

WOMENESTEEM INTERNATIONAL

NO. 5 | MARCH 2022

GROW TOGETHER AS ONE

FOR YOU



FOLLOW
SPRING

HAVE
HEAVENLY
TRAVEL

LOVE
LIVE
BE

MIRELA ADAMESCU
Open new chapters no
matter what age you are!



Spring is in the air....

**Women
Esteem
INTERNATIONAL**

TABLE OF CONTENTS



Welcome SPRING (EN) 04

PERSPECTIVES

The modern woman (RO/EN) 06

Women's month (EN) 10

Diana (RO/EN) 12

INTERVIEW OF THE MONTH

Open new chapters no matter what age you are (EN) 14



PROFESSION

Once upon a time (ES/EN) 20

ASTROLOGY

The time of beginnings (RO/EN) 26

TRAVEL

Magic of Mexico in March (EN) 30

Following the footsteps of the Pharaohs Ep. IV (EN) 34



DIASPORA

Chasing Horizons (EN) 38

INTERNATIONAL CURIOSITIES

WHAT, HOW MUCH and HOW do Romanians read? (RO/EN) 44

POETRY

At arm's length with Hera (RO) 52

Women connection (EN) 53

The Wisewoman (EN) 54

BOOKS

Alain de Botton's "The course of love" (EN) 56

MAGAZINE TEAM 58

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WELCOME SPRING!

We always enjoy the moments of celebrating the winter brings, feeling cozy and enjoying the time with the loved ones. But once we feel the first rays of the warmer sun or we hear the first vivid sing of the morning birds, we all fall in love with the idea of spring coming and we hope that spring will surround us with its energy, its bliss.

It's the time of the year when we take our little nose out of the warm scarfs and we... breath... breath again and feel the air of a new cycle coming into our lives.

We enjoy the sun, the longer days, we feel the wonderful fresh air, we admire the so blissful spring colors and the blue sky. Though sometimes it could be colder than we expected, everything makes us embrace the energy we feel comes with spring. New beginnings, new plans, new hopes - everything is ready for us.

In many countries, spring comes with the traditional "Mărțișor" - the red and white string marzipan as a symbol of the renewal of time that women receive as a gift on the 1st of March. And it is also true that this new cycle in nature starts

with the celebration of women on the 8th of March.

There are so many different images women have and so many discussions around them. Without any doubt, women are magnificent as well as we are so vulnerable, so passionate, so sensitive...and altogether so powerful and gentle. If we look around the world, there are differences between women and men, depending on the regions, or cultural aspects. And will depend on each of us to show up with our kindness, gentleness, and power too. And embrace the men as well with their unique parts.

This spring brings an international context with a sorrowful part, especially for many women with kids. We believe that more than ever we need to bring some positive spirit to our readers, help them rise above an international painful context, bring some of the human touches through our magazine, and believe that there is always humanity we share no matter the times and no matter where we come from.

We hope you will enjoy the 5th Edition of our magazine and we wish you an inspiring spring!



**May spring bring
serenity, peace and
beauty!**

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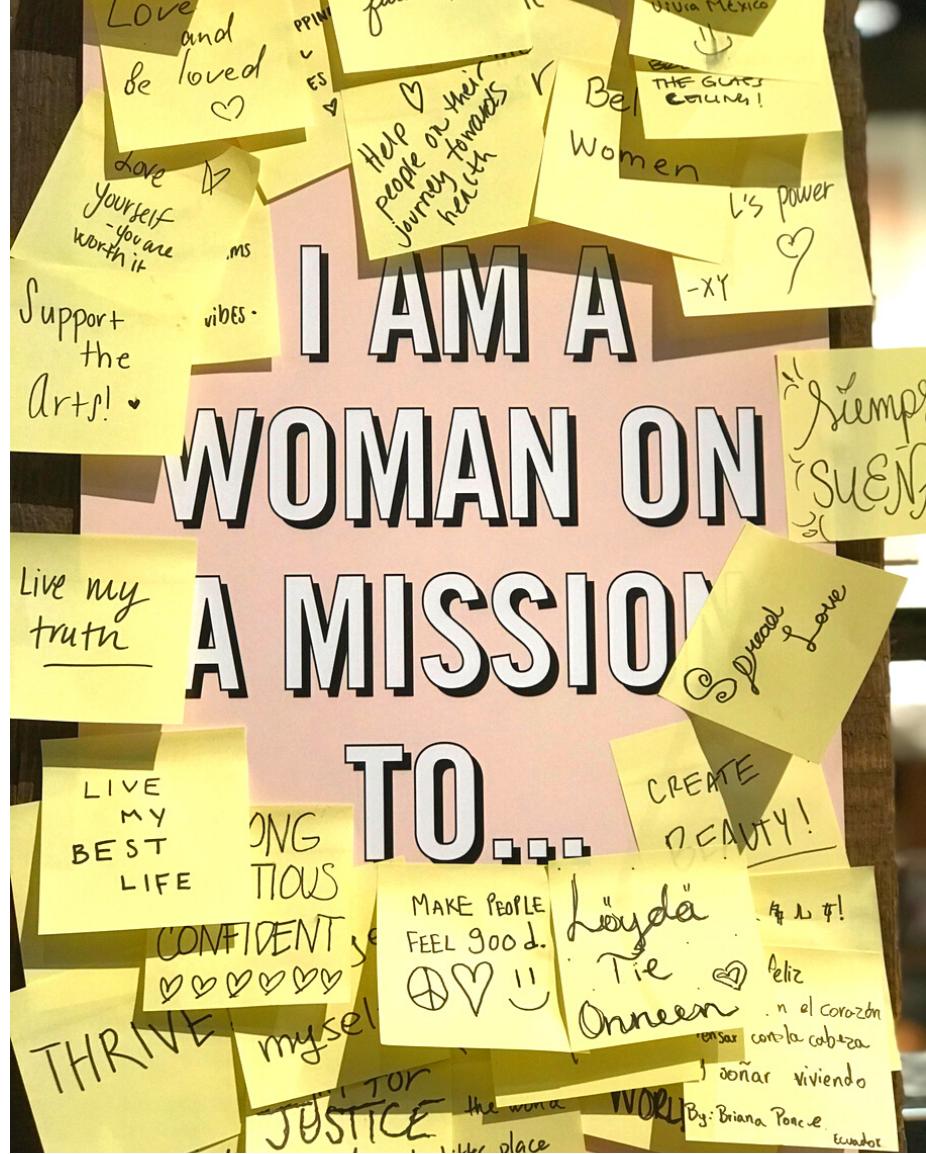
CELEBRATE WOMEN

THE MODERN WOMAN

March is women's month. It begins on the 1st of March when people celebrate the celebration of the red and white string marzipan as a symbol of the renewal of time, the end of winter and the beginning of a new cycle in nature. It is followed by the 8th of March, The International Women's Day.

On this day we celebrate women as free, unique, autonomous, equal and independent. It also highlights the achievements of women around the world in various fields: social, political, economic, artistic, scientific, medical, etc., to emphasize equality in society and to dispel the ghost of patriarchy that has placed women in an inferior position for centuries. It is an opportunity for all people to draw attention to the fight against discrimination and violence against women, which are still present in many parts of the world. March is a time when women and their roles are taking center stage, giving us the opportunity to check where we stand in our role as women or in relation to women in the year 2022.

In recent decades we have seen a considerable empowerment of women, but we still have a lot



to learn when we talk about equality or fairness. Today, gender roles are no longer so emphasized or rigid, with women having more options and opportunities for existence and expression. Gender roles in our society are defined by the ways in which a woman is expected to dress, to behave towards other people, how she is expected to speak, care, express herself or correspond to her sex assigned at birth.

For example, in Romanian society, women are expected to dress in typically feminine ways, to be polite, to use a certain tone, a certain language, to be flexible and non-confrontational, to put family first and to weigh more heavily her choices in terms of career or family, with society still expecting her to want a marriage, a family and at least one child. This idea has migrated from generation to generation and turned into a societal

norm that is not valid or true. When the woman fulfilled this one role, it was the only role she had access to because of the patriarchal society that denied her the right to education, thus being conditioned by the skills acquired from mother to daughter. So being skilled in housework and childcare is not necessarily a desire, but an adaptation of women over generations.

Today, however, things have improved. In most countries, the right to education is a fundamental right that all women could enjoy. Today, women have an entry into the entrepreneurial world. Although it is not yet an equal space, an army of women is working to bring this even closer to reality.

**Denisa Anghel, Psihoterapeut, Bucharest, Romania**

Probably one of the few people who did not choose her profession, but the profession chose her. In her practice, Denisa combines relational psychoanalytic work techniques, techniques from the model of internal family systems and transactional analysis, elements from Gestalt psychotherapy and body work techniques. This integrative way is based on the idea that each individual is unique and each situation deserves to be approached with tools that meet the needs of the person in constant search of the manifestation of the inner voice.

Today women can be found in the highest leadership positions, with an increasingly powerful voice and creating more and more impact.

With hard work and sacrifice, women have earned their place at the table where, until recently, only men sat and negotiated. And they were negotiating including women's lives and the roles they can play in social organization.

Congratulations and thank you to all women who pursue their dreams with determination and courage, becoming symbols and inspiration to other women. We are much closer to an equal society, where women and men live with equal rights and obligations, without forgetting the natural differences between us.

Happy independence, women!



FEMEIA ACTUALĂ



Luna martie este luna dedicată femeilor. Începe cu data de 1 martie când oamenii celebrează sărbătoarea mărtișorului prin șnururi alb-roșii ca fiind un simbol al reînnoirii timpului, sfârșitul iernii și începerea unui nou ciclu în natură. Este urmată de 8 martie, Ziua Internațională a femeii. În această zi sărbătorim femeile ca fiind libere, unice, autonome, cu drepturi egale și independente.

De asemenea, se accentuează realizările femeilor din întreaga lume din diferite domenii: social, politic, economic, artistic, științific, medical, etc, pentru a sublinia egalitatea în societate și a estompa fantoma patriarhatului care a pus femeia într-o poziție inferioară secole la rând. Este o oportunitate pentru toți oamenii să atragă atenția asupra luptei împotriva discriminării și a violenței împotriva femeilor, acțiuni care încă sunt prezente în multe părți ale lumii. Luna martie este un timp în care femeia și rolul ei acaparează atenția dându-ne ocazia să verificăm unde anume ne poziționăm în rolul de femeie sau în relație cu femeile, în anul 2022.

În ultimele decenii am asistat la o considerabilă emancipare a femeii, însă mai avem multe de învățat atunci când vorbim despre egalitate sau



echitabilitate. În prezent, rolurile de gen nu mai sunt atât de accentuate sau de rigide, femeia având mai multe opțiuni și oportunități în materie de existență și manifestare. Rolurile de gen în societatea noastră sunt definite de modurile în care o femeie trebuie să se îmbrace, să se poarte cu celelalte persoane, cum e nevoie să vorbească, să se îngrijească, să se manifeste, să se exprime sau să corespundă sexului atribuit la naștere.

De exemplu, în societatea românească femeile sunt așteptate să se îmbrace în moduri tipic feminine, să fie politicoase, să folosească un anumit ton, un anumit limbaj, să fie flexibile și nonconflictuale, să pună familia pe primul loc și să cântărească mai mult alegerile în ceea ce privește cariera sau familia, societatea încă având așteptarea ca ea să își dorească o căsătorie, o

familie și cel puțin un copil. Această idee a migrat din generație în generație și s-a transformat într-o regulă a societății care nu este validă sau adevărată. Atunci când femeia îndeplinea acest unic rol, era singurul rol la care avea acces din cauza societății patriarhale care îi refuza dreptul la educație, în acest fel fiind condiționată de abilitățile dobândite din mamă în fiică. Deci a avea șansă în treburile casnice și în îngrijirea copiilor nu este neapărat o dorință, ci o adaptare a femeii de-a lungul generațiilor.

Astăzi însă, lucrurile s-au îmbunătățit. În majoritatea statelor, dreptul la educație este un drept fundamental de care toate femeile ar putea beneficia. Astăzi, femeia are intrare în lumea antreprenorială.

Deși nu este încă un spațiu egal, o armată de femei muncește pentru a aduce asta și mai aproape de realitate.



Denisa Anghel, Psihoterapeut, București, Romania

Probabil, unul dintre puținii oameni care nu și-au ales meseria, ci meseria a ales-o pe ea. În practica ei, Denisa combină tehnici de lucru psihanalitice relaționale, tehnici din modelul sistemelor familiale interne și analiza tranzacțională, elemente din psihoterapia Gestalt și tehnici de lucru cu corpul. Această manieră integrativă stă la baza ideii că fiecare individ este unic și fiecare situație merită abordată cu instrumente care se pliază pe nevoile omului aflat în continua căutare a manifestării vocii interioare.

Astăzi femeile pot fi găsite în cele mai înalte funcții de conducere, având o voce din ce în ce mai puternică și care creează din ce în ce mai mult impact.

Cu multă muncă și mult sacrificiu femeia și-a câștigat locul la masa unde, până de curând, doar bărbații stăteau și negociau. Și negociau inclusiv viile femeilor și rolurile pe care ele le pot îndeplini în organizarea socială.

Felicitări și mulțumesc tuturor femeilor care își urmăresc visele cu determinare și curaj, devenind simboluri și inspirație pentru celelalte femei. Suntem mult mai aproape de o societate egală, în care femeile și bărbații trăiesc în egalitate de drepturi și obligații, fără să uităm de diferențele naturale dintre noi.

La mulți ani în independență, femei!



Women`s month

In my homeland, Bulgaria, March is a special month. We are celebrating awakening Mother Nature. We are celebrating Woman. That's why it is known as "Women's month". Each woman should choose a day of calendar – between 1st and 22nd of March. The weather this day will show what will be the next year for her. Will it be successful – if it is sunny, will it be turbulent – if it is snowing, or both...

