

# W FEMME H FET F FETALE

INDEPENDENCE

ISSUE 11, JUNE 2025

**THE COURAGE TO STAND ALONE**  
Redefining Autonomy in Leadership

## MEMBER SPOTLIGHT

CHECKING OUT OUR DEAREST RUSSETT PAULSE, FROM  
BUSHVELD STREET EATS

## CHOC-TAILS & CHEERS

A look at our quarterly member get-together

## FROM MODESTY TO MAGNIFICENCE

The Rise of Dr. Precious Moloi-Motsepe

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Last call for registering for our virtual networking event





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# In Full Flight

Activities & events to look out for

## TWENTY-TWENTY-THRIVE

### 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
- **1 - 31st #UCAPhoenixglowUp Challenge**

### AUGUST

- 1st Femme Fetale Magazine gets released
- 6th Members Monthly Virtual Connect
- 9th UCA's Members' birthday bash

### SEPTEMBER

- 1st Femme Fetale Magazine gets released
- 10th Members Monthly Virtual Connect

### OCTOBER

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

### NOVEMBER

- 1st Femme Fetale Magazine gets released
- 5th Members Monthly Virtual Connect
- 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

# Heartfelt & Honest

Dear Femme Family,

I'll be honest—this month hasn't been easy. Behind the highlight reels and curated captions, life has felt a little heavier lately. Some seasons feel like an uphill climb: juggling my personal life, work life, purpose, UCA, and the quiet (and sometimes loud) battles we don't always speak about. I know I'm not alone in this. And if this speaks to you—please know, you are seen.

Still, even amidst the overwhelm, there are sparks that remind me why we keep showing up.

One of those sparks? We've received some wonderful news: I, along with two phenomenal members of our UCA community, have been nominated for industry awards. It's humbling and empowering all at once—and we need your votes. The voting window is open until October, and every single one matters. Let's lift one another as we rise—because visibility is a form of impact.

Speaking of rising: our recent Choc-tails & Cheers quarterly get-together at Time Anchor Distillery was pure magic. Laughter, layered conversations, hugs, affirmations—and yes, expertly crafted chocolate cocktails. Seeing our members gather, bond, and simply breathe in joy reminded me that community isn't just what we do. It's who we are.

That said, life also throws us curveballs. We've had to reschedule our much-anticipated "Life in Colour" market and in-person event originally planned for October. As much as we wanted to make it happen as scheduled, unforeseen logistics forced our hand. We'll announce new dates soon—and promise it will be worth the wait.

But don't worry, June is still glowing with purpose.

On 4 June, we're hosting the Power of Purpose virtual networking event. This is not just another calendar filler—it's a space to reconnect with your why, and with women who are leading, healing, building, and becoming. I urge you: make space for it. Purpose is contagious, and sometimes all we need is to feel seen to find our spark again.

And July? It's almost time to Glow Up again! We're bringing back the #UCAPhoenixGlowUp Challenge – 2nd edition, and this time, it's bigger, braver, and even more beautiful. Join us for 31 days of reclaiming your power, rituals, reflection and radiant self-celebration.

This community, in all its vibrancy and vulnerability, continues to anchor me when the days feel grey. Thank you for showing up—for me, for yourselves, for each other.

We don't always have to have it all together. We just need to keep showing up—with heart, with truth, with purpose.

Much Love,







 **WOMEN  
EMPOWERMENT  
AWARD  
2025**

*Vote*

**SUPREME INDUSTRY FINALIST 2025**

**Taryn-Lee Potgieter**



*vote for our founder*



R2k raised - R23k to go

## OUR GOAL FOR 2025

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



MORE ABOUT UCA'S

# CAMPALIGNS *& events*



# 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](http://www.ucassociation.org) | [info@ucassociation.org](mailto:info@ucassociation.org)

**Register  
Now**

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

**UCA**  
unitedchicks  
association



**WE  
WANT**

**TO HELP YOU**

**YOU**

**TO GET SUMMER READY**

Ladies, summer is around the corner, and UCA has teamed up with Phoenix Fitness to bring you the 31-Day Glow-Up Challenge! This is your chance to feel strong, confident, and fabulous—just in time for the summer sun!

## WHAT'S IN STORE?

- 31 days of fun, effective workouts and fitness tips
- A supportive tribe of women cheering each other on
- Track your progress and celebrate your wins
- Weekly mini-challenges, giveaways, and loads of motivation

## WHAT'S UP FOR GRABS?

The best transformation will win a month's free online coaching sessions by Truzaan Berowsky, Personal Trainer & IBFF Fitness Model & Champion, to the value of R1000. AND branded goodies from UCA!

