



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

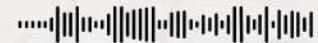
Every woman has an inner voice that can be either bold or weighed down by doubt or fear. For some, it is shaped by doubt or fear. Others find theirs muted by always saying 'yes' or by hiding behind a façade of strength that leaves little room for vulnerability.



# Online

The United Chicks Association proudly presents

## THE SOUND OF SELF



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.

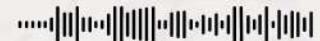
Join the conversation. Listen inwardly. Reclaim your voice.



Online

The United Chicks Association proudly presents

*THE* SOUND  
OF SELF



## YOUR SPEAKERS



Taryn-Lee Potgieter



Fiona Winders



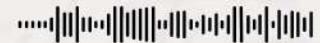
Janet du Preez



Online

The United Chicks Association proudly presents

*THE* SOUND  
OF SELF



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**