Why exactly March is dedicated to women, not April for example? In our tradition, March is said to be the most unpredictable, furious, and scary time of the year. You never know what will happen after an hour – some days begin with sun and high temperatures, but suddenly a windstorm comes, that

changes the entire landscape...and your mood. We say that man can expect everything from weather in March, except perseverance. Just like women.

Recently I was thinking about the upcoming March. And I wasn't thinking about which date will I choose this year; it was all about the perception of women that our society has. For decades we, as women, are described as a "weather in March" - too emotional, too unpredictable, too unreliable, too vulnerable, too weak... and just like that all these adjectives became synonyms for femininity in our society. Today we continue to choose "our date" that will



predict what the future will bring, but we refuse to see further. We refuse to see how this harmful, old tradition affects us.

I strongly believe in the power of words. Have you ever thought about how such little things like words, that we hear every day, create us as an individual? First words that one baby hears from its parents – this is the ground of its future beliefs, thoughts, actions, morals. We are creating our future every single moment by choosing what and how to say something. And what future we are making for our children, when we continue to repeat the clichés, based on sex?

I am wondering – what it will be like if we turned over the way we speak about March? If it is not “the most unpredictable, furious, and scary time of the year”, it is “full of unexpected turnovers, rich in new experiences, adventurous and simply amazing” ...just like women are. I know that maybe it sounds like a bad commercial, but it is really time to remember who we are. For decades we have been living with men’s perception of femininity. Is it time to change the rhetoric? With little steps, day by day, we can teach our children that everyone is unique, and it has an important part in life. The father, who takes maternity leave is no braver and exceptional than every mother who takes care of her child every day.

Why successful women are still pointed as

something out of the frame? And we are continuing to ask about the price for this – did they sacrifice family in the name of their personal goals? The examples are numerous, but the message is one – if we don’t change the way we speak about ourselves, nothing will change.

This March, I won’t pick a day. **I will celebrate every single day in its fullness – with sunny mornings, rainy afternoons, and freezing nights.** I will try to explain to my daughter how amazing Nature is and how important is every single raindrop and sunray. Like every single person on this planet. No matter of sex, nationality, or race. And this sounds like a more meaningful way to celebrate the awakening of Mother Nature.



Kristina Vladimirova Saykova

I started my career as a news journalist for bTV – the biggest TV network in Bulgaria. This gave me an unique experience and possibility to fulfill my child dream – to meet and tell inspiring stories all over the world. I have worked also as a news producer and anchor, but my true passion remains storytelling. The one thing that I cannot accept is injustice and intolerance in every aspect of life.



DIANA



The Laws of Destiny are many, tangled and problematic. Sometimes a person slips into our lives to will help us shine brighter than all the stars put together, and that's only because the Universe has chosen that we need them.

Looking closely, I have found that I have a close connection with people who answer to the name Diana.

My first Diana is a blonde, curly, brown-eyed, absolutely adorable middle school classmate. We were born on the same day. She helped me with my maths, cheered me up, encouraged me, supported me in the creative process.... Not once did we call ourselves sisters, laughing at the fact that I'm about twelve hours older than her.

The second Diana is a friend of mine, author of "Barion, the Lone Wolf", also published by Up Publishing. It was her novel that created the connection between us. I remember devouring it in one day, and then getting to talk to the writer almost daily. She's such a warm, funny, sweet person! I always feel better after chatting with her. She guides me on my writing journey, we laugh together, talk about books.... In a way, she reminds me of my former classmate from middle school. She has the same warm, greedy aura that fills me with good cheer.

My third Diana is the founder of WomenEsteem International. I met her through my aunt Carmen at a book club. Since then we have become close friends and she has gently corrected me when I have made mistakes, supported me, given me confidence. Like the other two Dianas, she also spreads a golden light, gives me energy and reasons to smile when I see nothing but darkness around me.

The universe brings us the people we need. Judging by the events I've been through, I've come to believe that people named Diana are my guardian angels and my dose of cheerfulness. **It's not for nothing that Diana means "divinity"....**



**Ruxandra Popa, 18 years
Brașov, Romania**

I think life is like a dream. He who does not dream does not live. I discovered my artistic inclination at the age of 7, when I started inventing stories for my brother. I became a passionate reader and I can't imagine my life without books. At the age of 14 I started writing the Curse series, the first volume of which is being published by UP Publishing.

DIANA

Legile Destinului sunt multe, încurate și problematice. Uneori, în viața noastră se strecoară o persoană care ne va ajuta să strălucim mai puternic decât toate stelele la un loc și asta doar pentru că Universul a ales că avem nevoie de ea.

Privind atent, am descoperit că am o strânsă legătură cu oamenii ce răspund la numele Diana.

Prima mea Diana e o colegă din generală, blondă, creață, cu ochi căprui, absolut adorabilă. Suntem născute în aceeași zi. Mă ajuta la matematică, mă înveselea, mă încuraja, mă susținea în procesul creației.... Nu doar o dată ne-am autoproclamat surori, râzând de faptul că sunt mai mare decât ea cu vreo douăsprezece ore.

A doua Diana este o prietenă de-a mea, autoare a cărții „Barion, Lupul singuratic”, publicată tot la Editura Up. Romanul ei e cel care a creat o conexiune între noi. În minte că l-am devorat într-o singură zi, ca apoi să ajung să vorbesc cu scriitoarea aproape zilnic. E o persoană atât de caldă, de nostimă și de dulce! Mereu mă simt mai bine după ce discut cu ea. Mă îndrumă în drumul meu scriitoricesc, rândem împreună, vorbim despre cărți... Într-un fel îmi amintește de fosta mea colegă din generală. Are aceeași aură caldă, zglobie, ce mă umple de voie-bună.



A treia mea Diana e fondatoarea asociației **WomenEsteem International**. Am cunoscut-o prin intermediul mătușii mele, Carmen, în cadrul unui Bookclub. De atunci am devenit prietene apropiate și m-a corectat cu blândețe când am greșit, m-a susținut, mi-a dat încredere în mine. Asemenea celorlalte două Diane și ea împrăștie o lumină aurie, îmi oferă energie și motive să zâmbesc când nu văd decât întunericul în jur.

Universul ne aduce oamenii de care avem nevoie. Judecând după întâmplările prin care am trecut, am ajuns să cred că persoanele cu numele Diana sunt îngerii mei păzitori și doza mea de voioșie. Nu degeaba Diana înseamnă „divinitate”....



Ruxandra Popa, 18 ani
Brașov, România

Consider că viața este ca un vis. Cel care nu visează nu trăiește. Mi-am descoperit înclinația artistică la vîrstă de 7 ani, când am început să inventez povești pentru fratele meu. Am devenit cititoare pasionată și nu îmi pot imagina viața fără cărți. La 14 ani am început să scriu seria Blestemății, al cărei prim volum este în curs de publicare la Editura UP.



MIRELA ADAMESCU
OPEN NEW CHAPTERS NO
MATTER WHAT AGE YOU
ARE!

INTERVIEW BY
DIANA-MARIA GEORGESCU

Mirela Adamescu is the first member of the **WomenEsteem International Community**, and the first Romanian woman who went beyond the limits of the Romanian fashion industry. Five years ago, when she decided to pursue a new career as a mature model, she had no idea what she was supposed to do, but she started anyway. I remember I accompanied her to a meeting with a Romanian fashion professional, that said to her something like: "Starting modeling at this age, you don't have a chance! But I can try to see what I can do for you.". I guess a lot of us are already familiar with such affirmation, but most of all, with the lack of actions following it.

Well... 5 years later, Mirela is an International mature model, developing projects with professionals from Central and Western Europe. And she did it all by herself! But let's find out who is Mirela Adamescu, and what was her life journey.

Who is Mirela Adamescu for herself?

Mirela is the woman who proved to herself that she can do anything, no matter how hard it is, as long as she wants it. She is a free-thinking woman who is in love with life. She is a warrior who can afford to show her vulnerabilities...

When you look in the mirror each morning, what do you see?

When I look in the mirror in the morning, I see my wrinkles and dark circles.

Hahaha!

Only after the shower and after I do my beauty



ritual, they look at me and say to me: "How cool you are, woman!".

Hahaha!

I know you changed your career several times. Can you walk us briefly through your professional choices?

I have a degree in economics and have even practiced for 7 years. But office work wasn't for me. I was very bored with everything I was working on, so one day I came home and told my husband that I wanted to become a flight attendant! Shock! Hahaha! The only thing my husband could tell me was "do whatever makes

you happy" - and I'll appreciate it for the rest of my life.

And I did! I was a flight attendant for 10 years at the airline that performed, at that time, the special state flights. ☺

The company closed when I was 40 and I considered that my experience with aviation was over. It was time for another adventure! Yuhuuu! So, I started studying personal development and got a degree in Personal Development Counselor, Life Coach, Trainer, and NLP Practitioner. I enjoyed doing this and it helped me a lot in my development.

And one day, at the age of 45, I looked in the mirror and I liked the woman I had become...

Another adventure followed, which I had never thought of... modeling...

The rest is "history"! Hahaha!

I have been doing this for 5 years now and I can

say that I am an international model. Uhm, that sounds good! ☺

5 years ago, you changed completely your direction when launching #modelingafter45. What impact did this choice have on your life?

5 years ago I entered the modeling industry knowing nothing about it. I didn't take classes, I didn't have a mentor or an impresario, I did everything as I felt, and that meant ridiculous, embarrassing, "inappropriate" exposure, and sometimes a much longer time to achieve goals.

But it meant, at least, an extraordinary "exercise" of life. My exposure, sometimes in the most unfortunate situations, made me damn strong. Hahaha!

I learned everything by experimenting, and I still think it's the best way to learn anything without following "recipes" sold by others.

I also transformed physically. I lost 10 kg and I do fitness plus tennis (newer).



I walk differently, I dress differently, I speak differently. I have complete confidence in myself, and this is what I see and inspire the people I interact with. I am aware that the learning process never ends, wanting to grow is equivalent to loving life. You don't love life if you think there's no point in doing anything for yourself, that you'll be the same woman for the rest of your life. There's a difference between "living" and "being alive".

Now, after working with professionals both at a national and international level, what is your perspective over the way mature models are perceived in Romania vs. in other countries across the globe?

In Romania, there is no such term as "mature model", there are no modeling agencies dedicated to models over 45 years old. There are only casting agencies for commercials, movies, etc., to which I am registered and I have such projects in my portfolio. People in

the Romanian fashion industry look somehow amazed when I tell them that I am a model, but here is market only for very young models.

Abroad, however, and I'm talking mainly about Central and Western Europe, there is at least one agency in every big city for models over 45 years old. It is considered, in this field, that age is an asset and you are better paid as you get older. Here we are not talking about the perfection of the body, but about a harmonious body, we are talking about naturalness, about what emotion you transmit, about how much you can influence people to buy a certain product, service, or idea.



What does femininity mean for you?

Femininity for me, a mature woman, means the power to show my vulnerabilities, it means taking care of my body as much as I take care of my emotional side, it means being aware of my sexuality. But we can talk about sexuality on another occasion, it is a vast subject, especially as many mature women choose to ignore this chapter of their lives.

In your opinion, should a woman be strong or feminine?

One does not exclude the other.

A woman soldier who fights in a war can also be

feminine in her daily life. Or it can be feminine for the person who loves her.

Or some women feel feminine even though the appearance contradicts this, such as women who do bodybuilding, for example.

Some people associate femininity only with women with delicate features. And here is another discussion that deserves to be developed on another occasion...

In the end, would you like to send a thought to all the women reading our magazine?

Life has shown me that it is much larger than I thought.

Don't be afraid to live, don't be afraid to experiment, don't be afraid to close situations that become uncomfortable for you, and open new chapters no matter what age you are!

Thank you, Mirela, for accepting our invitation to share your inspiring life story with us! We wish you a catwalk at Cannes as soon as possible and, why not, in the heart of New York City as well!





ONCE UPON A TIME



Once upon a time, there was a woman who was born into a humble family; her mother was a housewife and her father was a truck driver who spent long periods away.

Her parents separated when she was 5 years old. Her mother suffered from depression and anxiety, which she had been carrying since childhood due to her relationship with very authoritarian parents and controlling siblings. She believed that all men were bad. She turned so much on her daughters that she suffocated them. Her intention was good, but she was not aware of the damage she was doing to them with her over protection. She did everything she could with the tools she knew.

She continued to live in her neighborhood, playing with her friends, seeing her father on weekends. But... at the age of 9, she moved with her mother and her younger sister to another apartment, away from her friends, unable to play in the street. She had to help her mother since she worked all day; She did the shopping, she took care of her younger sister...

Her father stopped seeing them and did not hear from him until she found out from the press that he died in a truck accident when she was 16 years old (on her boyfriend's anniversary).

She always liked to study. As a child, she even asked for activity books during school holidays because she was passionate about math, language... She took refuge in her studies to keep her mind occupied. She got good grades.

She left childhood early, but that made her stronger, more secure in her decisions. She wanted to be independent and learn as much as she could to achieve her dreams.

She started working at the age of 14, combining work and her studies at the institute, until work hours prevented her from doing so.

She was advancing in her working life but she missed studying, growing intellectually. So she read a lot to satisfy her thirst for learning.

At 19, she married to escape the oppressive relationship with her mother. She wanted to be free, make her own decisions.

After a few months, she finally found a job with a good salary and good hours. She made an effort to get a permanent position, which allowed her to combine it with various training courses related to her new job.

She signed up for the School of Art in her city, with the intention of dedicating himself to goldsmithing or jewelry, but she did not get to formalize the enrollment. She thought that it was not a good idea to undertake something that she did not know what the future would have, that it was better to continue with something that was related to her "good job", as everyone told her. She settled.



She loved languages and she was good at them. She wanted to study acting but at that time she had to travel more than 100km every day and the classes coincided with her work schedule, so she listened to what they told her and looked for something that she liked and that was related to her work: BA in Law. But, although this time it was taught in his city, it also coincided with her work schedule, so she chose the Diploma in Labor Relations that suited her

schedule and, to do so, she signed up for the adult school to opt for access to the university for over 25 years.

