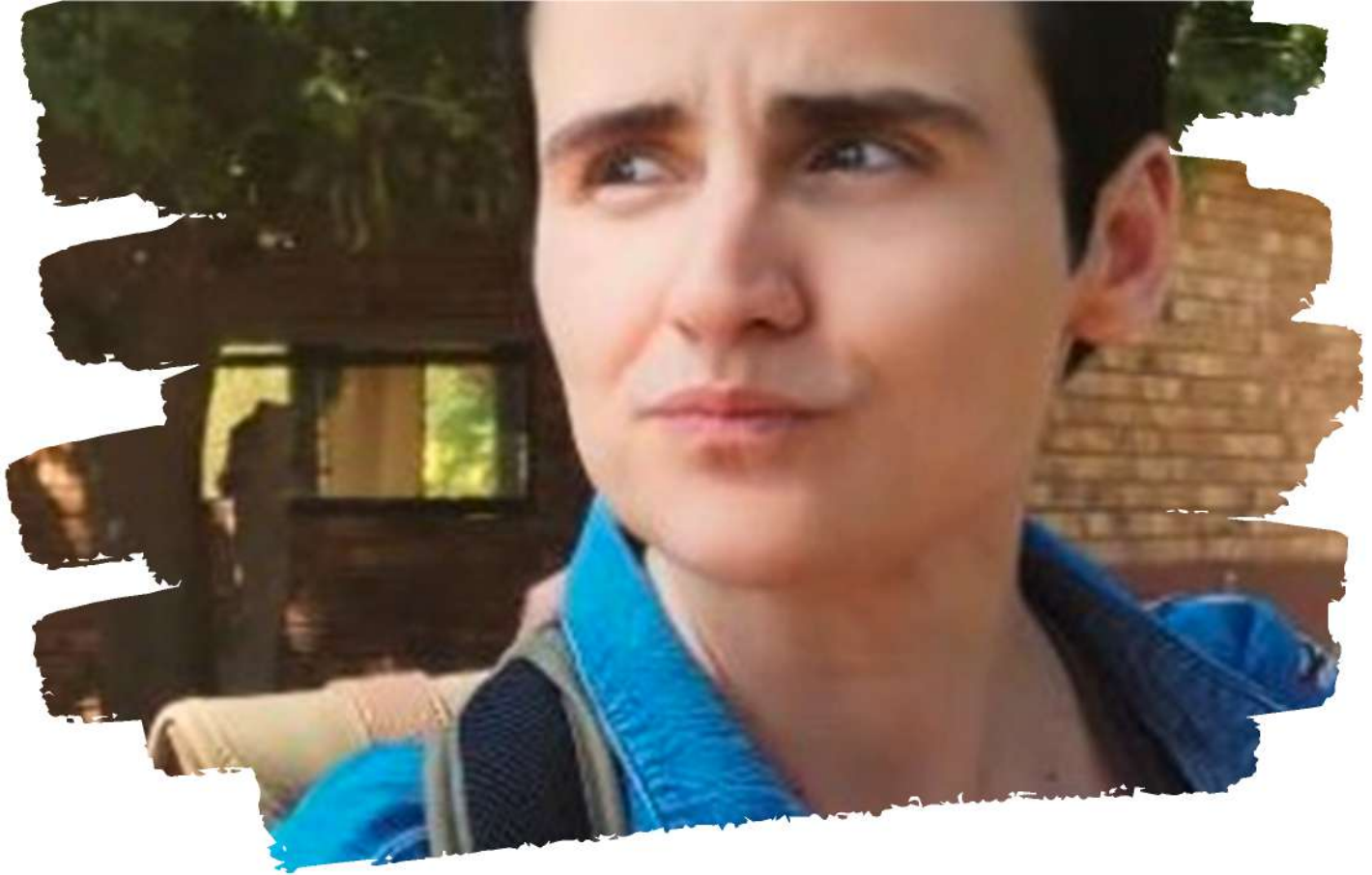
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NEW MEMBER SPOTLIGHT ARTICLE

ALLUCANACHIEVE

by adelle landman



HERE'S TO ALL U CAN ACHIEVE AND MORE

BY ADELLE LANDMAN

ALLUCANACHIEVE a life coaching business was recently launched and is aimed to empower individuals and Companies to reach their full potential through innovative training, programs and resources. My name is ADELLE LANDMAN, the CEO and Founder.

