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BONTLEBAME LUNCHING MOTHERS

Modise-Moloto is also the founder of the NPO Bontlebame that operates as an organic women's network with different platforms and objectives. The common thread in all the networks within Bontlebame is emotional, mental and hopefully spiritual upliftment for those within the network. All their activities benefit identified groups and individuals they relate to. She says, “One special platform is the Bontlebame Lunching Mothers, which was based on Mother's Day and my love of sharing life's beauty in all its forms.”

The Lunching Mothers network brings together women from all walks of life to share, inspire, motivate, learn and teach each other about living a life filled with joy and gratitude. The network is also a platform to improve and support the Girls of Hope programme, another Bontlebame network platform for teen girls, mostly in impoverished circumstances.

The Lunching Mothers get together to help work with the teens from Girls of Hope to build their self-esteem, and mentor and encourage them to stay in school, avoid self-destructive activities and acquire tertiary education, while instilling special skills to help them navigate adolescence. Modise-Moloto went on to explain that she and the ladies also celebrate the mothers they are, the mothers they have and the mothers they want to become. “Motherhood is hard work, so this is another opportunity we take to thank and celebrate ourselves,” she added.

LESSONS LEARNED ALONG THE WAY

As you grow in life, you learn a lot of lessons and this is true of the ladies of Bontlebame. Modise-Moloto explains how they've come across many women who are willing to help but don't know how to offer their assistance, or don't quite understand that every little action or item really does help. She goes on to say, “We've also learnt that we shouldn't take our role for granted. We might not always get feedback, but this doesn't mean we aren't needed. There's always

someone waiting for us, we need to be consistent, dedicated and keep doing what we do.”

According to Modise-Moloto, one of the biggest challenges they've come across is time management. Women, especially mothers, hardly take time off for themselves and this is what sometimes puts the network's success at risk. She adds that the network is not there just as a 'network-platform'. “It exists to connect women, exchange and share lessons and, most importantly, to improve quality of life, self-love and acceptance for us and those we care about; including our beneficiaries. Without personal time – most of us struggle to achieve these goals.”

Going to the hair salon or getting a manicure or pedicure done isn't something that Modise-Moloto sees as time off, because these are things that women need.

That's why you find groups such as Lunching Mothers. She emphasises, “They provide women with an opportunity to have this time because what could be better than gaining lessons, inspiration and motivation through other women's breakthroughs? When you hear from women who have overcome and still achieve authentic personal success, your mind, soul and spirit are fed. You start to believe that you too can achieve and overcome,” adds Modise-Moloto.

She also touches on the importance of optimising the potential of women's networks so that members can identify and understand each other's strengths and the value of the brand, while sharing responsibilities and ideas towards achieving the highest impact through collaboration. Modise-Moloto finishes by saying, “The networks highest success cannot be achieved if there is only one dedicated person. There has to be a team or the network's potential will never be achieved.” **E**

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To find out more about Bontlebame visit www.bontlebame.com on Facebook search for Bontlebame and Lunching mothers, or email info@bontlebame.com, you can also call 082 970 6035.