She studied hard because her motivation was very strong. She went to the exam and came out empowered, confident, confident and satisfied with her exam.

The day she went to get the grades, she is surprised to see a 1.5 final grade. She could not believe it! She complained and complained until they reviewed her exam and told her that it was a mistake, that it was a 9.5! The highest grade in her community at that time. What would have happened if she had not claimed? If she had settled? If she had believed that there would not been anything to do? You always have options.

She started out happy in college.

She enjoyed the classes, the assignments, the presentations in class, surpassing herself daily... She got good grades and finished her diploma on time, even going through a separation and a traffic accident.

She overcame his amaxophobia.

She got married again.

She continued her professional career moving up in various positions, but she needed more and was left with the thorn of pursuing a Law degree and decided to do it online. She got some honors and graduated with very good grades.

She took advantage of several opportunities to do a Postgraduate and a Master's degree and

many more courses related to her work.

But... Although she dedicated half of her life to the legal world, management and leadership of teams, to quality systems and excellence... it did not fulfill her, she always wanted more.

The pandemic came, and although many people thought it was horrible, it helped her to fulfill several of her dreams; telework, living 3 months in another place and having time for personal development.

She lost a family member during the pandemic that taught her a life lesson: "You don't know when your life will end, do what you love, you're good at helping other people. Follow your heart."

And so, at the age of 49, her mind clicked and she decided to use her experience and training to help other women overcome their fears, find their purpose in life, motivate them, empower

them and accompany them in their transformation to success. Her company was born, even having external and internal saboteurs. But she was determined to do what she was truly passionate about, to pursue her dreams and fulfill her life purpose.

Now she is immensely happy enjoying the path she is traveling, setting goals, achieving goals and helping other women to achieve it too.

This is my story. But it could be any woman's. Maybe yours.

And you, have you faced your fears? Do you know your life purpose? Do you know how to take advantage of your opportunities? Have you decided which path to follow to achieve your goals? Do you have an action plan to achieve your dreams?

- amaxophobia - fear of driving a vehicle



Mar Riguero Rus | Azoika High Performance School, Tarragona, Spain

Motivator and driver of change. Coach, high performance mentor, high impact trainer. Expert MindJung therapist, emotional intelligence, feminine empowerment and NLP. Specialist in amaxophobia.

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ERASE UNA VEZ

Erase una vez una mujer que nació en una familia humilde; su madre era ama de casa y su padre camionero que pasaba largas temporadas lejos.

Sus padres se separaron cuando ella tenía 5 años. Su madre sufría depresión y ansiedad, que arrastraba desde la infancia por la relación con unos padres muy autoritarios y unos hermanos controladores. Creía que todos los hombres eran malos. Se volcó tanto en sus hijas que las asfixiaba. Su intención era buena, pero no era consciente del daño que les hacía con su sobreprotección. Hacía todo lo que podía con las herramientas que conocía.

Siguió viviendo en su barrio, jugando con sus amigas, viendo a su padre los fines de semana. Pero... a los 9 años se trasladó con su madre y su hermana menor a otro piso, lejos de sus amigas, sin poder jugar en la calle. Tenía que ayudar a su madre ya que trabajaba todo el día; hacía la compra, cuidaba de su hermana menor...

Su padre dejó de verlas y no supo más de él hasta que se enteró por la prensa que murió en

un accidente de camión, cuando ella contaba con 16 años (el día del aniversario de su novio).

Siempre le gustó estudiar. De niña, incluso pedía cuadernos de actividades durante las vacaciones escolares porque le apasionaban las matemáticas, el lenguaje... Se refugiaba en los estudios para mantener su mente ocupada. Sacaba buenas notas.

Dejó la niñez antes de tiempo, pero eso la hizo más fuerte, más segura en sus decisiones. Quería ser independiente y aprender todo lo que pudiera para alcanzar sus sueños.

Empezó a trabajar con 14 años, compaginando trabajo y sus estudios en el instituto, hasta que el horario laboral se lo impidió.

Fue avanzando en su vida laboral pero echaba de menos estudiar, crecer intelectualmente. Así que leía mucho para suplir su sed de aprendizaje.

A los 19 años se casó para huir de la relación opresiva con su madre. Quería ser libre, tomar

sus propias decisiones.

A los pocos meses, por fin, encontró un trabajo con un buen sueldo y un buen horario. Se esforzó en conseguir una plaza fija, lo que le permitió compaginarlo con diversas formaciones relacionadas con su nuevo empleo.

Se apuntó a la Escuela de Arte de su ciudad, con la intención de dedicarse a la orfebrería o joyería, pero no llegó a formalizar la matrícula. Pensó que no era buena idea emprender en algo que no sabía qué futuro tendría, que era mejor continuar con algo que tuviese relación con su “buen trabajo”, como le decía todo el mundo. Se conformó.



Le encantaban los idiomas y se le daban bien. Quería estudiar interpretación pero en aquella época tenía que desplazarse a más de 100km a diario y las clases coincidían con su horario laboral, así que hizo caso de lo que le decían y buscó algo que le gustara y que estuviese relacionado con su trabajo: Licenciatura en Derecho. Pero, aunque esta vez lo impartían en su ciudad, también coincidía con su horario laboral, así que escogió la Diplomatura de

Relaciones Laborales que se adecuaba a su horario y para ello, se apuntó a la escuela de adultos para optar al acceso a la universidad para mayores de 25 años.

Estudió duro porque la motivación era muy fuerte. Fue al examen y salió empoderada, segura, confiada y satisfecha con su examen.

El día que fue a buscar las notas, le sorprende ver un 1,5 de nota final. ¡No se lo podía creer! Reclamó y reclamó hasta que revisaron su examen y le dijeron que era una equivocación, ¡que era un 9,5!, la nota más alta de su comunidad en esa época. ¿Qué hubiese pasado si no reclama? ¿Si se hubiese conformado? ¿Si hubiese creído que no tenía nada qué hacer? Siempre tienes opciones.

Empezó feliz en la universidad.

Disfrutaba las clases, los trabajos, las presentaciones en clase, superarse a ella misma a diario... Sacaba buenas notas y acabó su diplomatura a tiempo, aún atravesando una separación y un accidente de tráfico.

Superó su amaxofobia.

Se volvió a casar.

Siguió su carrera profesional ascendiendo en diversos puestos, pero necesitaba más y se quedó con la espinita de cursar la licenciatura de Derecho y decidió hacerlo online. Sacó algunas matrículas de honor y se licenció con muy buenas notas.

Aprovechó varias oportunidades para hacer un

Posgrado y un Máster y muchísimos cursos más relacionados con su trabajo.

Pero.... Aunque dedicó media vida al mundo jurídico, dirección y liderazgo de equipos, a los sistemas de calidad y la excelencia... no le llenaba, siempre quería más.

Vino la pandemia y, aunque a mucha gente le pareció algo horrible, a ella le sirvió para cumplir varios de sus sueños; teletrabajar, vivir 3 meses en otro lugar y tener tiempo para su desarrollo personal.

Perdió a un familiar durante la pandemia que le dio una lección de vida: "no sabes cuándo acabará tu vida, haz lo que te apasiona, se te da bien ayudar a otras personas. Sigue tu corazón."

Y, así, a los 49 años, su mente hizo un "click" y decidió utilizar su experiencia y su formación para ayudar a otras mujeres a superar sus miedos, a encontrar su propósito de vida, a motivarlas, a empoderarlas y acompañarlas en

su transformación hacia el éxito.

Nació su empresa, aun teniendo saboteadores externos e internos. Pero estaba decidida a hacer lo que realmente le apasionaba, a perseguir sus sueños y a cumplir su propósito de vida.

Ahora es inmensamente feliz disfrutando el camino que recorre, poniéndose metas, logrando objetivos y ayudando a otras mujeres a conseguirlo también.

Esta es mi historia. Pero podría ser la de cualquier mujer. Quizás la tuya.

Y tú ¿Te has enfrentado a tus miedos? ¿Conoces tu propósito de vida? ¿Sabes aprovechar tus oportunidades? ¿Has decidido qué camino seguir para lograr tus metas? ¿Tienes un plan de acción para alcanzar tus sueños?

- amaxofobia - miedo a conducir un vehículo



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THE TIME OF BEGINNINGS

In the symbol of the Mărțișor, we find perfectly combined the specific influences of March. Winter, white, cold, reflective and, in its own way, magical is preparing to depart, to make way for the burst of joy, love and life characteristic of spring.

In the same way, the mature, reflective, intuitive, feminine sign of Pisces ends the astrological year, on the 20th of March, so that the enthusiastic and lively Aries can begin the adventure of the new zodiac cycle.

This moment of transition, or hiatus, is marked by the Spring Equinox, whose particularly beneficial influence it would be a shame to let go unnoticed.

The Equinox is a moment of equity, of equality, when day equals night. This means that yang, masculine daytime energies are perfectly balanced by yin, feminine nighttime energies. This balance is short-lived, but the impact on our consciousness is very profound and the effects can be felt over the long term.

It is a moment of grace when the positive and negative beings equal, neutralize each other, resulting in the energy of maximum harmony. It is a time of peace and understanding, particularly conducive to reconciliation with those with whom we have had a conflict.

At the same time, because a new zodiacal cycle is beginning, the time of the Spring Equinox is charged with the energy of the beginning, manifested in overflowing vitality, optimistic momentum, effervescence, confidence.

This energy supports any new project, so if you want to start something, now is the best time. The fruits of projects started during the Spring



Equinox will be reaped in abundance at the time of the Autumn Equinox, in keeping with the rhythms of nature.

So, on **March 20**, remember to put it in your diary:

- Meditation with this time of the Spring Equinox, of full harmony, of the beginning, of love, of peace. Impregnate yourself with these energies.
- Spend time with your lover/girlfriend and charge your relationship with more love. You may not be in a relationship, but you want one? Start a series of meditations to amplify love, in yourself first, and this will attract to you the person who is right for you by divine right.



Enora, astrologist, Romania

Loyal friend, astrology has been with me for over 20 years. No other instrument of knowledge has given me such a profound and accurate perspective as psychological, relational, and karmic astrology.

- If you have unresolved conflicts yet, whether internal or external, seize this moment and make peace with yourself, with others, with life itself.
- Start whatever new project you've been thinking about, perhaps for some time. Now is the time, launch with confidence, nature's energy supports you.

May this new beginning bring peace to the world and to our souls!

Enjoy every moment, the first flowers, the buds, the clear skies, the cheerful chirping of the birds and pass this joy on to those around you.

Fill yourself with the love and beauty of spring and remember: **what you sow in spring, you will reap in autumn. Seed love!**





VREMEA ÎNCEPUTURILOR

În simbolul Mărțișorului regăsim perfect îmbinate influxurile specifice lui Martie. Iarna, albă, rece, reflexivă și, în felul ei, magică, se pregătește de plecare, pentru a lăsa loc exploziei de bucurie, iubire și viață caracteristice primăverii.

În același fel, semnul matur, reflexiv, intuitiv, feminin, al Peștilor încheie anul astrologic pe 20 martie, pentru ca năvalnicul Berbec, entuziast și plin de viață, să înceapă aventura noului ciclu zodiacal.

Acest moment de trecere sau de hiatus, este marcat de Echinocțiul de Primăvară, a cărui influență deosebit de benefică ar fi să păcăt să o lăsăm să treacă neobservată.

Echinocțiul e un moment de echitate, de egalitate, când ziua este egală cu noaptea. Asta înseamnă că energiile diurne de tip yang, masculin, sunt perfect echilibrate de energiile nocturne de tip yin, feminin. Acest echilibru e de scurtă durată, dar impactul asupra conștiinței noastre este foarte profund și efectele se pot simți pe termen lung.

Este un moment de grație când pozitivul și negativul, fiind egale, se neutralizează, rezultând într-o energie de maximă armonie. Este vremea păcii și înțelegerii, deosebit de propice pentru împăcarea cu cei cu care am avut vreun conflict.

În același timp, datorită faptului că începe un nou ciclu zodiacal, momentul Echinocțiului de Primăvară este încărcat cu energia începutului, manifestată prin vitalitate debordantă, elan optimist, efervescentă, încredere.

Această energie susține orice fel de nou proiect, de aceea, cine dorește să înceapă ceva, acum e momentul cel mai potrivit. Roadele proiectelor începute în perioada Echinocțiului de Primăvară,



vor fi culese din belșug la vremea Echinocțiului de Toamnă, respectând astfel ritmurile naturii.

Așa că, **pe 20 martie**, amintește-ți să-ți introduci în agendă:

- O meditație cu acest moment al Echinocțiului de Primăvară, al armoniei depline, al începutului, al iubirii, al păcii. Impregnează-te cu aceste energii.
- Petrece timp cu iubitul/iubita și încărcați-vă relația cu mai multă iubire. Poate nu ești într-o relație de cuplu, dar îți dorești una? Începe o serie de meditații pentru amplificarea iubirii, în tine mai întâi, iar aceasta va atrage spre tine persoana care îți corespunde prin drept divin.
- Dacă ai conflicte nerezolvate încă, indiferent dacă sunt interne sau externe, profită de

acest moment și fă pace cu tine, cu ceilalți, cu viața însăși.

- Începe orice nou proiect pe care îl gândești, probabil, de ceva timp. Acum e momentul, lansează-te cu încredere, energia naturii te susține.

Fie ca acest nou început să aducă pace în lume și în sufletele noastre!

Bucură-te de fiecare clipă, de primele flori, de muguri, de cerul senin, de ciripitul vesel al păsărilor și transmite această bucurie și celor de lângă tine.

Umple-te de iubirea și frumusețea primăverii și amintește-ți: **ce semeni în primăvară, vei culege toamna. Seamănă iubire!**



Enora, astrolog, România

Prietenă loială, astrologia mă însoțește de mai bine de 20 de ani. Nici un alt instrument de cunoaștere un mi-a oferit o perspectivă atât de profundă și exactă ca astrologia psihologică, relațională și karmică.