I am not only a visionary leader but also an avid reader and athlete who enjoys running and exploring the great outdoors. My passion for personal growth, financial freedom and well-being is reflected in the company's mission to foster a supportive and motivating environment for all. I was born a twin, in the quiet industrial town of Vanderbijlpark, close to the Vaaldam.

When I was 10 my family moved to Alberton, South of Johannesburg to be closer to Johannesburg. It's here where I completed my Highschool at Dinamika High School and then started my professional career in the legal field as a Paralegal and conveyancing secretary.

Besides working my normal 9-5 shifts at the Law Firm, I also worked part-time at Virgin Active gym's V-Café. It is here that my love for fitness, nutrition and owning my own business started growing.

I worked alongside the manager of V-Café, Connie and she taught me a lot in running my own business.

For my fitness journey; I train hard and almost daily. The passion gets me training for road races to win medals and I can boast that I have finished the coveted 94.7 cycle challenge not once but three times. This race was gruelling but so worth it. In my career as Senior Paralegal Conveyancing Secretary I also grew over the years and now have over 15 years' experience in this field.

The Launch of my new business Allucanachieve is another way in which I wanted to reach out and inspire others to great success and all they can achieve.

All eyes here, watch this space as there is no stopping me.





R2k raised - R23k to go

OUR GOAL FOR 20205

raise an amount of

R25k

We're empowering current and aspiring female entrepreneurs by funding their journey to business ownership. Donate today and help shape a successful future for others!ts at 7 pm

United Chicks Association

FNB Business

Acc Nr: 63118728766

Branch: 250655

Ref: Donation + Your Name

www.ucassociation.org
info@ucassociation.org
+27 64 559 4330

**TAX CERTIFICATES CAN BE GIVEN
UPON REQUEST**



member testimonial

""Since I joined in October 2024, UCA has had tremendous impact on my network and business. This is not only a safe space where we can find reputable services and suppliers, but also a space to share experiences and help each other grow during workshops and get-togethers. I have met the most amazing woman, each with their own inspiring story of how they struggled through the start-up process of a new business - and conquered!

UCA is truly empowering. I am grateful for the orders I have received from our network and at the same time, really satisfied with the ones I have done business with. I look forward to seeing what we can still achieve together! SA Attitude Branding thanks you UCA and founder Taryn-Lee Potgieter.

The benefits of this network include of course: Increased Exposure, Opportunities for Partnerships, Access to New Clients, Build Your Credibility, Get Career Advice and Support, Help Others As you Gain More Experience, Create Long-lasting Relationships"

Rozane

saattitude.co.za



UCA PROUDLY PRESENTS

OUR AMAZING *members*



Allucanachieve Coaching is dedicated to empowering individuals with the knowledge, skills, and support they need to thrive. Through personalized life and personal coaching, we help clients overcome challenges, set meaningful goals, and unlock their full potential—because with the right team, you can achieve anything.

📞 +27 79 836 6002 📍 Alberton



Bushveld Street Eats brings the vibrant flavors of South Africa's street food to life! Inspired by the rustic charm and rich culture of the bushveld, they celebrate local ingredients and time-honored recipes. With every bite, experience a taste of the outdoors and the rich culinary traditions of our beautiful land.

📞 +27 78 177 4682 📍 Tarlton



Engagement Dynamics is a leadership and organisational development company, driven by intentional thinking, deep connection with our clients and delivery-focused action. We support and promote superb, strategic, astute leadership, effective engagement of people and dynamic responsiveness to change, complexity and conflict.

