



**A MESSAGE FROM NATASHA MALANI, SA LEADERS CEO
24 MARCH 2020**

I have spoken in the past few days to many of you, and we are continuing to connect with each of you. I am impressed with the attitude, the resilience and the camaraderie shown. The power of moving forward is in having conversations.

Thank you for the lovely emails of support, including even new referrals. It is an important time for us to provide support to others.

The key message that I have for you is that you are not alone. SA Leaders is so much more than a monthly event, we are a network to support, collaborate and share.

This is not going to last forever.

I commit to you that you have the support you need.

I ask that you commit for yourself, to asking for help and the support you need so that together it is all boats rising. This is not a solo project. No one can do this alone. Community and connection are your lifeline.

We are all on this planet now having to revise, rethink and recommit to something new. and the best way forward is for us to do it together. It is not business as usual. Let's all co-create together. There is an opportunity to move into brand new, and in this current climate it is all about our social ethics, how are we serving people and how are we really helping them, and we are here today to lead you through to new solutions.

We want to know what your problems are as it is not business as usual. I commit to you that if we don't have an immediate solution we will go away and find a solution that is our promise.

It is important to have Faith. Faith is a relationship of trust. It is believing in the reality of grace. That we are confident that our life has a purpose. That we believe in ourselves. Faith gives us the strength to go on, not succumbing to doubt, fear or hopelessness. As we move forward, we are guided to the right path without having to make it happen. Even in the most trying times we are open to miracles.

At this time of crisis, it will be easy to jump out of your body into fear. That is our fight / flight response. We are all feeling terror, panic, stress, and restlessness however when we are shaky and ungrounded, we cannot make rational decisions. Focus on your well-being and mindfulness. I recommend meditation, yoga or breathing exercises to connect you to your body. There is a lot of information online about responding to stress using the parasympathetic nervous system.

Stay safe and healthy. Please do join us for our online virtual events and we will continue to connect and update you with new information.

Kind regards

Natasha