

THE WOMEN ON BOARDS NETWORK

NEW YEAR 2018

ISSUE 31



We hope the New Year has been treating you well, and that you're still reaching for the goals that you had set for yourself for the year.

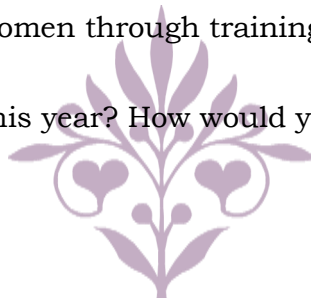
Over here at WOBN, we've been having amazing conversations with the likes of Mbuvi Ngunze (details of which you can find herein) and moving towards our goal of widening our pool of board-ready women through training sessions and mentorship.

What are you excited about this year? How would you like us to serve you better ?

Email us and let us know.

Warmest,

The WOBN Team



REMEMBERING WINNIE MADIKIZELA-MANDELA

A great woman has gone to rest. We deem it not only right but also necessary to remember her with a few of her quotes.



Source: [Business Insider South Africa](#)

"If you are to free yourselves you must break the chains of oppression yourselves. Only then can we express our dignity, only when we have liberated ourselves can we co-operate with other groups. Any acceptance of humiliation, indignity or insult is acceptance of inferiority."

"It is only when all black groups join hands and speak with one voice that we shall be a bargaining force which will decide its own destiny."



Source: [Africa is a Country](#)

"The overwhelming majority of women accept patriarchy unquestioningly and even protect it, working out the resultant frustrations not against men but against themselves in their competition for men as sons, lovers and husbands...So men dominate women through the agency of women themselves."

PICTURES FROM THE MBUVI NGUNZE BOARD TALK



NUGGETS OF WISDOM FROM MBUVI NGUNZE'S BOARD TALK



- Continue to be daring even when you fail.
- Power isn't always in the hierarchy; it's in who you know.
- Always know your true north, and live with no regrets. If the strategy is clear, go for it. There will be naysayers in the journey but do not be apologetic for staying true to the course.
- In difficult situations you must always step back and reflect. Put God in that reflection.
- Be authentic and vulnerable.
- A lot of the time people know more about you than you know about yourself; everything communicates.
- Be accessible and drop your guard.
- When you are tense, step away, exercise. On Fridays feel free to have a good drink and laugh with friends. Don't take yourself too seriously. Manage your stress or tension.
- It's good to step back if you can.
- Sleep 7 hours a day.
- Map out your stakeholders. Map a plan and keep very close contact with them.
- People you can rely on are absolutely critical to you.
- You can never over-communicate. Regularly send messages to staff to keep them updated.
- Do not be afraid just because you're in a boardroom full of men; even when people are being condescending, hold your own.
- Don't ignore politics; manage it with a plan. Don't give in to coercion. If they know you're straight as an arrow, they'll just leave you alone.
- Have a mentor – or a circle of mentors. You need a sounding board in the external realm. It's not about discussing intimate work stuff, it is enough to just have a sounding board for stressful situations in general.
- Sometimes you've got to force yourself to disconnect. It is never that serious. For instance, you can choose not to have email on your personal phone. Screen calls if you have to.
- Use all environments you're immersed in to build you.
- Listening really helps.
- Ignore noisemakers—those who try to distract you from your path.
- Ordinary people who can call you out can be your mentors; it doesn't always have to be a prominent person.





OPPORTUNITIES

Update your CVs and send them to us as we are part of your network. We are requested from time to time to recommend members to boards, and you should not be left out.

MEMBERSHIP

The membership fee for the Women on Boards Network is KES **25,000/-** (Joining fee **15,000/-** and the annual subscription **10,000/-**).

Download a membership registration form from www.womenonboardskenya.co.ke

THE WOMEN ON BOARDS NETWORK COURSES ON OFFER:

THE WOMEN ON BOARDS CORPORATE GOVERNANCE TRAINING

This is a 30 hour Corporate Governance and leadership training programme offered by The Women On Boards Network with the aim of equipping the ladies involved with leadership and governance skills and to prepare them for Board positions. The Women on Boards Network provides seasoned facilitators with valuable experience in corporate governance and board leadership.

COTERIES:

If you've joined WOBN and you're not in a coterie, or if you would like to change your coterie, let us know!

Coteries are absolutely voluntary—we just want ladies to hold our ladies accountable.





LEAD WOMEN  The Women On Boards Network

Present

Global Women on Boards

Programme

Dates

Module 1: 7th -11th May 2018

Module 2: 29th October - 2nd November 2018

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