## WHO SHOULD JOIN?

The challenge is designed for ALL fitness levels—so whether you're just starting or looking to level up, this challenge is for YOU!

Ready to make this your best summer yet?  
Join the #UCAPhoenixGlowUp and let's rise together!

**STARTS 1 JULY 2025**



**R550 PP**

### REGISTER:

<https://wkf.ms/40fHJoa>

### CONTACT:

[info@ucassociation.org](mailto:info@ucassociation.org)





## VANESSA TALKS ABOUT

# FROM MODESTY TO MAGNIFICENCE

The Rise of Dr. Precious Moloi-Motsepe

In a nation defined by both vast potential and deep inequality, the story of Dr. Precious Moloi-Motsepe stands as a beacon of possibility. From her humble roots in Soweto to becoming one of the most powerful women in Africa, Dr. Moloi-Motsepe's journey is one of vision, resilience, and undeniable impact.

### EARLY LIFE IN SOWETO

Born in 1964 in Soweto, Johannesburg, Precious Moloi grew up during the height of apartheid. Despite the systemic barriers faced by Black South Africans—especially women—she was driven by a fierce ambition to rise above her circumstances. Her parents emphasized education, and Precious excelled academically.

### A PASSION FOR MEDICINE

She pursued medicine at the University of the Witwatersrand, becoming a respected physician. Working as a general practitioner in underserved communities, Dr. Moloi-Motsepe was deeply moved by the public health challenges faced by women and children in poor areas. This instilled in her a lifelong passion for social justice and women's health.

### FROM HEALER TO MOGUL

After marrying mining magnate Patrice Motsepe, she helped co-found the Motsepe Foundation, which focuses on eradicating poverty and empowering communities. While her husband built an empire in mining, Dr. Moloi-Motsepe carved out her own legacy in fashion, philanthropy, and women's empowerment.

In 2007, she launched AFI (African Fashion International), pioneering South Africa's high fashion industry and creating platforms for African designers to reach global markets. Through AFI, she provided jobs, mentorship, and exposure to countless creatives, proving that fashion could be a force for economic development.

### CHAMPION OF CHANGE

Dr. Moloi-Motsepe is a powerful voice for gender equality. Her foundation funds scholarships, supports rural healthcare, and invests in young female entrepreneurs. She's served as the Chancellor of the University of Cape Town—one of Africa's most prestigious academic positions—further solidifying her commitment to education and leadership.



In 2020, she was listed among Forbes Africa's 50 Most Powerful Women, and she continues to be a regular keynote speaker at international forums, including the World Economic Forum and the UN.

### A LASTING LEGACY

From her Soweto roots to global recognition, Dr. Precious Moloi-Motsepe exemplifies what it means to rise from "rags to riches"—not just in material wealth, but in influence, impact, and inspiration. She has redefined what's possible for South African women, combining elegance with intellect, and compassion with action.

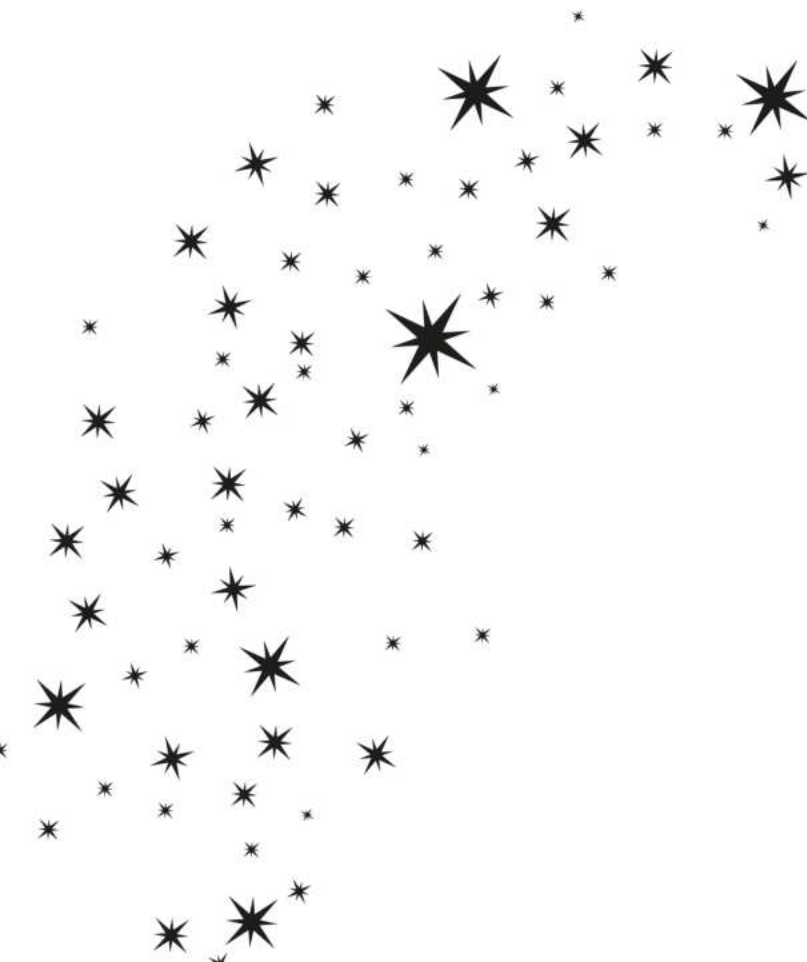
Her story reminds us: greatness is not born from comfort, but from courage.

