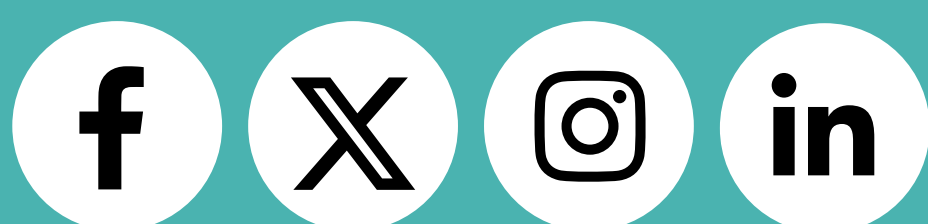




TR A V E R S I N G L I M I N A L I T Y





Welcome to **OUR WORLD**

1 *About*
**TRAVERSING
LIMINALITY**

2 *Our*
FOUNDER

3 *Our*
BELIEFS

4 *Our*
VISION

5 *Our*
MISSION

6 *Our*
VALUES

7 *Our*
FOCUS

8 *Our*
SERVICES

9 *Alignment with*
**SDG's GOALS & AU AGENDA
63 ASPIRATIONS**

10 *Traversing Liminality*
IS FOR YOU IF

11 *Connect*
WITH US



About **TRAVERSING LIMINALITY**

Traversing Liminality is the culmination of **Dr Lulu Gwagwa's** goal to create a robust yet supportive platform for ambitious and driven young black women. Young black women who have the desire to reach their fullest potential, interact and learn from one another and pay it forward.

Traversing Liminality is a supportive safe space for young women to work through the effects of limiting beliefs on their sense of self.



Our FOUNDER

“Dr Lulu Gwagwa is a multifaceted woman: an accomplished development planner; academic; business leader; executive coach; and philanthropist.

Lulu’s career has seen her work in the public, private, NGO and academic sectors. Her roles have always included initiating, leading and driving transformation: be it supporting communities in townships and squatter settlements with their housing and related struggles; being a Deputy Chair of the Ministerial Advisory Committee on Local Government Transformation; or serving on the 12-member Commission for the Delineation and Demarcation of Provincial Boundaries, which decided the country’s current provincial boundaries. Aside from authoring policy documents, **Dr Gwagwa has also published in the fields of gender, housing, and development planning.**

Lulu has served as a non-executive director on several SOEs, and JSE listed companies. **She is the current Chairman of Barloworld.** She was a finalist in the 2001 Nedbank Business Woman of the Year awards. In 2018 she was named one of the Marie-Claire Audi Future Shapers. She is a fellow of the Africa Leadership Initiative; a keen reader of African women writers; and an aspiring photographer.



It is her passion for the empowerment of women that has driven her academic research and her philanthropic work.”



Our **BELIEFS**

We believe that when young black women are equipped earlier in life to work on mastering who they are, they can understand:



The source of their beliefs.



How their past experiences continue to influence their present.

We believe that when young black women achieve personal mastery:



They can fully embody who they want to be in their workplace, families, relationships, and communities.



They are empowered and ignited to engage with the world with greater agency and deeper awareness.



Our **VISION**

A future where every young African woman realises her full potential and contributes meaningfully to a thriving and equitable society.



Our MISSION

To **crystalise change by empowering young women across Sub-Saharan Africa** through coaching, psychotherapy, mentoring, acceleration of personal and career growth, fostering personal mastery, and enabling them to create positive impact in spaces they occupy.

Our VALUES

Our work is anchored by the following values:

-  Psychological Safety
-  Dignity
-  Compassion
-  Equal Opportunities
-  Service



Our FOCUS

Traversing Liminality focuses on African women between the age group of 21-30.