MAGIC OF MEXICO IN MARCH

A few years ago, after more than a decade long career focused marathon, my husband was holding my hand, while an elder, well-humored doctor was performing an abdominal echography and a few seconds in, exclaimed with joy: "Look your baby is waving!"

"What?" I gasped, choked with emotions, feeling hot tears rolling down my cheeks.

"Yes, he is waving," he replied with a warm voice reassuring us that the beautiful dream is actual reality. We walked out of his office that day, trying to imagine how our life will be impacted by the arrival of our baby. In a strike of inspiration, we decided that day that we should have a romantic vacation in March, in Mexico, a few good months before the baby would arrive.





It was a beautiful week in March, when we flew to Cancun airport. The small airport was so busy that I started to fear that our taxi might leave without us, while we were slowly moving with the crowd through the immigration control process. But the taxi driver was immersed in tropical beats and after a warm welcome, he took us to our beautiful resort. After a day, exploring the rich high-end amenities of the resort, we talked to the concierge and booked a day trip to Chichen Itza to explore some of the treasures of the Yucatan peninsula. It was interesting observing the concierge trying to convince us to take the English tour for foreigners, while my husband was set on seeing Mexico with the locals. It was only the next day when the two buses parked that we understood why the concierge was promoting the English tour designated for the foreigner:

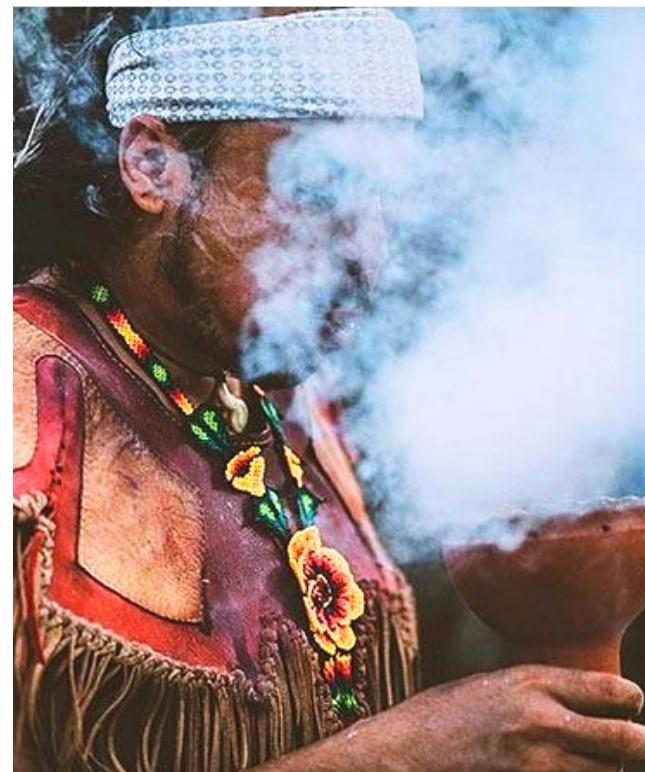
their bus was like a Cadillac, while the one for the locals was a notch shabbier, to say the least. The bus driver of the English tour stepped out of his fancy bus, with a stiff lordish look of superiority elegantly inviting the foreigners to step in. In contrast, the driver of the locals was loudly sipping a cold Fanta behind the steering wheel. He noticed me comparing the two and with an amused look on his face he said: "Courage, we have AC too, just the wheels are a little squeakier. Plus, the sun is rising up quickly and we don't want your baby to get dehydrated." And so was the ride, a little bumpy but informative and extremely hilarious. Around noon, we drove through a lush tropical forest and stopped for lunch at an eco-resort that was nested in what seemed to be the heart of the forest. That was a breathtaking sanctuary of tranquility, created through a harmonious fusion of livable space and nature.

It was a perfect model how people can design cabins and outdoor dining halls without disrupting the nature, but rather transforming the trees into a live support for a structure that is intimately connected to the earth. This harmonious design made people feel cocooned by the jungle, naturally transposing the mind in a meditative state, in awe with the multitude of exotic blossoming trees. Our lunch featured Yucatan specialties, including salbute (puffed, deep-fried tortillas with okra, tomato and onion), panucho (a refried tortilla stuffed with black beans and vegetables) and longaniza with achiote, all paired with a chaya drink, which is a mix of a local spinach-like plant with lemonade served in a beautifully decorated pineapple shell.

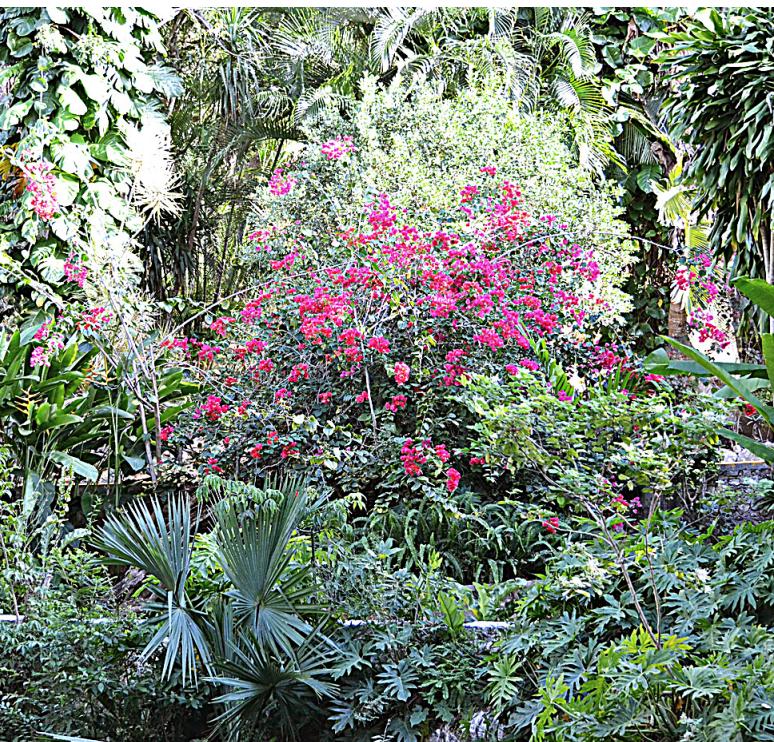
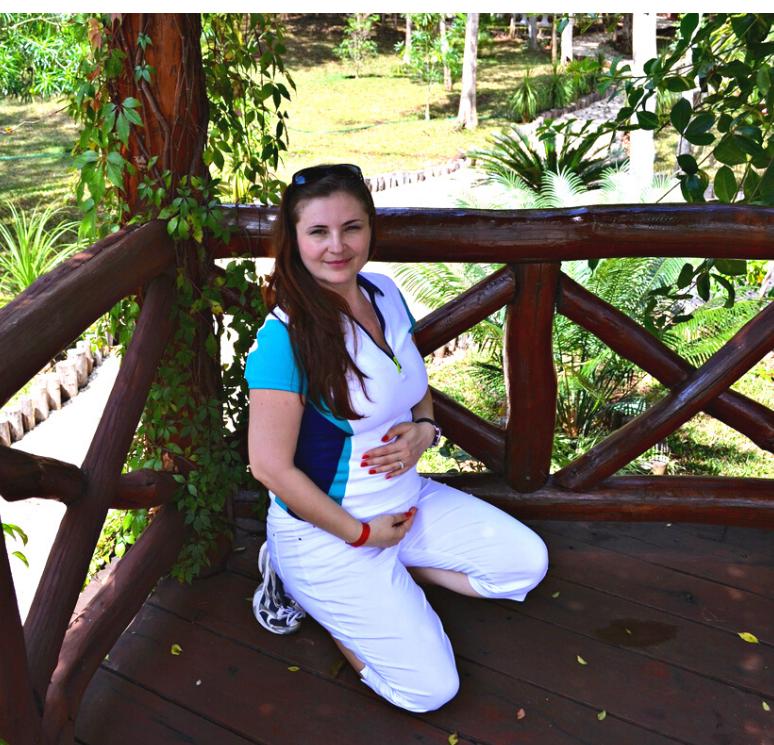


After lunch, we were guided to meet a Yucatecan shaman, called in the Yucatecan Mayan language H-Men (he who makes) or H-Men Dzac (he who makes medicine).

The Yucatecan shaman is recognized as a very important person in Yucatecan folk culture. I respectfully stepped towards the shaman, who was performing a fire cleansing ritual for a person. As he finished, his dark wrinkled hand touched my tummy and said: "Your son is full of energy. Great spirit but difficult entrance to this world." He placed a small obsidian fertility statue in my hand, which electrified my fingers, increasing my inner strength.



We then stopped at Cenote Il Kil, which is a breathtaking, natural swimming pool, within the earth, considered sacred by the locals. It is formed like a bottomless well, surrounded by cascading vines, filled with clean, refreshing, aquamarine water. To reach the water you can dive or you can walk down the spiraling stairs that circle around the walls of the Cenote. The beauty of the Cenote is underlined by the light beams that illuminate the crystal clear water below through a small opening



in the ceiling. With our body and soul purified, we then approached the pyramid at Chichen Itza, where we witnessed a brilliant sunset. With the help of our guide's very strong flashlight, we returned to the bus and dreamingly drove back to the hotel.

From the magical nature to the magic of old and new settlements, the discovery of inspiring history, cultural richness, explosive gastronomy, exceptional hospitality, and so much more distinguish Mexico as one in the world.



Iulia M. Graf, Austin, Texas

Iulia M. Graf dedicated her life to science, starting as a theoretical physicist with research in neutrino physics, then she received her PhD in biomedicine for her contribution to electrical modeling of the human heart, she then continued with improving oncological and cardiovascular diagnosis through novel imaging techniques, including 3D ultrasound and photoacoustics. Currently she is actively involved in patent prosecution, being an expert in designs. In her spare time, she guides young generations to develop interest and love for science. She is also a member of the Society for Women Engineers, through which she is reaching out to young engineers, inspiring them to empower themselves of the path to success

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FOLLOWING THE FOOTSTEPS OF THE PHARAOHS

FOURTH PART

By Diana-Maria Georgescu

*Founder and President of
WomenEsteem International
Association, Bucharest, Romania.*

I'm going back to Egypt!

No, I'm not kidding you!

While you are reading this article I am most probably enjoying again the special energies of the pyramids, or the artifacts from one of Cairo's museums. Or maybe I am wandering around Alexandria, visiting all the places that were closed last year when I went there during Ramadan.

But before leaving for a new adventure following the footsteps of the Pharaohs, I will share with you the last tips and tricks from my 2021 experiences in this magic, yet full of contrasts country.

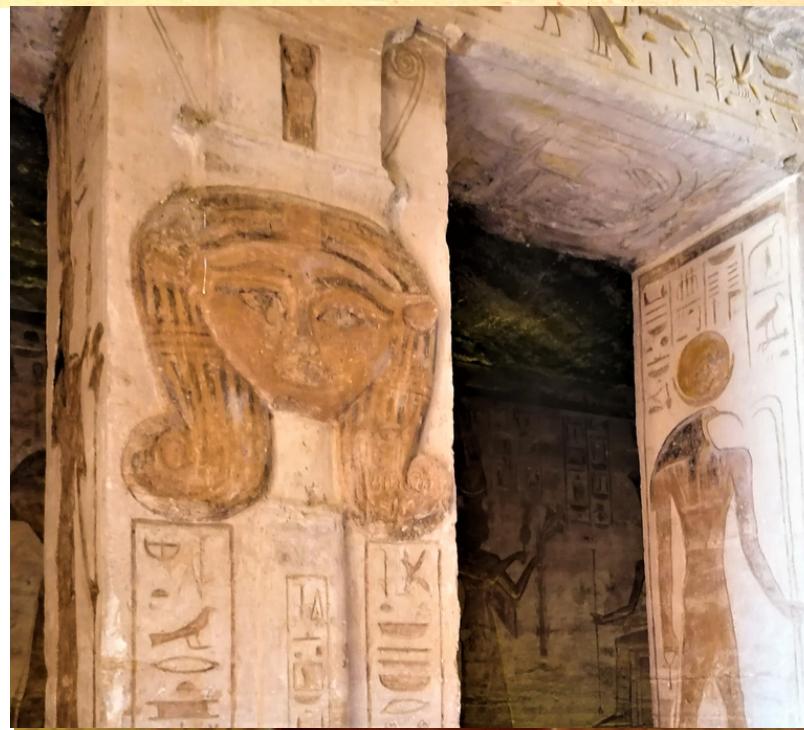


10. See Abu Simbel!

Reaching **Aswan** gives you the possibility to go for a half-day trip to **Abu Simbel**. When we planned the trip, we exclude this destination from our journey, due to the expenses (150 USD) and the long drive there (300 km). But once in **Aswan**, seeing the diversity **Egypt** showed us till this point, we decided to allocate an extra budget to rent a car with a driver to take us there. And it was really worth it!

Abu Simbel is located near the **Sudan** border, on the shore of **Lake Nasser**. Here you will find two temples that are part of the **Nubian Monuments UNESCO World Heritage Site**. The first one is **The Great Temple of Ramses II**, and the second is **The Small Temple of Hathor and Nefertari**. The most impressive thing about this place is its relocation in 1968, 65 meters higher and 200 meters back from the river to avoid being submerged by the water during the creation of the artificial **Lake Nasser** formed after the building of the **Aswan Dam** on the **Nile**.

On our way to **Abu Simbel**, I had this amazing experience of seeing a **Fata Morgana** mirage in the desert. I've never had a similar experience before, and there I understood how this mirage transforms the immensity of the desert into the fake appearance of the sea.