📞 +27 76 626 6047 📍 Johannesburg



Specialising in Caricature Portraits and Caricature Live Events, Amani Caricatures brings a unique blend of artistry and entertainment to any occasion. Whether you're looking to capture memorable moments with a fun twist or add a lively and creative element to your event, Amani Caricatures' work is sure to impress. Their talent for turning faces into charming, exaggerated art pieces will leave you and your guests with unforgettable keepsakes. Perfect for corporate functions, weddings, or any gathering where laughter and creativity are welcome.

📷 @amani.caricatures 📍 Pretoria



From corporate events to intimate gatherings, Elfin Event Dynamics delivers exceptional service and creativity to every project. We offer incentive travel, unique corporate gifts, and have worked with clients from charities to major brands like Salesforce and ABSA. We're proud to have organised the launch of Mandela's 46664 campaign. Let us bring your next event to life!

🌐 www.elfinevents.co.za 📍 Fourways



Your place to get delicious & beautiful handmade royal iced cookies, handbags & zipper pouches. Look out for collaborations with other local small businesses.

🌐 justtgoodies.co.za 📍 Boksburg



Discover timeless craftsmanship with Lady Rischmüller Handmade, where every piece is uniquely designed and carefully handcrafted. From luxurious leather goods to beautifully curated accessories, Lady Rischmüller adds a touch of elegance and style to your everyday life. Proudly South African, their products celebrate quality, creativity, and attention to detail. Explore their stunning collections and indulge in the artistry of handmade excellence.

📱 @lady_rischmuller_handmade_ 📍 Nelspruit



Philippa curates and resells exquisite handcrafted beadwork, celebrating the artistry of South African crafters. Through her brand, she provides a platform for these talented artisans, bringing their vibrant, intricate creations to a wider audience.

📱 @philippa_french 📍 Durban



Since branding is a service based business – SA Attitude focuses on personalised customer service and support. They are an owner managed, family business, with a vision is to be your first call for branding expertise, and be your branding advisor and labelling consultant. Their mission is to put the personal touch back in customer service while branding your company and creating logo visibility that you can be proud of. SA Attitude makes it happen for you – just the way you imagined it. And yes, they do have an attitude! #SAAttitude

📞 +27 79 513 2421 📍 Benoni



At Ozone & Health Hub, we combine the revitalizing benefits of ozone therapy with a range of nutritious wholefood products to promote holistic wellness. Our female-led business is dedicated to helping you achieve optimal health, offering treatments that boost immunity and enhance vitality. Experience the difference with Ozone & Health Hub, where well-being and empowerment go hand in hand.

📞 +27 79 697 4790 📍 Pretoria



At Red Feather, we're passionate about elevating your bath experience with our organic, rose-infused bath salts, body scrubs, and bath oils. Each product is crafted with care to provide a luxurious and rejuvenating experience, helping you unwind and pamper yourself naturally. Treat yourself to the soothing and aromatic delights of Red Feather, and transform your bath time into a serene retreat.

📞 +27 66 055 7677 📍 Tarlton



At Ribbon Your Hair it is our passion to accessorise your children's hair for any occasion (school, formal & fun). Contact us for your custom made bows & ribbons today!

📞 +27 66 058 6236 📍 Alberton



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- spit braai
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- taco bar

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*Bon
Appetit!*



WANNA BECOME A MEMBER - CHECK OUT OUR

MEMBERSHIP

& tiers

LADY-IN-WAITING

youth membership | R20pm

UCA's youth membership is designed for young chicks aged 12 to 18 who want to be part of a supportive and empowering community.

- **Access to the UCA Network:** Connect with successful women entrepreneurs for mentorship & support.
- **Exclusive Youth Development Workshops:** Learn about business, leadership & personal growth.
- **Feature in Femme Fatale Magazine:** Be showcased as a rising star or share your ideas!
- **Discounted Entry to UCA Events:** Attend empowering workshops & networking sessions at special youth rates.
- **Mentorship Matching:** Get guidance from an experienced UCA mentor.
- **WhatsApp Group (Youth Edition):** Join a fun & inspiring community of like-minded young women.
- **Volunteering & Leadership Opportunities:** Get hands-on experience at UCA events.