### Vanessa Gray

Female Vocalist, Muzo, Competition Judge & Vocal Coach

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 **Supreme**  
INDUSTRY AWARDS

SMALL TO MEDIUM  
BUSINESS OF THE  
YEAR  
**2025**

*Vote*

SUPREME INDUSTRY FINALIST 2025

**Juleigh van den Berg**



*vote for our member*





# **JANET TALKS ABOUT**

## **THE COURAGE TO STAND ALONE: REDEFINING AUTONOMY IN LEADERSHIP**

How women leaders grow beyond conformity, assumptions, and the urge to ask permission

There is a moment in every woman's leadership journey where she senses the call to step away from the familiar voices of advice, the comforting structure of proven rules, and even the instinct to check in before acting. It is the moment she stops deferring and starts deciding, not because she is arrogant, but because she has taken ownership, because she has stepped over a threshold into autonomy.

Autonomy in leadership is often misunderstood. It is not rebellion or isolation. It is not the absence of authority, obligation, or accountability. It is an evolving relationship with self-authorship; the choice to be the writer of the story, the deep capacity to respond wisely and courageously to the demands of one's role, without waiting for external validation or instruction.

Autonomy is not natural to all of us. Especially not for high-achieving women who have often been rewarded for being reliable, rule-following, and relationally attuned. We have been praised for getting things "right," for being considerate, for checking in, for colouring within the lines. These skills have served us well. Until they do not.

One of my clients—an exceptional, principled leader—recently stepped into a significant senior role. It was a promotion she had earned, yet the transition was not smooth. She found herself hesitating, questioning, seeking reassurance. At first glance, this looked like imposter syndrome.

But as we worked together in coaching, a more nuanced insight emerged: she was accustomed to operating within known frameworks. She loved to "know the rules," because it made her effective.

But leadership at her new level had a different character. There were fewer rules, more ambiguity. There was a greater expectation for her to define the way forward, rather than simply deliver it. Her role was no longer a box to fit into, it was a on which to stand.

Through strengths-based leadership coaching, we reframed the way she viewed her role. Instead of seeing her position as a set of expectations to comply with, we began to play with the idea of a freedom charter, a mandate empowering her to shape, steer, and signal direction. In her new role she needed to stop asking permission and embrace the permission inherent in who she was being invited to be.

Leadership gave her permission. The shift was transformative. Instead of focusing on deserving autonomy, she simply needed to inhabit it.

As women in leadership, many of us need to do this work, to cut the proverbial apron strings. These strings do not connect us to mothers or mentors, but to the psychological scripts and spells that keep us dependent on affirmation, rules, or the comfort of consensus.

Autonomy demands a constructive anarchy and a break from obedience to those things that control us: perfectionism, people-pleasing, approval-seeking, even our own internalised beliefs about what a "good leader" looks like.

We all worship something. And whatever we worship, we obey. If we worship approval, we will shape our decisions to win it. If we worship control, we will avoid anything that threatens certainty.

## THE COURAGE TO STAND ALONE: REDEFINING AUTONOMY IN LEADERSHIP

How women leaders grow beyond conformity, assumptions, and the urge to ask permission

If we worship the image of competence, we will silence our questions. These are not neutral dynamics. They exert power over our behaviour. They keep us small and dependent

True autonomy is not reckless individualism or destructive rebellion. It is wise self-governance. Sometimes, it means taking full responsibility for our influence and willingly holding the gravitas of our decisions without needing to share the burden or dilute authority. Sometimes it means trusting our experience, listening to our instincts, and learning to stand unwaveringly, not in opposition or defiance, but FOR better outcomes, even in ambiguity.