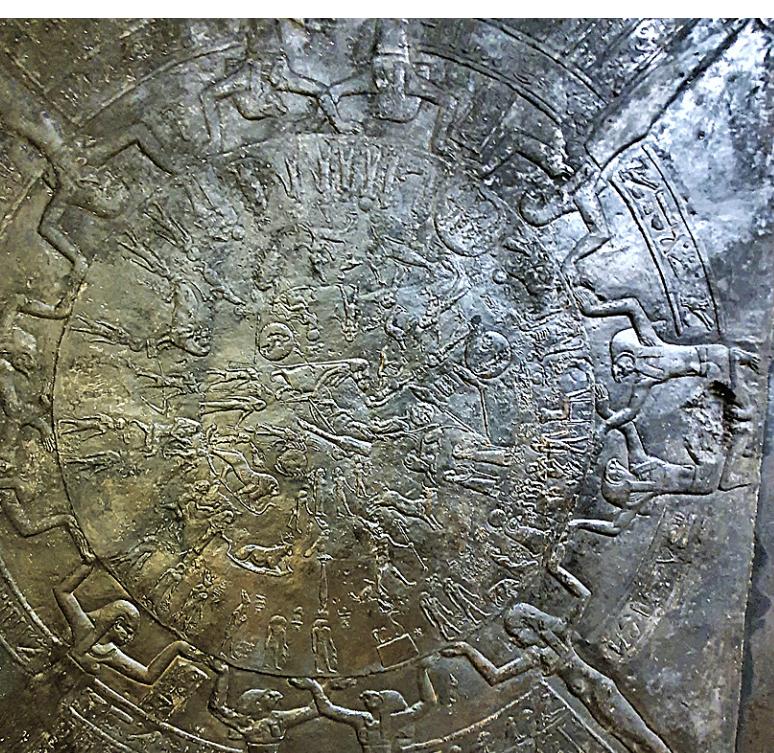
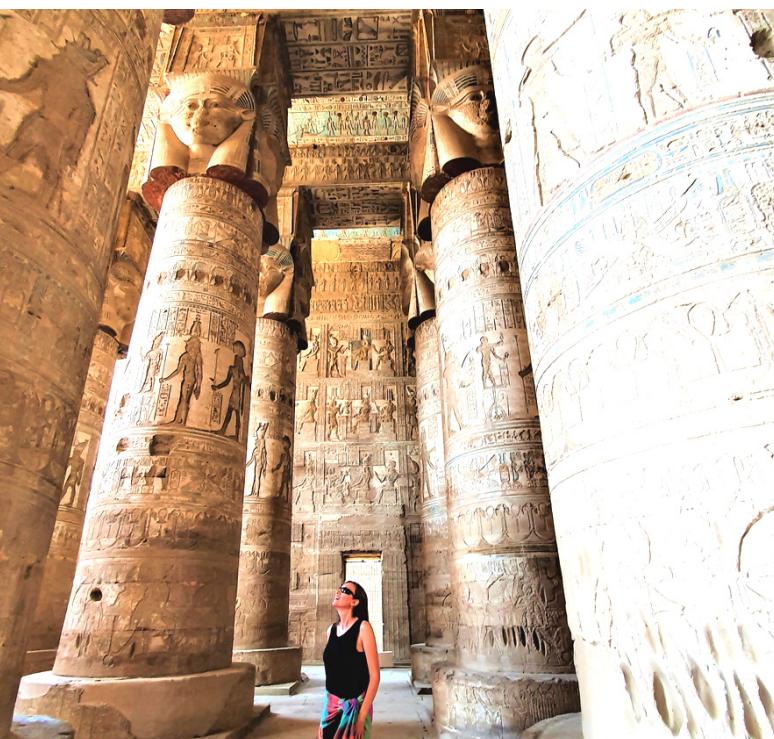


11. Rest at the Red Sea!

After an entire week of traveling from North to South and visiting the most important sites of **Egypt**, some days of resting on the **Red Sea** were exactly what we needed the most. We booked four nights in a four stars hotel in **Abu Dabbab** near **Marsa Alam**, and we spent there four amazing days. One was dedicated to a trip on the Red Sea with an amazing three levels boat. The first level was underwater and was acting as a submarine, so we had the chance to see the turtles, the corals, and the sea cows in their own habitat. We also had the chance to do snorkeling in certain places and swim with the sea cows. I was fascinated by these amazing creatures and I took the trip, especially for them. The other days were spent resting in our resort, which had this amazing beach where we took other rounds of snorkeling and we enjoyed the sun rays caressing our skins.

12. Visit the Temple of Dendera!

On our way back to Luxor, we rented another car with a driver. I was so keen to drive in **Egypt**, but the formalities for passing from a Governorate to another are not easy to handle by a foreigner,



they say. Now I know how things work, so next time I plan to rent a car and drive between different locations as is not as bad as they say. I may opinion, is just a strategy of making more money.

So... on our way back to **Luxor**, we asked the driver to take us to **Dendera** where we visited the entire Complex there, which was finished during the **Roman** occupation of the emperor **Trajan**. That's why on its walls he is also carved giving offerings to the **Goddess Hathor**. It's definitely a **MUST SEE!**

I think it is one of the most well-preserved temples of entire **Egypt**. And its blue-colored ceiling from **The Temple of Hathor** it's breathtaking! Also, there you can see the most well-preserved representation of a horoscope, which Egyptologists interpreted as an amazing map of the sky, rather than an astrological tool.

I hope I managed to give you enough information about this beautiful destination. **Egypt** has its downfalls as well (i.e. everywhere you have to tip people, or you have to bargain for everything), but if you put in balance all its wonders, this is a destination that will really enrich your life experience!

I am now going back to see all the things I didn't manage to see last year (i.e. the Museums in Cairo), and other new magic places **Egypt** still has to reveal to my eyes and to my soul.

The End...



Diana-Maria Georgescu
Founder and President of
WomenEsteem International
Association, Bucharest, Romania.



CHASING THE HORIZONS

Interview by Mara Badita
WomenEsteem International
Ambassador and Global
Representative

I met Polina few years ago while working together in Germany. From the very start, I noticed her openness and her enthusiasm for meeting new people and embracing new experiences, new cultures. I found out that she was actually coming from Russia, but with roots in Ukraine too. After a while, I've got to find out that she will move from Germany to Australia. „What a change! What a traveler of the world, chasing the horizons!“.

We did this interview before the international situation we are all in, therefore we did not discuss it in the interview. We still decided to go ahead and publish the interview as we believe that now more than ever we need to bring some positive spirit to our readers and help them see and create new opportunities in their future, raise above an international painful context and bring some of the human touch too. We hope you will enjoy it.



Welcome, Polina! What made you move to different countries? Did you look for new opportunities to move from Russia or simply chances appeared and you said „I go for it“?

My first move – from Russia to Germany – was quite opportunistic. I was working in an international company and, as I always loved traveling, I thought why don't I use the opportunities available for me and combine getting international work experience with more travel? I quickly explored open roles in Europe (Europe felt not too far from home), got interviews in three countries and the stars aligned with Germany. I guess it helped that I learned German as the second foreign language at school. It was initially planned to be a 6-months secondment, a „discovery“ move, but after a couple of extensions, it was clear that I was there to stay (at least, for a while). That transition was pretty much stress-free thanks to the company which helped with the move, and thanks to my parents, who were very supportive and made this step easy for me psychologically. I was 23 years old back then and the first time moving out of home. Now that I am a mom myself, I appreciate how hard it must have been for them to let me go, but they tried not to show it to me.

The second move – from Germany to Australia – was more conscious: I was looking for a career transition. In what I know now, it was a classic female „hiding strategy“, instead of building an extensive network and trying other things which could help me with this transition, I decided to get another degree first, in order to have „what it takes“ to start a new career. Although my German was quite good, I preferred studying in English and felt I was ready for a new move. That's how I landed in Australia, where I did a Master's degree in Strategic Foresight (or Futures Studies). The positive experience with my first move made me more open to risk: at the time of the move, my savings only covered tuition fees for one semester at the university but deep inside, I was 100% sure that it would all work out. And it did! I got a scholarship that made the studies more affordable and landed a part-time professional job a few months after moving to Melbourne.

I see you as a world traveler. What helped you accommodate in different environments with totally different cultural backgrounds? What did you find more challenging and how did you overcome this?

Good question. I think there is a fine balance between adapting to an environment and culture you live in without losing who you are at the core,

your values and your uniqueness.

Being open to learning new things, from language to cuisine and the ways of working, definitely helped me adapt. I made it a habit to ask myself every time I met a new person, no matter how different their interests appeared at the first glance: what can I learn from them? I learned a lot from these encounters and reflections; they reshaped my worldview and reinforced others.

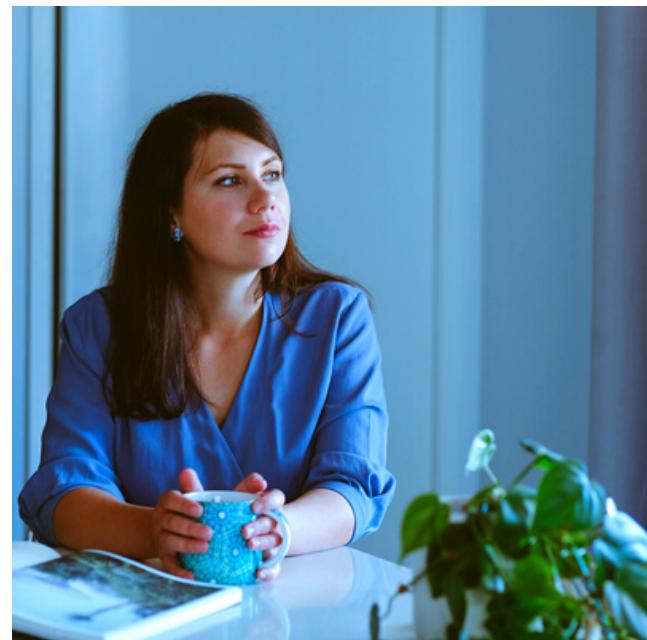
The most challenging probably was to get out of my comfort zone when meeting new people as an introvert, a foreigner and a non-native English/German speaker. Heading to a networking event or a party, I would have a moment of doubt: maybe I could stay home and read a book instead... But every time I made an effort, it was worth it and broadened my horizons. Talking about socializing, such fine things as humor or references to some local cultural things are the most difficult to grasp for a foreigner. Still, it should not make us, world travelers, uncomfortable. We have so many stories to tell, and we should own them!

If you would move to another country, what would you take further from what you learnt in Russia, Germany and Australia?

Confidence that I can do it again; looking at a move as an adventure, not a final destination; building a local network from day one and cherishing connection with my family, friends and various circles I have built over time.

And what would you change?

Having discovered **Futures Studies**, which completely transformed the way I think, I would



spend more time defining my long-term options and making bigger picture plans, stretching myself to what might have felt preposterous or crazy at that time. Looking back in my earlier years, I feel like I stayed in my first job for too long; maybe I was afraid of a more transformative change back then, or maybe I needed that job's security to enjoy my first years of freedom. Since moving to Australia, I discovered how much I could learn when I change career roles more often, take more risks, be an entrepreneur and think about my future as multiple different options or scenarios, rather than one predetermined future.

What is „home“ for you?

Home is where my family – my partner and my daughter – are. With them, I feel at home anywhere: stuck in a pandemic lockdown for months or changing one hotel after another in a holiday trip. With them, I can easily imagine moving again and starting a new adventure.

I know you have very interesting projects you worked on, one where you were also presenting at an UN event/conference. Tel us about what you do and some of your most loved projects.

I enjoy working at the intersection of disciplines: futures thinking, personal development and positive psychology. My favorite projects are those that create transformative experiences for people, especially women: help them feel empowered, see new possibilities, dream bigger and become more resilient.

A presentation at a UN's was in the first months of COVID when the need in applying futures thinking became more relevant than ever, and interest in futurists' work surged. Another fun project I did was with a profi-storyteller when we created a future scenarios board game which was teaching players explore different scenarios that might unfold in the future, learn to relate to them through storytelling and therefore make better decisions in the present.

And of course, my favorite „baby“ is my online course Futurefromwithin.com which teaches how



everyone can create better futures for themselves using tools that futurists use in their work. There is a story behind the creation of the course. When I was graduating with my Master's degree, our university professor was retiring. I was so impressed by how the knowledge and skills I got in the program changed my thinking about the future and my decision-making that I promised him to



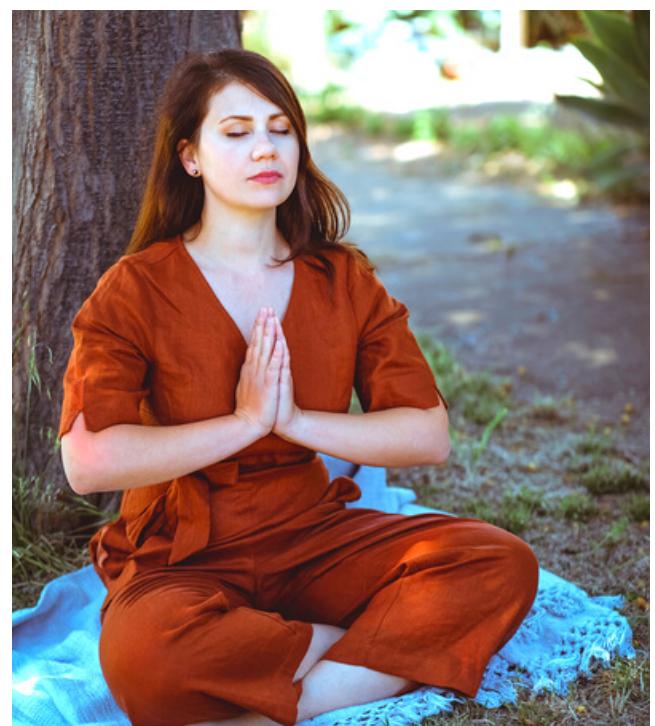
continue what he was doing. Combining futures thinking with personal development was something I am passionate about, while doing it in the form of an online course would allow me to reach more people. I am thrilled by the positive feedback I have received from women in direfromwithin.com which teaches how everyone can create better futures for themselves using tools that futurists use in their work.

You mentioned that you enjoy working particularly with women, are you specifically focusing on female audience or is futures work resonating with the female audience more?