THE CROWN COLLECTIVE

non-business adult membership | R50 pm

This membership tier is designed for women who may not own a business but still want to be part of UCA's inner circle, connect with like-minded women, and be part of our empowering community.

- **Exclusive UCA WhatsApp Community:** A safe, empowering space to connect.
- **Early Access to The Femme Fatale:** Get our digital magazine before anyone else.
- **Monthly Live Empowerment Sessions:** Join our Zoom meetups on confidence, careers & personal growth.
- **Exclusive Merch & Offers:** Be the first to grab UCA goodies & special perks.
- **Member-Only Networking Meetups:** Connect, grow, and build real relationships.

DUCHESS

adult membership | R50pm

- **Access to the UCA Network:** Connect with like-minded women and entrepreneurs for collaboration and support.
- **Monthly Online Networking Sessions:** Participate in virtual networking events to expand your professional circle.
- **WhatsApp Group Marketing:** Share your business promotions within the UCA community *once a month* (either at the beginning or end of the month).
- **Femme Fatale Magazine Advertisement:** Get *one free advertisement and publish one article per year* to showcase your expertise.

COUNTESS

adult membership | R100pm

- **Access to the UCA Network:** Connect with like-minded women and entrepreneurs for collaboration and support.
- **Monthly Online Networking Sessions:** Participate in virtual networking events to expand your professional circle.
- **WhatsApp Group Marketing:** Share your business promotions *once a month* (either at the beginning or end of the month) with an additional promotion boost through priority placement.
- **Femme Fatale Magazine Advertisement:** *Two free advertisements and two articles per year* to promote your business or achievements.
- **Discounted Workshops & Seminars:** Get exclusive invitations to UCA members-only workshops and seminars at reduced rates.
- **Member Spotlight:** Be featured on UCA's social media platforms to promote your personal or business brand.
- **Priority Support:** Access faster and more personalised assistance from the UCA team.

PRINCESS

adult membership | R200pm

- **Access to the UCA Network:** Connect with like-minded women and entrepreneurs for collaboration and support.
- **Monthly Online Networking Sessions:** Participate in virtual networking events to expand your professional circle.
- **WhatsApp Group Marketing:** Promote your business *twice a month* (beginning and end), receiving additional promotional support within the group.
- **Femme Fatale Magazine Advertisement:** *Four free advertisements and four articles per year* to maximize your visibility.
- **Discounted entry to UCA hosted Events, Workshops & Seminars:** Get exclusive invitations to UCA members-only workshops and seminars at reduced rates.
- **Member Spotlight:** Be featured on UCA's social media platforms to promote your personal or business brand.
- **Priority Support:** Access faster and more personalised assistance from the UCA team.
- **One-on-One Business Coaching:** Gain access to personalised business advice through one-on-one coaching sessions (if required / requested).
- **Opportunities to Host Webinars & Workshops:** Share your knowledge and skills by leading events within the UCA community.
- **UCA Branded Denim Jacket:** Enjoy discounted rates on the exclusive UCA-branded denim jacket after completing 12 months of membership.

QUEEN

adult membership | R300pm

- **Access to the UCA Network:** Connect with like-minded women and entrepreneurs for collaboration and support.
- **Monthly Online Networking Sessions:** Participate in virtual networking events to expand your professional circle.
- **WhatsApp Group Marketing:** Enjoy *unlimited* WhatsApp marketing posts, giving you the most visibility and reach within the UCA community.
- **Femme Fatale Magazine Advertisement:** *Unlimited* advertisements and article submissions, ensuring constant exposure for your business.
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- **Priority Support:** Access faster and more personalised assistance from the UCA team.
- **One-on-One Business Coaching:** Gain access to personalised business advice through one-on-one coaching sessions (if required / requested).
- **Opportunities to Host Webinars & Workshops:** Share your knowledge and skills by leading events within the UCA community.
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ANA TALKS ABOUT

WELL-BEING

empowerment



THE LIES WE TELL OURSELVES

how our inner voice shapes our reality

There is a voice inside us that no one else hears. A voice that whispers before we even realize we're listening. It tells us who we are, what we deserve, and what is possible. But what if that voice isn't always telling the truth?

