



## LORETTA REVEALS APRIL 2017 NEWSLETTER

The month of March on the LR "motivational space" has been most revealing. We followed

**Valerie Muzelenga** from Mufulira in Zambia to London in the United Kingdom through her narrative.



Her story of bravery, self-empowerment and her current work to empower other women made her story the poster one for marking this year's International Women's Day on LR [#BeBoldForChange](#).

Next we had the **Bino and Fino Team** on board. CNN has called the work of Adamu Waziri and his team Africa's answer to Dora the Explorer while others have called them Nigeria's answer to Nickelodeon but we call them the Pan-African team re-shaping African minds and giving an African voice to the African story. Click on the link below to see how they do what they do best.



Now the 4<sup>th</sup> month of 2017 is here. April!! A friend of mine told me recently how bad he felt because things were not going according to plan. "According to whose plan?" I asked him. 'My plan he stated' looking quite sad and forlorn.

This got me thinking.....it is okay sometimes for plans to fall apart is it not? If a plan falls apart what does one do? Shouldn't we make plans and then put in that safety net of "just-incase-it-falls-apart?" action plan B?

Crashed plans or disappointments can be a source of depression. How do successful people cope? In my observation the answer is simple. One makes a plan x to archive an objective z. Now, why do we not look at it with this mindset: I shall archive objective z irrespective of how my plan x swings. So in one's mind, one does not question or doubt the success of doing or attaining z, however, one is prepared that the pathway may require some modification. Even though a straight line is the shortest distance mathematically between two points, in life, we should be ready to connect random dots sometimes to get to our end point. This protects one against the depression, demoralization and many mental health issues that could persist should there be a disappointment, as well as help keep the vision in sight, in other words; not giving up. So in April on our platform, look out for an inspiring event that x-rays mental health issues especially depression in the African context.

On another note, blood donation is a subject we need to talk about. For the population that accepts transfusion should the need arise, how does the blood and blood product come about? Many people work behind the scene to make transfusions happen - to help save lives.

We will also be looking at how those who sacrifice for their communities are celebrated. These are but a few of what LR has planned for April. Let the quote below from Sir Churchill lighten your day and enlighten your mind:

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"The greatest lesson in life is to know  
that even fools are right sometimes"

Sir Winston

Churchill

On that note, we hope you had a happy April fool's day. Remain glued to this space and keep the comments rolling in.

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