Autonomy also means discerning what to say no to, not for the sake of resistance, but for clarity. It means knowing what is your responsibility and what is not. Peter Block, a wise, wise organisational development practitioner says, "If you cannot say no, then your yes doesn't mean anything". For women who are collaborative, nurturing and peace-seeking, this can be hard work. But it is vital to avoid becoming overly responsible for others and lacking responsibility for ourselves.

In my work designing leadership programmes and coaching senior leaders, I have seen this playing out in important places. Important shifts do not often come from acquiring new knowledge. They often come from reframing permissions.

Leaders expand their influence and effectiveness when they realise they already have the right to lead in ways that are deeply aligned, rooted in core beliefs, and courageously autonomous.

So, as you stand at the edge of a new role, a new venture, or a great opportunity, ask yourself:

- Where am I still asking for permission?
- What obligations or old assumptions do I need to set down?
- What would it look like to fully inhabit my role, without apology or avoidance?

Autonomy, is not a gift granted by others. It is a quality we have to claim to step into the full weight of our calling—unshielded, unshackled, unapologetic, but always wise and kind and responsible.

If you are navigating a shift in leadership, facing uncertainty in your next step, or simply feeling the stirrings of something more, now may be the time to explore your own freedom charter. Through strengths-based coaching, we uncover the unique way you are wired to lead and help you claim the autonomy already written into your mandate. Let us talk about what autonomy might mean for you.



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

Management Director of Engagement Dynamics

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LinkedIn: Engagement Dynamics

Website: [engagementdynamics.com](http://engagementdynamics.com)





*vote for our member*





## MEMBER SPOTLIGHT

# RUSSETT PAULSE

and a look at

## BUSHVELD STREET EATS

Once a single mother balancing a full-time job with weekend gigs to make ends meet, Russett Paulse has transformed her life into a true testament of grit, versatility, and passion. What began as a need to support her family has blossomed into a portfolio of successful ventures that reflect her entrepreneurial spirit and love for life.

By day, Russett held down a traditional 9-to-5 job, and by night—and weekends—she lent her voice to the stage, singing at events and venues to earn extra income. Music not only provided financial support, but also fed her soul, keeping her grounded through the challenges of single motherhood.

Today, she's the proud founder of **Bushveld Street Eats**, a mobile food business that serves delicious, hearty meals straight from a food trailer. Whether it's at local markets, events, or roadside stops, Russett and her team bring the warmth of home cooking to hungry customers, blending convenience with culinary love.

*But her ambitions didn't stop there.*

On her smallholding, she runs **Margo's Free Range Chickens**, a poultry business named with heartfelt significance. With an emphasis on ethical, natural farming, Russett ensures their chickens are raised in a free-range environment, reflecting her deep respect for animals and commitment to quality food production.

As if that weren't enough, Russett also offers **bookkeeping services and property management**, using her administrative acumen to help other small business owners and property investors manage their affairs efficiently. Her reputation for reliability and diligence has made her a go-to support system for many.

Despite juggling multiple businesses, Russett always finds time for the things she loves. A passionate animal lover, her and her new husband Mitch shares their life with a variety of furry (and feathered) companions.



When she's not caring for her animals or working, you'll likely find her curled up watching her favorite crime series, unraveling fictional mysteries with the same sharpness she applies to real-life challenges. And yes, she still sings.

Though her days of regular performances have slowed, Russett never turns down the opportunity to sing a song or two—be it at a family gathering, a spontaneous moment with friends, or even while cooking on the food trailer.

Russett Paulse's story is one of transformation, resilience, and the quiet power of doing what you love—on your terms. Her journey is proof that with perseverance, a strong work ethic, and a bit of creativity, it's possible to turn survival into success.

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Jump-Aholics Dalview

JUNE 2025

# *Bookings Are Now*

**OPEN**



Dalview  
Jump - Aholics

It's only cold when you're not jumping





# ANA TALKS ABOUT BEATING THE WINTER BLUES

And a winter warmer recipe

There's a quiet heaviness that can settle in during winter—the kind that creeps into your bones and lingers in your thoughts. But you don't have to stay stuck in the grey. Step outside and let the sun, even if brief, kiss your face. Stretch, move, dance—wake your body gently. Light a candle, wrap yourself in a blanket, and reconnect with the things that warm your soul. Rest isn't laziness—it's healing. And joy? It still exists in the small things. Let it in.



**Ana Nikovic**

Founder of The Happiness Project SA

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LinkedIn: The Happiness Project SA

Website: [projecthappiness.co.za](http://projecthappiness.co.za)

## WINTER WARMER RECIPE

*Golden Turmeric Latte*

This cozy drink is anti-inflammatory, calming, and full of winter comfort.