THE SUBTLE ART OF SELF-DECEPTION

We rarely recognize the lies we tell ourselves because they don't come as obvious falsehoods. Instead, they arrive as quiet, familiar thoughts—thoughts we mistake for truth. “I’m not good enough.” “I’ll never be happy.” “They’ll leave once they know the real me.”

Psychologists call this negative self-talk, and research has shown its profound impact on mental health.

The brain doesn't just hear these thoughts—it absorbs them, and rewires itself around them. Neuroplasticity, the brain's ability to adapt and form new neural pathways, means that the more we repeat a thought, the more ingrained it becomes. What starts as a whisper becomes a belief. And what we believe, we seek to prove.

HOW THE MIND CREATES ITS OWN REALITY

Cognitive psychologists describe this as confirmation bias—our tendency to search for, interpret, and recall information in a way that reinforces what we already think.

If we believe we are unworthy, we'll dismiss compliments and magnify criticisms. If we see ourselves as incapable, we won't take the risks that could lead to success. We don't just think our reality into existence—we filter the world to fit the stories we've been telling ourselves for years.

The truth is, our inner dialogue is not merely a reflection of who we are—it is an architect, building the foundation of who we become.

WHO WOULD YOU BE WITHOUT THESE LIES?

Imagine for a moment that the voice inside you was kinder. What if, instead of "I'm not enough," it said, "I am learning, I am growing, and that is enough"? What if, instead of "No one stays," it reminded you of the love that has remained?

Science supports the power of self-affirmation. MRI studies show that positive self-talk activates the brain's reward centers, increasing resilience and reducing stress. By consciously shifting our internal dialogue, we can reshape not just our thoughts but our entire sense of self.

REWRITING THE NARRATIVE

So, how do we rewrite the lies we've believed for too long?

Recognize the Voice: Pay attention to the words you use when you talk to yourself. Would you say them to a friend? If not, question them.

Challenge the Thought: Ask - Is this true? Is there evidence for this belief, or is it simply a habit of thought?

Replace It with Truth: Not empty positivity, but real, constructive reframing. "I always fail" becomes "I've struggled before, but I've also succeeded."

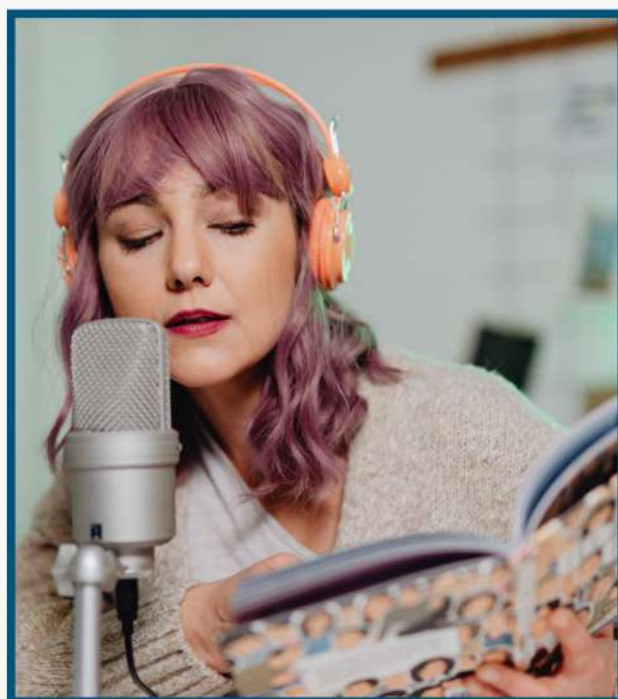
Speak to Yourself with Compassion: Studies show that self-compassion leads to greater emotional resilience and motivation. Be the voice you needed to hear when you were younger.

THE STORY YOU TELL YOURSELF BECOMES THE LIFE YOU LIVE

The voice inside your head is either your greatest ally or your most relentless critic. It is shaping your choices, your relationships, your confidence, and your capacity for joy. And the best part? That voice is yours. Which means you can change it.