Yeah, this is interesting. While I have not been actively targeting the female audience, women seem to be more interested in future thinking. As this is not just my observation, there is anecdotal evidence in the futurists' community that women commission futures work more often. I have a theory that this could have something to do with our role within our family as mothers, daughters, grandmothers. We have this connection to both the past and the future, can relate to the time when we were not born yet and when we will be gone, caring about the life our children will have then. I would be interested if someone does a Ph.D. on it one day and what they will find out!

As we are an organization that helps women engage and grow together, I am curious if you experienced any difficulties as a woman, in any of the countries you lived in? How do you see this topic especially now, when March is considered the month of women?

This is a persistent issue with various maturity levels (as in how bad the issue is, what is normalized) in different countries. In Australia, the issues around gender inequality and violence against women have picked up in public discourse. In 2021, the Australian of the Year Prize was awarded to Grace Tame, a victim of child sexual abuse who is also advocating for stopping sexual violence against women. We are yet to see whether this award was a symbolic gesture or a signal of a positive change. I hope that the next generation, the one my daughter is part of, will be a safer and more just time for women to live in.



As to my personal experience, something that I am still working on is finding my voice, the voice that would allow me to be heard in male-dominated environments while remaining my authentic self. I worked in a corporate role in a company with a heavy focus on engineering and, from time to time, was the only woman in the room.

There were situations when I put forward an idea that was completely ignored, and a couple of minutes later, one of the guys would say the same thing that would be accepted as the solution, and he would get credit for it. Moments like this left me wondering whether I was heard at all. It is important for me to remain authentic and not to adopt a leadership and communication style that would help me become more noticeable by being „not me“. Finding this voice is still a work in progress.

As to the second part of your question, over generations, women have been organizing communities and sisterhoods to support each other, and your platform is another fantastic opportunity for women to connect and exchange wisdom. What I think we need more of in a workplace and other settings is stepping up and supporting each other „live“ – here and now, right when it is needed. Not only in March but always. In some situations, it might be a clear and firm remark that a particular behavior towards ourselves or other women is unacceptable; in others – it could be strategically soft leadership signalling in an emotionally intelligent way that this is how we would like to be treated, this is another way to lead and the culture that we would like to create and see more of around us.

The same goes not only for women but for any marginalized or disadvantaged group – any group that is underrepresented in a particular setting. It can be women missing (or not being heard) in a boardroom, or it can be future generations who don't have a say when a government policy that will affect them is being debated.

Do you have a favorite hero? Or personality

you admire of? And why?

Following on the topic of authentic leadership, I find New Zealand's Prime Minister Jacinda Ardern truly inspirational. She has proven that a „traditional“ male way of leading and communicating is now obsolete. That you can be vulnerable and strong at the same time. That you can be fun, no-make-up, creative and empathetic. During the darkest moments of her time in the office, such as the Christchurch terror attack and the peak of COVID-19 pandemic, she demonstrated exceptional leadership, listening to the affected communities, hearing them and speaking „the same language“. She is popular outside New Zealand: Australians jokingly ask through social media if she'd agree to be the Prime Minister of Australia.

What is one thing you would like to leave our readers with?

I like this quote: „**The best way to predict the future is to create it.**“ We, women, have enormous agency and power to create brilliant futures for ourselves, our families and our communities, but I think many of us are struggling with imagining bold(er) possibilities and restricting ourselves with modest ideas about where we can take our life. I believe we should more often allow ourselves to imagine what feels unimaginable and then figure out how to make it happen. It is never too late to start creating better futures, but you cannot create what you cannot imagine. „What if...“ is a good question to start.

Thank you, Polina! I am happy we had this exchange for our readers! I wish you success and many wonderful achievements.



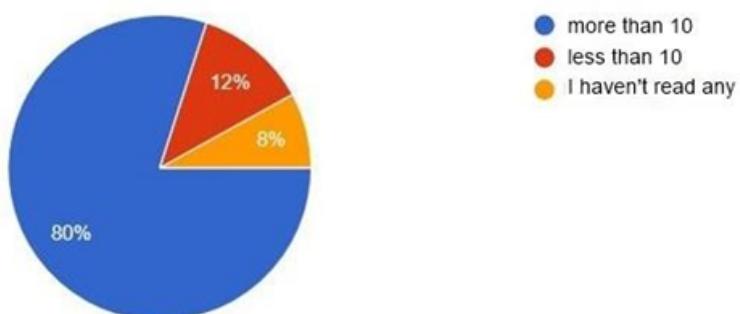
WHAT, HOW MUCH AND HOW DO ROMANIANS READ?

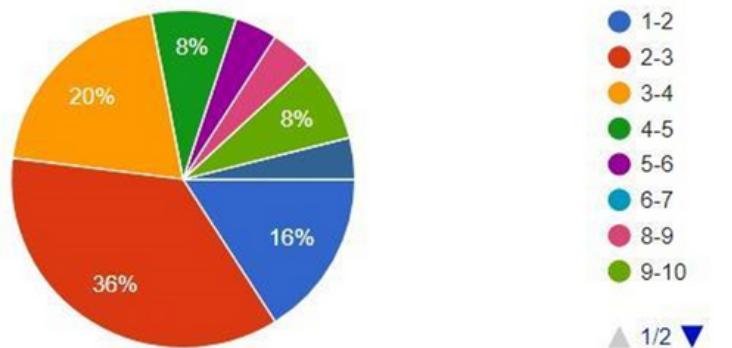
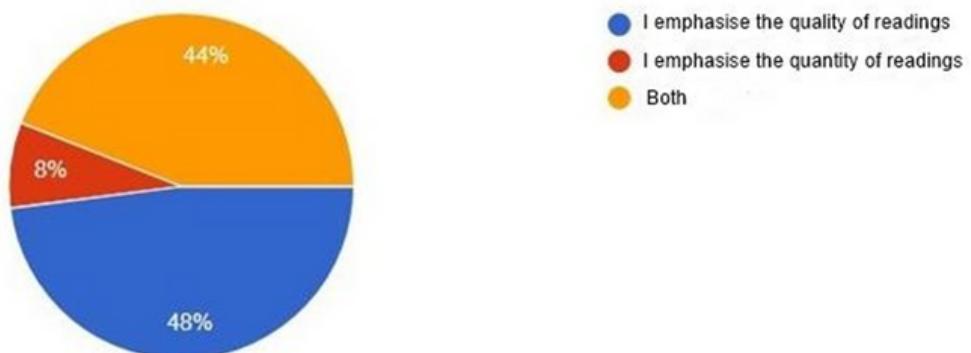
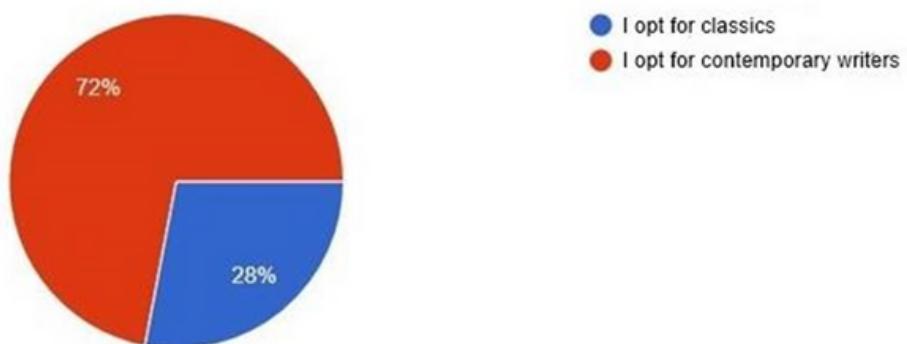
"Asking me if I read is like asking me if I breathe." (anonymous author)

Various case studies say Romanians don't read, but I wanted to see for myself. I created a questionnaire with questions about literature, and the results are not at all disastrous. 88% of the 374 responses to the questionnaire reflect that those who filled them in have read at least one book in the last year. Not bad, eh? But, unfortunately, it doesn't represent reality as it is. And the survey itself, if we are talking about the country as a whole, is not at all relevant. It would be impossible in a country where 45% of the people who populate it cannot read and write.

I invite you, in what follows, to see the answers to the questions asked:

1. How many books have you read in the last year?



2. What is the average number of books you manage to go through in a month?**3. Do you place emphasis on the quality or quantity of the books you read?****4. Do you prefer classic literature (Eminescu, Slavici, Creanga) or contemporary literature (Mircea Cărtărescu, Ioana Pârvulescu)?**

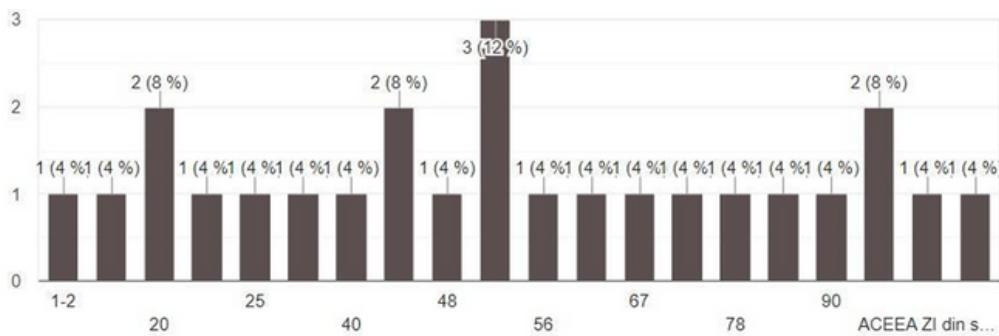
5. What is the origin of the books you usually read?



6. Do you have a preference on the author's genre?



7. How many books do you intend to read in 2022?



From all this we can deduce that in the crowd of people there are also lovers of reading. I would like to take this opportunity to thank the readers who filled in the form.

Meanwhile, I let you know that there will be more case studies to follow, and if you would like to take part, I will announce all the details on my blog and Instagram when I have them ready.

**Cimpoeru Adrian, 14 yo, Giurgiu, Romania**

"I'm a teenager in love with books and I simply adore literature! Ever since I know myself, I love literature and everything related to this academic part of my studies.

It is from this passion that I decided to open an Instagram account and a blog, through which I talk about the last books I read.

You can find me online on Instagram at: @literamica or on the blog, where I post monthly reviews: cimpoeruadrian.data.blog."





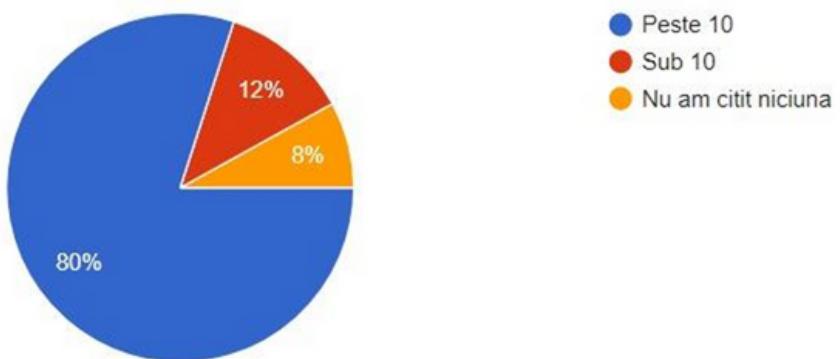
CE, CÂT ȘI CUM CITESC RÓMÂNII?

„A mă întreba dacă citesc, e ca și când m-ai întreba dacă respir.” (autor anonim)

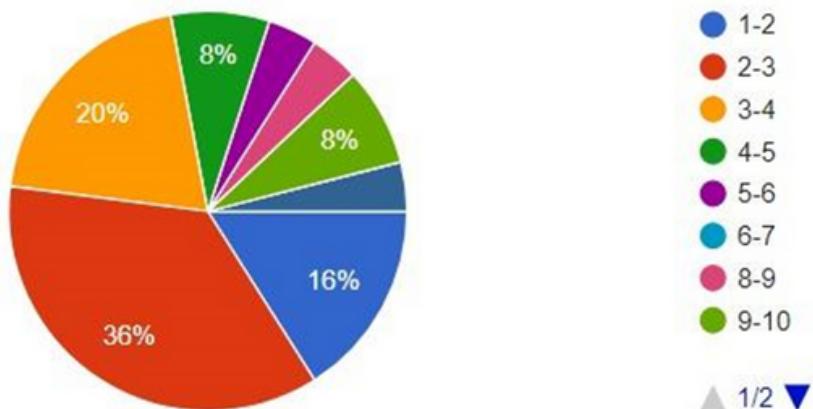
Diverse studii de caz spun că românii nu citesc, dar eu am vrut să mă conving singur. Am creat un cuestionar cu întrebări referitoare la literatură, iar rezultatele nu sunt deloc dezastruoase. 88% din cele 374 de răspunsuri ale cuestionarului reflectă faptul că cei care le-au completat au citit măcar o carte în ultimul an. Nu e deloc rău, nu? Dar, din păcate, nu reprezintă realitatea aşa cum e ea. În studiul în sine, dacă vorbim la nivel de țară, nu este deloc relevant. Ar fi imposibil într-un stat în care 45% din oamenii care o populează nu știu să citească și să scrie.

Vă invit, în cele ce urmează, să vedem răspunsurile întrebărilor adresate:

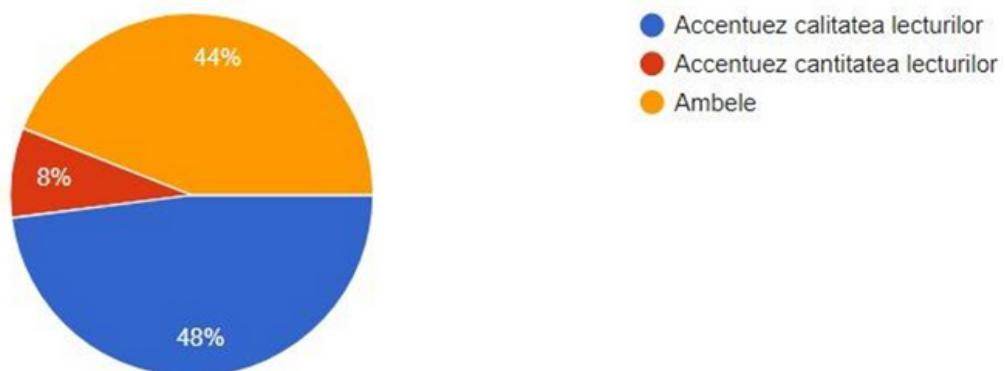
1. Câte cărți ați citit în ultimul an?