### INGREDIENTS

- 1 cup oat or almond milk
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- A pinch of black pepper
- 1/2 tsp honey or maple syrup (to taste)
- 1/4 tsp ginger (fresh or ground)
- Optional: a dash of vanilla extract

### INSTRUCTIONS

- Warm all ingredients in a small pot over medium heat.
- Whisk gently until steaming. Don't boil.
- Pour into your favorite mug, breathe in the comfort, and sip slowly.

Let this be your pause.



UCA PROUDLY PRESENTS

# OUR AMAZING *members*



# ARTS & CRAFTS



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.

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## 📍 MIDDLE EAST

Discover timeless craftsmanship with Lady Rischmuller Handmade, where every piece is uniquely designed and carefully handcrafted. From luxurious leather goods to beautifully curated accessories, Lady Rischmuller 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.



[ladyrischmullerhandmade.co.za](http://ladyrischmullerhandmade.co.za) | [info@ladyrischmullerhandmade.co.za](mailto:info@ladyrischmullerhandmade.co.za) | +27 76 859 8128 | [@lady\\_rischmuller\\_handmade](https://www.instagram.com/lady_rischmuller_handmade)

## 📍 NELSPRUIT

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

Philippa is dedicated to uplifting & empowering South African beadwork artists by being the conduit whereby they sell their amazing works!

+27 82 410 2998



## 📍 DURBAN

# BEAUTY & WELLNESS



Blom Beauty Boutique is more than just a salon — it's a sanctuary of self-care, confidence, and creativity. Specialising in nails, lashes, dermaplaning, and makeup, this boutique brings precision, passion, and a personal touch to every treatment. Whether you're looking for a bold new look or a subtle glow-up, Blom is your go-to for beauty that blossoms.

+27 78 107 3410

 **BOKSBURG**



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**



# BUSINESS



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](http://www.elfinevents.co.za) | [lisa@elfinevents.co.za](mailto:lisa@elfinevents.co.za) | +27 82 560 0173

## FOURWAYS



Marko Financial Services specializes in accounting, tax, payroll, and business compliance, providing expert support for individuals and businesses. From CIPC registrations and SARS submissions to BBBEE certificates and financial reporting, they help businesses stay compliant and financially secure.

[marlene@markoservices.co.za](mailto:marlene@markoservices.co.za) | +27 83 305 9696

## BOKSBURG



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.

[www.saattitude.co.za](http://www.saattitude.co.za) | +27 79 513 2421 | [rozane@saattitude.co.za](mailto:rozane@saattitude.co.za)

## BENONI



A passionate graphic designer and artist dedicated to bringing your visual ideas to life. With a keen eye for detail and a creative flair, I offer bespoke graphic design solutions and unique art creations that captivate and inspire. Whether you're seeking compelling designs for your brand or one-of-a-kind art pieces, my mission is to deliver exceptional quality and creativity tailored to your needs.

+27 64 559 4330

## BOKSBURG



# COACHING



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.

wolfpackleader247@outlook.com | +27 79 836 6002

📍 **ALBERTON**



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.

www.engagementdynamics.com | janet@engagementdynamics.com | +27 76 626 6047

📍 **JOHANNESBURG**

# FITNESS



MS Finance & Fitness, founded by Maruske du Preez, combines two key passions—finance and fitness. Specializing in accounting, tax, and bookkeeping, the business also offers weight loss support and Rebound Training at the Jump-Aholics studio in Dalview, Brakpan. Whether you need financial guidance or a fun way to stay fit, MS Finance & Fitness has you covered!

+27 78 577 3118 | maruske@msfitfin.co.za

📍 **BRAKPAN**

# FOOD & ENTERTAINMENT



**BUSHVELD STREET EAT**  
COOKED WITH FIRE & IRON

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

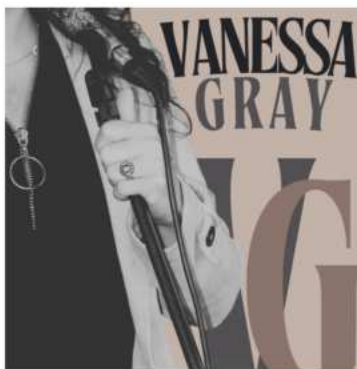
📍 **TARLTON**



Mini Buttons is a magical role-play village designed to inspire children to engage in purposeful play that is pure and simple! Children can pretend to be whoever they want to be, whilst making sense of the world we live in. Their carefully created "role-play pods" are designed to replicate a little village including a cafe, medical centre, vet, construction site, and other charming village favourites that encourage and inspire play with every last detail being considered. Through role-play, children learn fundamental skills all while making memories and having lots of fun.