So, the next time you hear yourself whisper, "I can't," pause. Take a breath. And ask yourself—

"Is this my truth, or just a story I've been told?"





S NAGAROO
ATTORNEYS
ATTORNEY | NOTARY | CONVEYANCER

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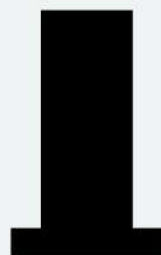


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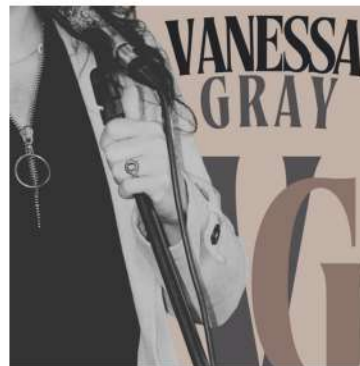
Benoni



The Happiness Project, founded by Ana Ninkovic, is a community of coaches redefining wellness through connection and courage. They help individuals—parents, leaders, organizations, and teens—align their lives with their core values, offering guidance and validation on their personal and professional journeys.

projecthappiness.co.za

Cape Town



Vanessa Gray is a versatile vocalist who brings her musical talent to restaurants, year-end events, birthdays, pubs, private gigs, and weddings. In addition to performing, she offers voice and singing coaching to help others find their unique sound. Whether you're looking for live entertainment or wanting to improve your vocal skills, Vanessa Gray delivers with passion and expertise.

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TRUZAAN TALKS ABOUT

PHYSICAL *empowerment*

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UNDERSTANDING CELLULITE

Causes, Treatments, and Embracing Your Body

Cellulite is a common concern for many women, yet it remains one of the most misunderstood aspects of the female body. Many believe that cellulite is a sign of being overweight or unhealthy, but the reality is that even the fittest and most athletic women can have it. Understanding cellulite, its causes, and how to manage it can help women embrace their bodies with confidence.

WHAT IS CELLULITE AND HOW DOES IT FORM?

Cellulite is the dimpled or lumpy appearance of the skin, most commonly found on the thighs, buttocks, and abdomen. It occurs when fat deposits push through the connective tissue beneath the skin. The structure of the skin and connective tissue differs between men and women, making cellulite more prevalent in females.

WHAT ARE THE MAIN CAUSES OF CELLULITE?

Cellulite is influenced by several factors, including:

- **Hormones:** Estrogen plays a role in fat distribution and can contribute to the development of cellulite.
- **Genetics:** Some women are genetically predisposed to cellulite, regardless of their weight or fitness level.
- **Lifestyle Factors:** A lack of exercise, poor circulation, and dehydration can worsen the appearance of cellulite.
- **Age:** As we age, skin loses elasticity, making cellulite more noticeable.

IS CELLULITE A FAT STORAGE?

Cellulite is not necessarily an indication of excess fat storage. While it does involve fat deposits, cellulite primarily results from the way fat, connective tissue, and skin interact. This means that even lean, fit women can have cellulite due to genetic and structural factors.

WHY DO WOMEN GET CELLULITE?

Women are more prone to cellulite than men due to differences in skin structure, fat distribution, and hormones. Female connective tissue is arranged in a way that allows fat to push through more easily, creating the dimpled effect. Additionally, estrogen can contribute to fat storage in areas like the thighs and hips, where cellulite is most common.

HOW CAN CELLULITE BE TREATED?

While there is no permanent cure for cellulite, there are ways to improve its appearance:

- **Strength Training:** Building muscle can help tighten the skin and
- **Cardio Exercise:** Activities like running and cycling can help improve circulation and reduce overall body fat.

- **Hydration:** Drinking plenty of water helps keep skin healthy and elastic.
- **Massage and Dry Brushing:** These techniques improve blood flow and may temporarily reduce the appearance of cellulite.
- **Topical Treatments:** Some creams containing caffeine or retinol may help improve skin texture over time.