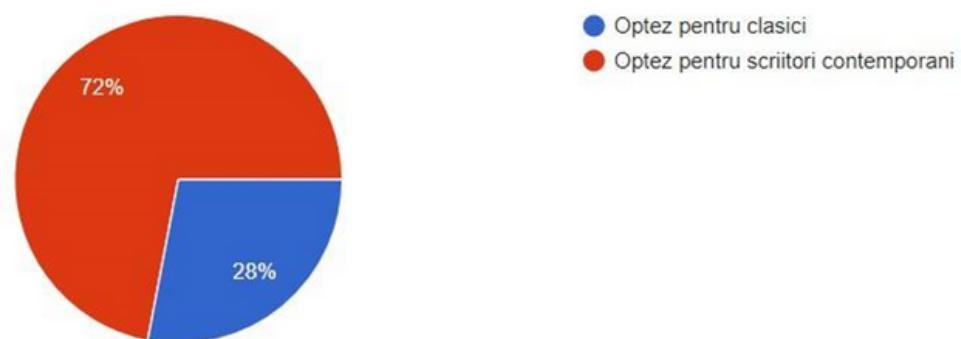
2. Care este numărul cărților pe care, în medie, reușiți să le parcurgeți într-o lună?



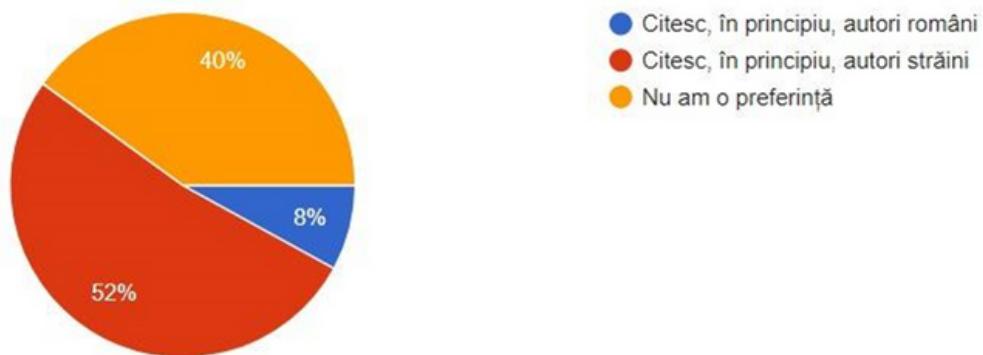
3. Punetăți accent pe calitatea sau cantitatea cărților citite?



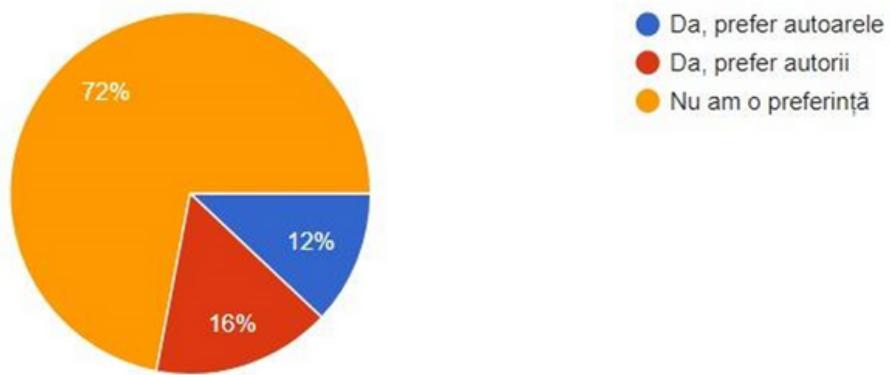
4. Preferați literatura clasică (Eminescu, Slavici, Creangă) sau literatura contemporană (Mircea Cărtărescu, Ioana Pârvulescu)?



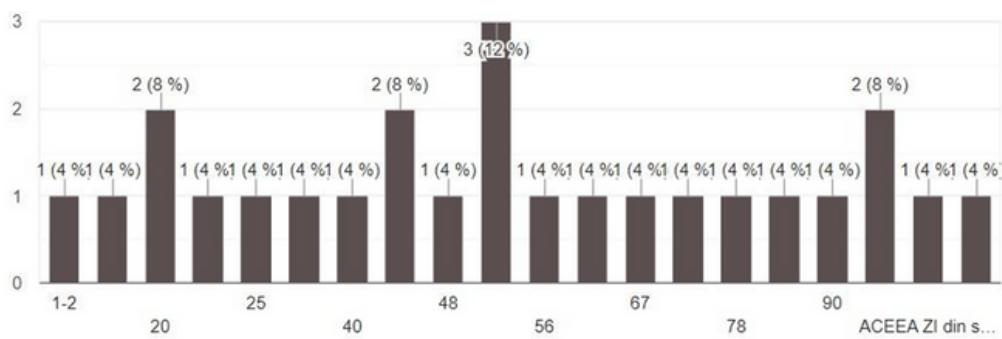
5. Care este proveniența cărților pe care le citiți de obicei?



6. Aveți o preferință asupra genului autorului?



7. Câte cărți v-ați propus să citiți în 2022?



Din toate acestea putem deduce că în multimea de oameni mai sunt și iubitori de lectură. Pe această cale țin să mulțumesc cititorilor care au completat formularul.

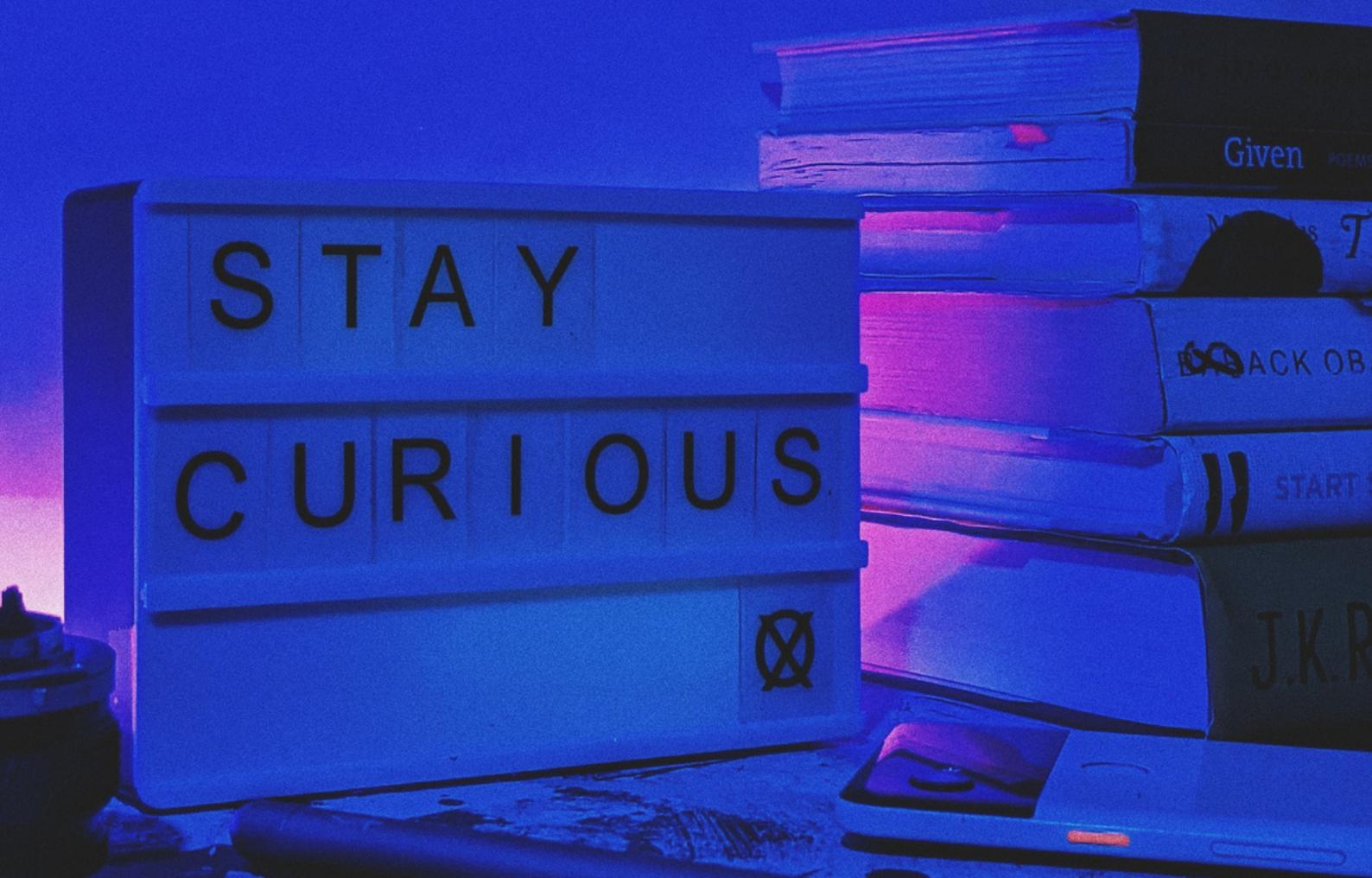
În altă ordine de idei, vor mai urma studii de caz, iar în cazul în care doriți și dvs să luați parte, voi anunța pe blog și Instagram când pregătesc toate detaliile.

**Cimpoeru Adrian, 14 ani, Giurgiu, România**

"Sunt un adolescent îndrăgostit de cărți și ador nespus de mult să citesc! De când mă știu ador literatura și tot ce ține de această parte academică a studiului.

Tocmai din această pasiune am decis să îmi deschid un cont de Instagram și un blog, prin intermediul cărora vorbesc despre ultimele cărți citite.

Mă găsiți on-line pe Instagram la adresa: @literamica sau pe blog, unde postează lunar recenzii: cimpoeruadrian.data.blog."



LA BRAȚ CU HERA

(poezie trunchiată, originalul se va găsi în vol. de poezii al autoarei)

Pe o lume de corole și-n cântec de barcarole
unde ziua strălucindă e gata să te cuprindă,
de ce oare demiurgii împreună cu teurgii
n-au lansat doar fericirea, zâmbetele și iubirea,
pe a noastră existență lipsită de diferență ?
Zeițele se certară și pe veci ele-exportară
răutatea, neplăcerea, falsitatea, decăderea.
Hera cea înflăcărată, cu setea-i nemăsurată
de-o răzbunare făloasă, în firea ei periculoasă
a-împrăștiat în jur venin, că e din „regnul”
feminin,
cel cu puteri atractive, dar și – vai ! – mult
destructive.

Ar mai avea-ea un dram de șansă pe-astă
lume-n prag de transă ?
Să-i se schimbe firul sorții, s-o plătească cu
toți orții,
pentru-a aduce fericirea, calmul, liniștea,
iubirea,
fără umbre de-învăjbire pe a sa scurtă trăire ?
Priviți-o sub altă prismă, sub aceea de
carismă,
care cu sudoarea frunții poate urni chiar și
munții,



ce se-aruncă în bătaie chiar dacă se încovoie,
ce-alină neliniștea pentru-a dărui dragostea,
voiță și îndârjire, căldură și-îngăduire,
toate astea le găsești la femeie de privești.

Adina Cristea Palada, Paris, Franța

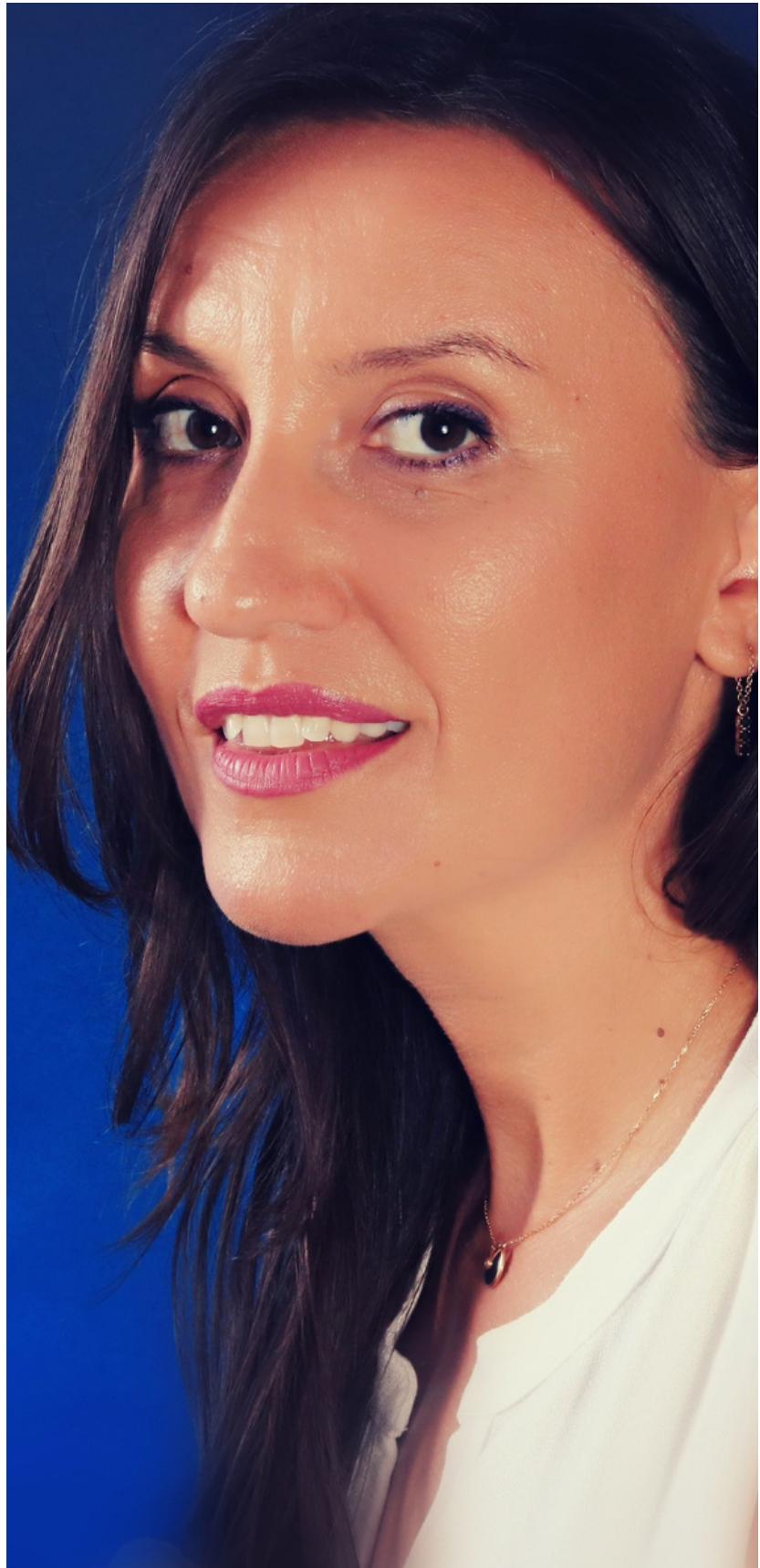
Născută în România, scrie încă din copilărie, participând la multiple cenacluri și reviste literare. După studiile Institutului Politehnic București în Chimie-Fizică, pleacă în Franța în 1989, unde își reinventează o nouă viață. Publică în 2020 "Dezrădăcinații" în română și franceză, roman cu puternice baze autobiografice,