[www.minibuttons.co.za](http://www.minibuttons.co.za) | [mini.buttons.northmead@gmail.com](mailto:mini.buttons.northmead@gmail.com) |  
+27 79 022 9304

📍 **BENONI**



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.

📞 +27 66 055 7677

📍 **TARLTON**





## member testimonial

"Thank you for your leadership and guidance Taryn "UCA" - your vision has been instrumental in Lady Rischmuller's success on a daily basis. I'm deeply grateful for your leadership and dedication. You've made a real difference in our way of building a strong foundation in friendship, family and business. Your strong leadership has inspired us to achieve great things with UCA on our side. It's just like a bonus family, full of love and support. I appreciate the commitment and the positive impact you've had in so many different areas in our lives. Your strategic planning and execution are remarkable. We appreciate your focus and dedication to helping people achieve their dreams and goals. This letter is just to say thank you for the opportunity to grow and for the support that myself and my business (Lady Rischmuller) have received since being part of UCA".

*Lanie*

@lady\_richmuller\_handmade\_



### ONCE OFF

full page | R75  
half page | R50  
Quarter Page | R30

### 3-MONTH PACKAGE

full page | R200  
half page | R125  
Quarter Page | R75

### 6-MONTH PACKAGE

full page | R400  
half page | R250  
Quarter Page | R150

### ANNUAL PACKAGE

full page | R700  
half page | R450  
Quarter Page | R250



a look at our quarterly  
member get-together

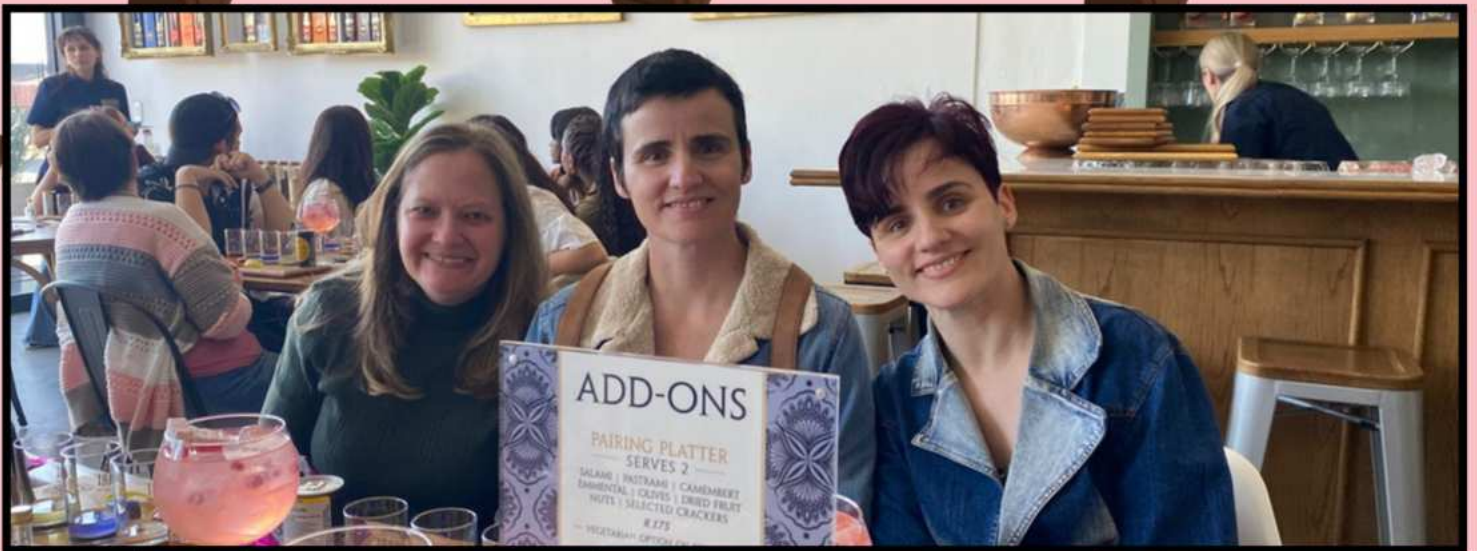
*Choc-Tails & Cheers*

**UCA**  
unitedchicks  
association











WHERE DREAMS ARE  
*Distilled*











We made our  
own gin!











# *branded merch*

Introducing our official **UCA** branded hoodies, as well as our **ROOTERS (Chicks Supporting Chicks)** T-Shirts

The proceeds thereof go directly into our **UCA Donation Box**, helping us uplift and empower female entrepreneurs!