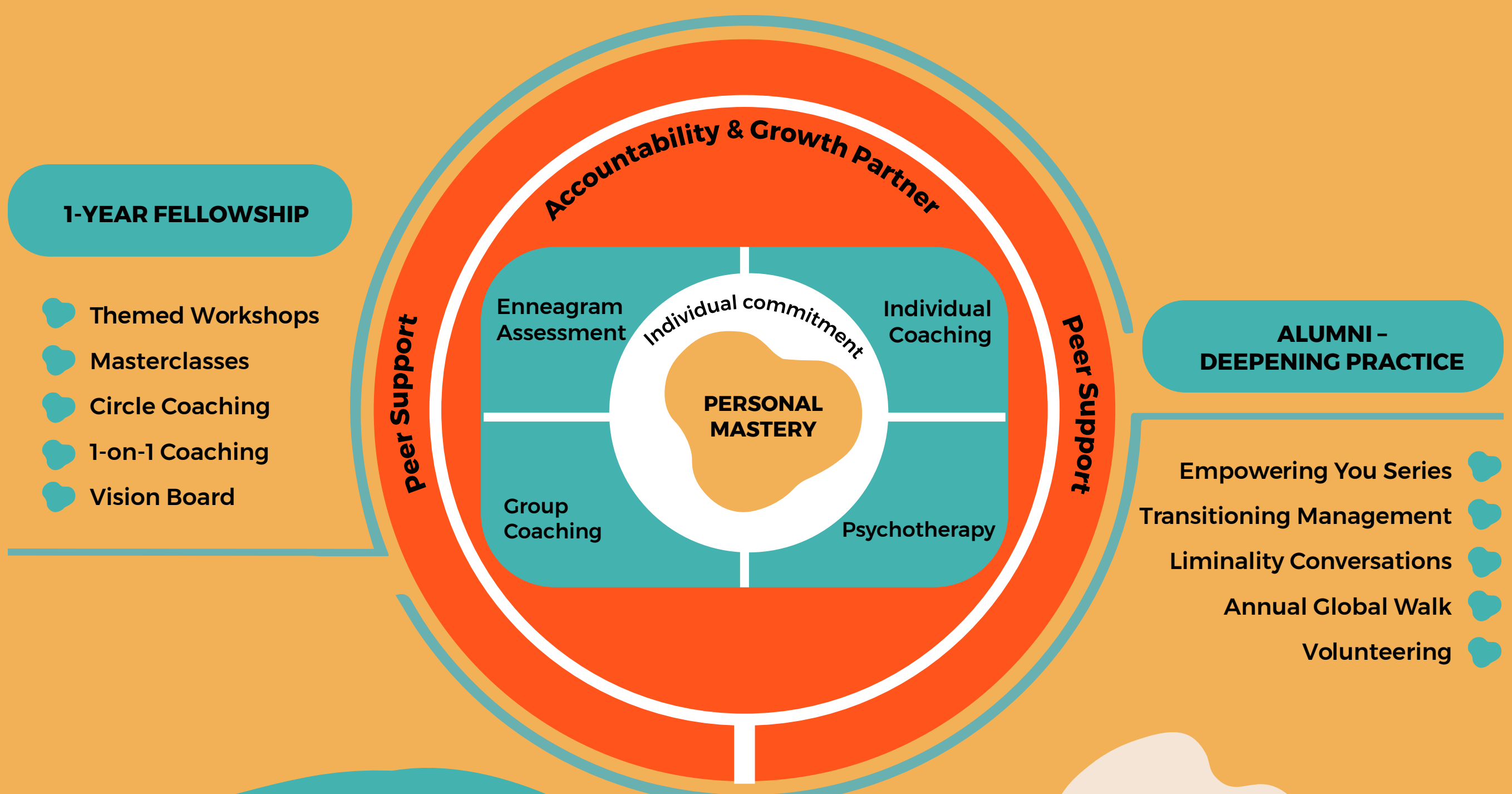
This age group faces a unique set of challenges and big life decisions that are often overlooked:

- Navigating a liminal space between adolescence and adulthood.
- Navigating several firsts e.g. first job; first time living on their own; first serious relationship; first break-up; first child; etc.

For African women, this liminal space is further mediated by the intersection of race, gender, generation, culture and religion.

Our SERVICES

Through collaboration and partnership with life coaches and therapists, Traversing Liminality is an intentional effort to offer a psychologically safe space where young African women can heal together; grow together; affirm each other's experiences; and support each other in their journeys of self-mastery. Whilst done together, the work is deeply personal.



1-Year Fellowship PROGRAMME

Our 1-Year Fellowship Programme is anchored through coaching, which is a thought-provoking and creative process that inspires participants to access, depend on, and maximise their personal and professional potential. **Because we understand the intersectionality within which these young women exist**, the Programme is inclusive of therapists who support you to identify and work through past adverse experiences that might be obstacles to your desired future.

The curriculum structure includes:

-  **An Enneagram Assessment**
-  **Themed Workshops** – Quarterly workshop facilitated by Faculty.
-  **Circle Coaching** – 5 participants per circle anchored by a coach.
-  **One-on-One Coaching**
-  **Vision Board Development** – Facilitated by Faculty at the end of the year.

