



Online

**SAVE THE DATE**

The **United Chicks Association** proudly presents

# *THE* SOUND OF SELF

**12 MAR '26 | 11H00 SAST**



**A VIRTUAL SPEAKER EVENT THAT EXPLORES THE MANY VOICES WITHIN**

Every woman has an inner voice that can be either bold or weighed down by doubt or fear. For some, it is shaped by doubt or fear. Others find theirs muted by always saying 'yes' or by hiding behind a façade of strength that leaves little room for vulnerability.



[ucassociation.org](http://ucassociation.org) | [info@ucassociation.org](mailto:info@ucassociation.org)





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The way we speak to ourselves is more important than we realise.

For many women, their inner voice is shaped by years of expectation: to cope, to please others, to be strong and to keep going. Over time, this voice can become critical, quiet or disconnected from who they really are.

In this UCA virtual event, three women come together to share their personal experiences of self-talk, vulnerability and inner strength. Together, we will explore how changing the internal dialogue can transform our lives, work, and relationships.

Join the conversation. Listen inwardly. Reclaim your voice.





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## YOUR SPEAKERS



Taryn-Lee Potgieter



Fiona Winders



Janet du Preez





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This space is for women who are tired of keeping everything to themselves.

Come as you are. Listen to yourself. Leave with the courage to speak to yourself differently.

**REGISTER NOW**