

Join Kunashe Foundation as We Celebrate Women

INFORM. EQUIP. INCLUDE

A Woman's Worth...

Women are so precious to the Kunashe Family! Whether you are a mother, wife, daughter or sibling you play a critical role in society!

This year's International Women's Day Theme is "Accelerate Action: For all women and girls: Rights. Equality. Empowerment."

By focusing on the need to Accelerate Action we are collectively emphasizing the importance of taking swift and decisive steps, both big and small, in order to achieve gender equality.

This calls for increased momentum and urgency in addressing the systemic barriers and biases that women face, both in personal and professional spheres. Join us as we work towards our mission, which is to ensure that young women are meaningfully socially and economically included!



Crowds gathered at the International Women's Day Commemorations held at Munyarari Primary School in Manicaland

A Brighter Future for Young Development Leaders

Introducing THE FLOURISH FELLOWSHIP

A 6-week online leadership program designed for young women (ages 21-30) aspiring to build careers in international development.

Fellowship includes mentorship, expert panel presentations, soft skills training, leadership assessments, and 1 in-person take off session.

APPLY TODAY

www.kunashefoundation.org

Introducing the one of a kind Flourish Fellowship for young women interested in pursuing careers in international Development!

Kunashe Foundation is inviting young women aged 21-30 to apply for the inaugural cohort of the Flourish Fellowship. This fellowship will boast mentorship sessions, soft skills training, leadership insights from experts and much more!

This fellowship program aims to build confidence among young women in development, provide role models, and promote gender equity in international development.

Candidates are invited to apply before the 20th of April 2025. Applications can be made on the Kunashe Foundation Website!

A Message from our Director
Happy International Women's Day! For me this is not just a day but it is the symbol of a movement to empower and spotlight women's development!

So I say yes to celebrating women! Yes to empowerment..... but imagine a world where everyday is women's day and women are valued at all times! How much better would the marketplace and society be if we simply saw women as worthy **EVERY SINGLE DAY?**

That's what I am working towards, wont you join me?



Ratidzo Njagu Speaking at the International Women's Day Commemorations at Avenues Clinic.

Tip of the month

It's Endometriosis awareness month! Endometriosis affects 1 in 10 women and the majority of women receive a delayed diagnosis. Our tips this month:

- Move Your Body – Even light exercise like stretching or walking can boost your energy and support good mental health.
- Check Your Hormonal Health – Track your cycle and adjust your daily activity and routines accordingly.
- Be sure to keep an eye on your body and visit your healthcare practitioner if you are experiencing fatigue or brain fog, irregular bleeding, painful periods, sharp pelvic pain, or changes in discharge.

*With Love,
Mrs M*