Applications open in September and are limited to a maximum of 100 young women per year.



Deepening PRACTICE

The alumni platform is for past cohorts their practice of self-mastery, stay connected, grow, gain access and benefit from the vast Traversing Liminality networks. **The alumni have a membership of over 500 from over 10 African countries** and growing. Some of these young women are now based across Europe including UK, Ireland, and Scandinavia with others based in Canada, and South Korea.

The Alumni platform includes:

The Empower You Series – These are masterclasses delivered by external experts on topics like: navigating corporate as a black woman; personal finance; women's health; Personal branding; etc.

Liminality Conversations – These are networking events with African women role models from the Public, private, and civil society sectors and civil society who have walked the path.

Annual Global Walk – This is a 24,5km Walk to raise awareness to the many challenges that young African women face. It is an opportunity to join forces with, and reflect on steps that young African are taking towards a wholesome life.

Volunteering – Every year we have over 50 alumni volunteering in the organisation. In paying it forward, the alumni live the Traversing Liminality “service” value.



Alignment with SDG's GOALS & AU AGENDA 63 ASPIRATIONS



SDG 3 & Aspiration 1

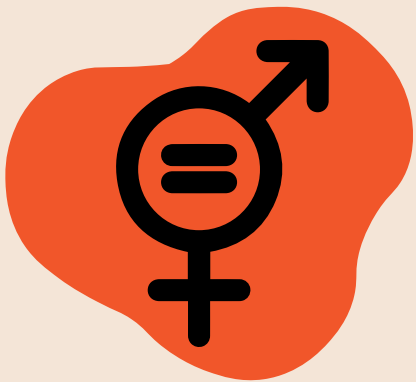
Good Health and Well-Being



Improving personal wellbeing of young women through coaching & psycho-social therapy.



Creating safe spaces for young women to act on their self-healing.



SDG 5 & Aspiration 6

Gender Equality



Raising awareness and building the capacity of young women for self-agency.



Tooling young women to address socio-cultural, economic and political factors that are holding them back.



SDG 8 & Aspiration 1

Decent Work and Economic Growth



Building self-mastery capability of young women professionals.



Improving the contribution of young black women in the workplace.

Alignment with **SDG's GOALS & AU AGENDA 63 ASPIRATIONS**



SDG 10 & Aspiration 1 Reduced Inequality



Improving diversity and inclusion by empowering young women.



Increasing access of black women to coaching and psychotherapy.



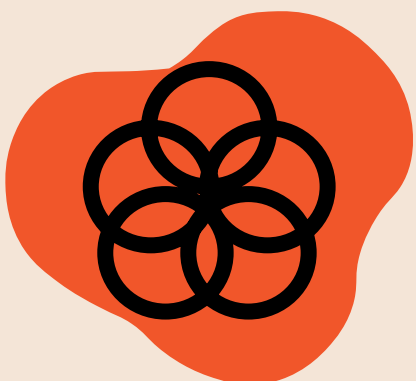
SDG 16 & Aspiration 2; 3; 4 Peace, Justice and Strong Institutions



Facilitating people to people relations across the African continent.



Facilitating social justice for young women through transformational coaching.



SDG 17 & Aspiration 5; 7 Partnerships for the Goals



Building a networking platform for young African women, built on common heritage & identity.



Creating meaningful collaboration between young African women in the continent and diaspora.

Traversing Liminality IS FOR YOU IF



You are **held back by limiting beliefs**.



You are **trapped by self-doubt**.



You are **overwhelmed by fear of the unknown**, especially if you choose a future different from expected.



You **seek to amplify your voice** and occupy your authentic space.



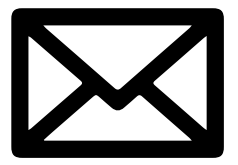
You are **longing for healthy relationships** - career, family, intimate, friendships.



You **seek to connect and grow with supportive Black women** who uplift and inspire you.



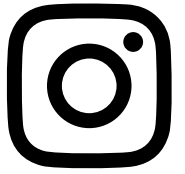
Connect **WITH US**



admin@traversingliminality.com



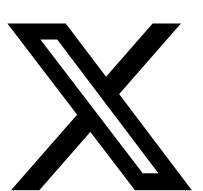
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@liminal_walk