**R280**

*(excl. courier/delivery fees)*



**Order at <https://wkf.ms/4iz76HM>**



WANNA BECOME A MEMBER - CHECK OUT OUR

# MEMBERSHIP

*& tiers*  
*pricing*



# WHY BECOME A MEMBER?

Because women deserve more than just a seat at the table—they deserve a community that backs them, builds them, and believes in their power. Whether you're leading a business, launching a vision, or finding your voice, UCA offers a space where ambition is celebrated and support is real. From powerful networking and marketing exposure to coaching, community, and visibility—you don't have to do it alone.

**JOIN A SISTERHOOD THAT'S REWRITING THE RULES. ONE CONNECTION, ONE OPPORTUNITY, ONE FEARLESS CHICK AT A TIME.**

## INDIVIDUAL MEMBERSHIP TIERS

### LADY IN WAITING

A youth membership for girls aged 12 to 18 who want to connect, grow, and thrive in an empowering community.

**R25 PER MONTH**

### THE CROWN COLLECTIVE

A community-focused membership for women who want to connect, belong, and grow—without needing to own a business.

**R50 PER MONTH**

# SME MEMBERSHIP TIERS

## DUCHESS

A membership for women in business, offering networking, group marketing, and brand visibility through Femme Fatale Magazine.

**R50 PER MONTH**

## COUNTESS

A business-focused membership for women leaders, featuring networking, marketing opportunities, discounted workshops, and priority support.

**R100 PER MONTH**

## PRINCESS

A premium membership for women in business, offering networking, marketing exposure, discounted events, personalised coaching, hosting opportunities, and exclusive UCA-branded perks

**R200 PER MONTH**

## QUEEN

A premium membership for women in business, offering networking, marketing exposure, free event entry, personalised coaching, hosting opportunities, exclusive UCA-branded perks, and the chance to be a featured guest at events.

**R300 PER MONTH**



# CORPORATE MEMBERSHIP TIERS

## EMPRESS

A high-impact corporate membership for one designated leader—perfect for women personally representing their brand.

Includes premium networking, unlimited marketing exposure, event features, coaching, and exclusive UCA-branded perks.

**R300 PER MONTH**

## THE ROYAL HOUSE

A premium corporate membership for a small leadership team (up to three women), blending personal brand presence with shared access. Enjoy full network benefits, group visibility, tailored support, event access, and exclusive perks for your lead representative.

**R500 PER MONTH**

## THE CROWN ESTATE

A full-access corporate membership for a small leadership team (up to three women), offering collective visibility, event access, and brand promotion. Includes unlimited marketing, coaching, hosting opportunities, and exclusive UCA-branded perks for all named representatives.

**R850 PER MONTH**

## MATRIARCH NETWORK

A powerhouse corporate membership for larger teams, combining visibility, influence, and community. Includes full access for three leaders, discounted entry for up to 30 team members, unlimited marketing, coaching, and exclusive UCA-branded perks.

**R1500 PER MONTH**

# ROCKET

P H O T O G R A P H Y

Rocket Photography was established in 2017 by Shannon Da Rocha. Her goal was to create a photography service that documents everything from corporate profiles and corporate events to family's special occasions and moments in a real, honest and authentic way.

Since then, Rocket has been honored to work with large South African companies such as FNB - First National Bank, SAVCA - South African Venture Capital and Private Equity association, Pam Golding Properties and many more.

We have been blessed to be able to photograph our President Cyril Rhamaposa, Desmond Tutu, President Barak Obama and the late Kofi Annan to name a few.

We love to interact with families and document their lives, capturing the special moments, as well as all the mess in-between that is life itself.

Rocket has an album design and photo-printing service which allows us to display our clients images in a professional and beautiful way.

Shannon Da Rocha is a proud South African, born and raised in Johannesburg. She is happily married with 1 son and her goal is to live her life, and run her business in a way that honors God.

*#nothingisordinary*

083 293 4541 | [info@rocketography.com](mailto:info@rocketography.com)  
[www.rocketography.com](http://www.rocketography.com)







UCA PROUDLY PRESENTS

# FABULOUS *finds*





## ACUPPAJAZZ BY LALA

A seasoned marketing professional of 30 years, Lala has transformed a lifelong passion for pottery into a full-time creative pursuit. What began as a hobby—attending weekly pottery classes every Saturday for six years—evolved into a more dedicated practice over the past four years, as she refined her craft and quietly built the foundation for a dream business.

Remarkably, the name and logo of this venture were designed when she was just 20 years old, long before she knew what they would represent. She used to joke with friends, warning them not to steal the design, confident she would one day put it to use. Now, she is bringing that long-standing vision to life.