BENEFITS OF EATING AND TRAINING TO REDUCE CELLULITE

A balanced diet and regular exercise can help improve skin tone and reduce the visibility of cellulite. Here's how:

- **Protein-Rich Diet:** Supports muscle growth and skin repair.
- **Healthy Fats:** Foods like avocados and nuts keep skin supple and hydrated.
- **Antioxidant-Rich Foods:** Berries and leafy greens help combat inflammation and improve skin health.
- **Consistent Workouts:** Strength training and cardiovascular exercise help tighten the body and reduce fat storage.

EMBRACING YOUR BODY: A MESSAGE TO WOMEN

As a female athlete who spends countless hours training and following a disciplined diet, I can confidently say that cellulite is something even the fittest women experience. It is not a flaw or a sign of being out of shape—it's simply part of being a woman. Every woman's body is unique, and cellulite is just one of the many natural differences that make us who we are.

Rather than feeling discouraged, we should embrace our bodies and recognize that beauty comes in all forms. Fitness and health are about strength, endurance, and confidence—not about eliminating every dimple on our skin. Let's celebrate our femininity, appreciate our bodies for what they can do, and empower each other to feel beautiful and strong in our own skin.



UCA PROUDLY PRESENTS

FABULOUS *finds*



LADY COBBLER

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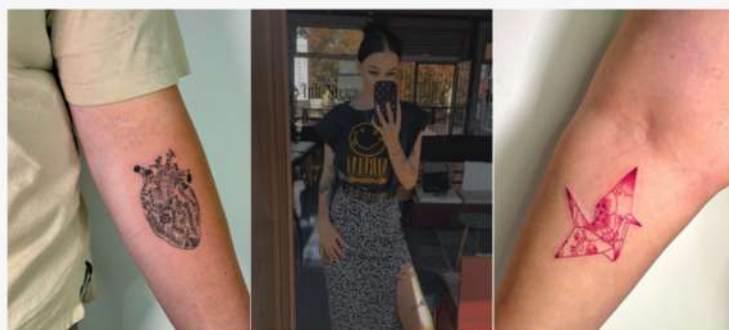
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TAKING A LOOK BACK AT

ABOUT TIME

our first in-person networking event

A HEARTFELT THANK YOU

To add to the letter from the editor, we wanted to do some additional thank you's we did on the day - but also once again because the event would've have been such a major success without the support of, not only those who attended, but the following epic hearts too:

HONORING OUR SPEAKERS

There aren't enough words or times I can say a big thank you to our wonderful speakers, who gave up time with their families, to spend the morning with us. Its a massive honour and privilage to not only have met these wonderful powerhouses - but also hear their stories.



LISA FRASER
MD at Elfin Events



MALA SURIAH
CEO at Fundi



**TARYN-LEE
POTGIETER**
Founder of UCA



URSULA FEAR
*Job Creation
Specialist & Co
Author*

HONORING OUR ENTERTAINMENT

A big thanks to Vanessa Gray for being our MC, and gracing us with her incredible voice on the day. The ladies enjoyed it so much, and as you will see from the photo's - even got up and started dancing! We wish you the best of the best for your journey!



VANESSA GRAY
Vocalist & MC

HONORING OUR VENUE

UCA extends a special thank you to Nice to Meat You Eatery for their generosity, warmth, and professionalism. Not only did they graciously host our event, but they also went above and beyond as a key sponsor, making our day extra special with their incredible support and kindness. We truly appreciate their commitment to uplifting our cause!



HONORING OUR GENEROUS SUPPORTERS

And last but not least, everyone who attended and also those that bought raffle tickets on the day! We also extend our deepest appreciation to Mala and Fundi for the wonderful gifts, and to Lisa and Elfin Events for the beautiful flowers, raffle prizes, and generous donations.

A further thank you to Fundi Capital and Amani Caricatures for sponsoring tickets, allowing more incredible women to be part of this special day. Your support made all the difference!

And a last thank you to Tiffany Wiese, who had taken time out of her day - to capture some special moments on camera for us!



ELFIN EVENTS
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