Her connection to pottery runs deeper than chance. As a child, she was captivated by a Liebermann coffee set that stood untouched in her parents' home, and intrigued by a drum of clay and the disassembled wooden wheel in her father's garage—an artefact she later discovered had been handcrafted by her father for her grandmother, who dabbled in pottery just for fun. Though her grandmother never fired her creations, instead endlessly reworking the clay, the influence clearly lived on.

What began as a 40th birthday gift—a voucher for three pottery classes—unexpectedly turned into 600 sessions and counting. For her, pottery is more than a medium; it's a journey of joy, meaning, and endless exploration. With a deep respect for its many forms and techniques, she intends to keep learning and creating—forever.

Check her out on Instagram on [@acuppajazzpotteryandstuff](https://www.instagram.com/acuppajazzpotteryandstuff/) or her website at <https://acuppajazzbylala.co.za/>



## GRACE LONDON CREATIONS

GraceLondon Creations is a soulful expression of art and home, where sculptural beauty meets purposeful design.

Our work blends emotion, nature, and the human experience into handcrafted wall art and elegant homeware that transforms spaces and stories. Every curve, line, and material we choose is rooted in sustainability, resilience, and a deep reverence for hope and transformation.

With a commitment to the circular economy, our creations are made to inspire — not just aesthetically, but consciously.

From the sourcing of materials to our slow production methods, we strive to minimize waste and maximize meaning.

### About the Founder

I'm Grace, the founder and creative force behind GraceLondon Creations. Based in Cape Town, I'm an artist, maker, and dreamer, driven by the beauty found in life's raw edges and gentle curves. My art is a reflection of the journey — the triumphs, the trials, and the quiet strength it takes to keep moving forward. Through GraceLondon, I've created a space where art meets intention — for people who value design with depth, and homes filled with heart.

Whether it's a sculptural wall piece or a conscious piece of homeware, I hope my work connects with your story.

Check us out on Instagram [@gracelondon\\_creations](https://www.instagram.com/gracelondon_creations/) or email her on [grace@gracelondon.co.za](mailto:grace@gracelondon.co.za)





## SMITTENCITTERS

Made in Cape Town by hand - Smitten Critters are one of a kind, heirloom dolls. Handmade with thread, love, and mischief.

Check them out on Instagram @smittencritters



## JOURNALS BY LINDI

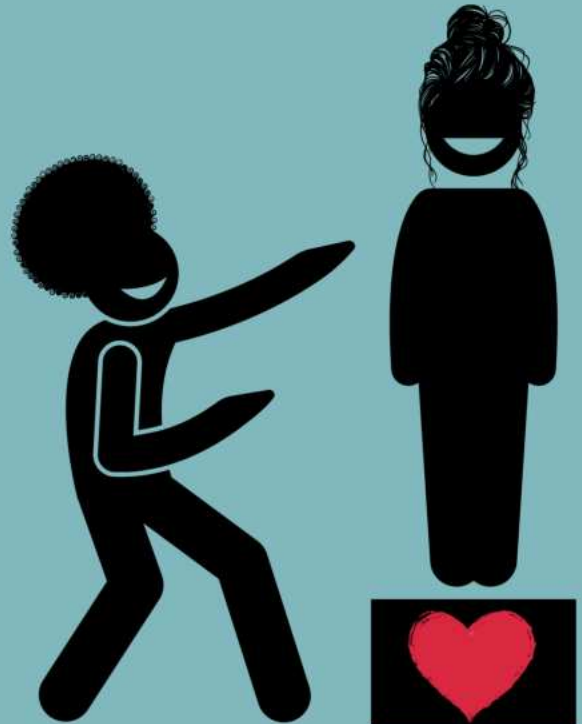
Journals by Lindi offers a charming collection of handcrafted journals—each one as unique as the stories they'll hold. From covers adorned with real pressed flowers, to delicately hand-embroidered designs, to elegant fabric-wrapped and embossed finishes, there's something here for every taste and occasion.

Whether it's a thoughtful gift for a loved one or a companion for personal reflections, this is where journal dreams come to life.

Custom orders are also welcomed. If the perfect journal isn't on the shelf yet, simply reach out via email—Lindi would love to create it just for you.

Check them out on Instagram @journalsbylindi or their website <https://journalsbylindi.company.site/>

**KNOW AN AMAZING  
FEMALE RUN / OWNED  
COMPANY THAT  
DESERVES SOME  
AIRTIME?**



**PING US AT  
INFO[AT]UCASSOCIATION.  
ORG AND NOMINATE  
THEM!**

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