Women connection

Ladies like you
are my inspiration
to write something new
out of our connection,
to stop the time and smile
enjoying your stories
to run that extra mile
without thoughts and worries.
Because with you I express
my gratitude and my dream
for all the women in stress
to grow their self-esteem.
To stop like us and talk
here at WomenEsteem
and go out for a walk
feeling like a damn Queen.

**Diana-Maria Georgescu
Bucarest, Romania**

*Founder and President of
WomenEsteem International
Association, Bucharest, Romania.*



La Maga

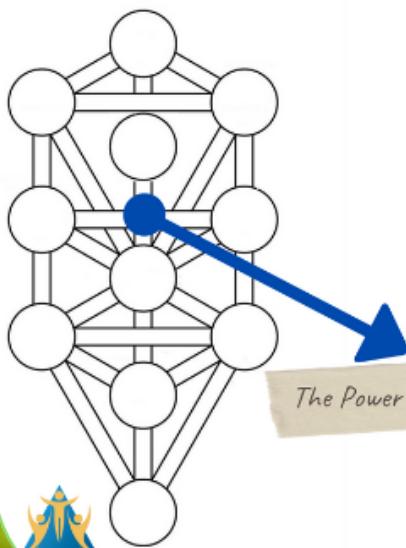
Ahí, dondequieras que vayas,
sé La Maga.
Ahí, sea cual sea el momento, muestra
tu Poder de Amar,
la verdadera Compasión.
Ahí, dondequieras que estés,
expande tu Luz,
esa que trae al presente memorias de
otras vidas
cuando, bajo tu mandato, el mundo
sólo conocía
el Respeto a la Vida,
la mutua Honestidad,
la maternal Calidez,
la Fraternidad,
la Paz.
Y recuerda cada vez que veas otra
mirada de Mujer
Que podrías ser tú.
Recuerda que tu Voz y tu Acción
Nutren y dan Vida.
Únete, crea,
sabiendo que cada una de nosotras es
única
y, a la vez, igual a las demás.
Haz magia.
Hagamos Magia.
Construyamos un mundo mejor.



Montse V., Barcelona, España

Licenciada en Filología hispánica, amante de las lenguas, del lenguaje de las miradas que no necesita explicación. Apasionada de los viajes y artísticamente creativa. Facilitadora de Paz, para mí misma y para los demás... Maestra de Reiki Usui. Practicante de yoga, meditación y Qi Qong. Cada vez más creo en el poder de la sonrisa.

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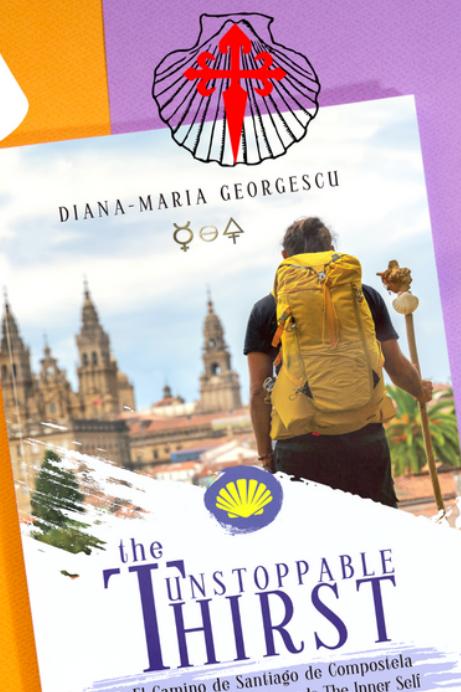
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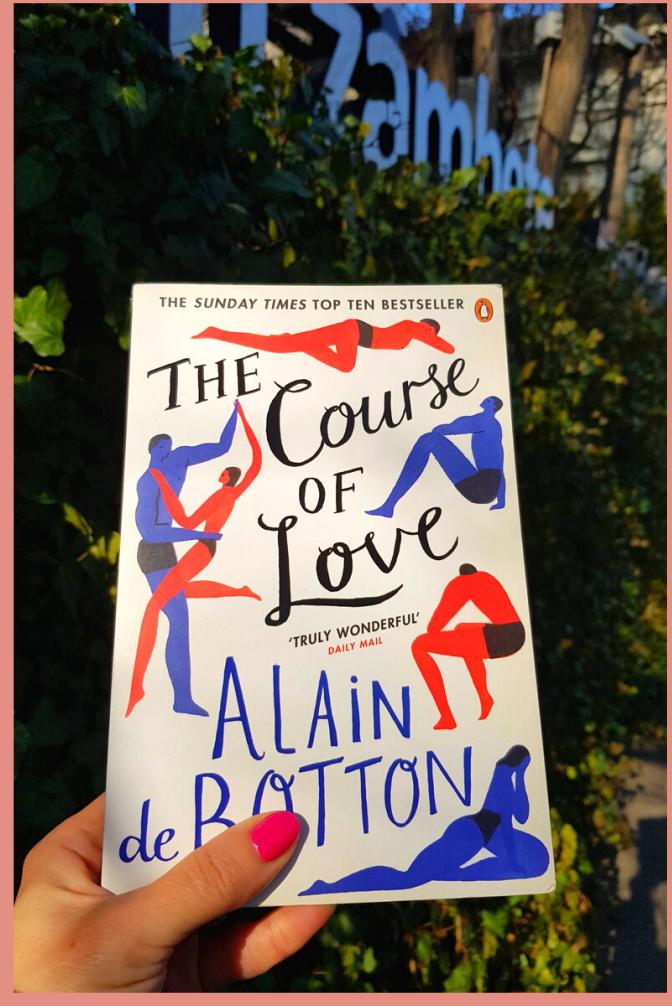
EL CAMINO DE SANTIAGO DE COMPOSTELA
GRUP GHIDAT
10-30 IULIE 2022



What is happening during “the ever after”? - a few words about The Course of Love by Alain de Botton

By the standards of most love stories, our own real relationships are almost all damaged and unsatisfactory. No wonder separation and divorce so often appear inevitable. But we should be careful not to judge our relationships by the expectations imposed on us by a frequently misleading aesthetic medium. The fault lies with art not life.”

Ah, fairy tales- they are the perfect escape from reality and a way to develop unrealistic expectations. Enters real life and a sense of normality. We all love happy endings and fairy tales, they are great, they give us hope, joy but an unreasonable sense of reality. Because falling in love is just a moment in one's love life, the course of love is also about understanding, acceptance, sometimes struggling, growing (together), facing temptations, maybe about fighting illnesses, arguing about who takes the children to school, about separation and realizing there is no prescription for an ideal relationship, in fact, there is no fairy tale-Hollywood-like relationship: there is your own idea of “perfect” adapted to the life you live.



A couple of years ago I've stumbled upon “The Course of Love”, a book in which the author states that he does not believe in the idea of a Romantic, fairy-tale-like relationship. Well, I thought that was something interesting and the first reason why I thought the book was worth reading. Alain de Botton gets further than the blissful wedding time and tries to see what happens during “the ever after”. Fairy tales and most of Hollywood films end with the wedding and the couple getting happily together after a longing period when they had to face some obstacles to be a couple. But what happens after “the getting together” part, after the wedding?

Alain de Botton follows the course of a relationship from the infatuation, the first dates, the falling in love, the sex life then further to marriage, having children, adultery, couple therapy and doubts. Rabih Khan and Kirsten McLelland form just an ordinary couple- they meet, fall in love, decide to get married, have children, have second thoughts, one of them cheats...Their relationship is a sort of case of study for the author.

The reader witnesses how Rabi and Katherine's relationship develops throughout the years. They will face the challenges of married life, they will have two children- a girl and a boy, they will experience a lot of emotions, marital bliss, a boring domestic life, one of them will have an affair, they will go to couple counseling – just to mention “a few” of the events in their life “This will be the real love story “the author sums up. De Botton states that love is a skill that can be learned and improved.

In each chapter the course of the story is interrupted by some passages written in italics- these are in fact explanations, words of wisdom,

reflections of the author on the nature of love and relationship, sprang from the situations the characters faced: “We take this idea of love with us into adulthood. Grown up, we hope for a re-creation of what it felt like to be ministered to and indulged. In a secret corner of our mind, we picture a lover who will anticipate our needs, read our hearts, act selflessly, and make everything better. It sounds ‘romantic’; yet it is a blueprint for disaster.”

The combination of a love story and accessible philosophical comments makes this book different and yet accessible, so this is just another good reason which makes it worth reading. I let you discover the others by reading it.

“We may need to tell ourselves more accurate stories – stories that don’t dwell so much on the beginning, that don’t promise us complete understanding, that strive to normalize our troubles and show us a melancholy yet hopeful path through the course of love.”

Happy reading!



Elena-Carmen Lincă, Bucharest, Romania

Founder of WomenEsteem International Association, certified translator, teacher of English and German

Read more about Carmen at the end of the magazine





"WOMENESTEEM INTERNATIONAL FOR YOU" MAGAZINE TEAM



Ruxandra Popa, 17 years old, from Brașov, Romania, is a passionate writer and reader, and our **Teenagers' Coordinator wing**. She is in charge with making visible our initiatives on Instagram and gather together talented teens willing to contribute to grow bigger our dream. She is also the author of various articles you will find in the magazine.





Carmen Coroian, lives in Barcelona, Spain, and she brings her editorial experience into the making of this magazine. She is in charge with correcting and editing the articles we are receiving from our contributors, and she is the **WomenEsteem International Ambassador in Spain**, from where she helps us connect with new people willing to contribute to our dream. You will also find Carmen's poetry and articles in the content of our magazine.

Mara Bădită, lives in Hamburg, Germany, and she is the **WomenEsteem International Ambassador and Global Representative**. She has an extensive international background, client and product development skills gained in corporate environment. She helps building a user-friendly appearance for our magazine. She is also a content writer, hence you will find her articles in our magazine.

"I like diversity, in all its forms, from people to experiences, I love morning coffees, listening to the wind, enjoying the rain. My favorite question is: if you see a smile, why would you add a label to it? You never know what story stays behind a smile."





Elena-Carmen Lincă, lives in Bucharest, Romania, and she is a **WomenEsteem International Association Board Member**. She is passionate about books, and she is our knowledgeable lady when it comes to recommend books during our **Book Club** meetings. Carmen is also a content writer, hence you will have the chance to enjoy her articles in our pages.

Elena Merișanu, lives in Bucharest, Romania, and she is **WomenEsteem International Ambassador**. She used to be an English teacher, and being passionate about nutrition and exercise since she was a teenager, she became a Yoga Teacher, Personal Trainer and nutritionist. For our magazine, Elena is in charge with reviewing the articles written or translated in English. She is also a content writer, hence you will find her articles in our pages.



Diana-Maria Georgescu, myself, I am living in Bucharest, Romania, and I am the **Founder and President of WomenEsteem International Association**, hence of this magazine as well. I am also a published author and I love share my stories with people, hoping they will find similar aspects in their life and, why not, similar opportunities to grow or to overcome certain situations.

WE GROW TOGETHER AS ONE!

Our mission is to assist women in increasing and using their strengths in their professional and personal lives. By supporting each other without entering the competition, we will exponentially increase the feminine energy that fuels the magic of harmonious growth.



Our vision is to grow an international community based on the same value system we promote through our mission.

Our contribution extends to children as well, by developing educational projects helping them to expand their horizons beyond the boundaries of the current school system.

Your contribution will help us increasing the number of pro-bono workshops and events dedicated to women and children eager to grow personally and professionally.

How can you contribute to our mission?

- You can buy an annual membership that will allow you to receive exclusive benefits for your personal and professional growth.
- You can become our sponsor or you can make a donation in RON or EUR in our bank account:

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Thank you for reading our magazine!

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thank you

*for your precious and constant
contribution:*

Adina Cristea Palada

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Business Soul2\$oul is an innovative model that helps you to have the right people on the right jobs matching their talents, in order to get the maximum profitability via engaged teams and balanced internal structures.

BOGDAN NICOARĂ, Entrepreneur

"We had a very nice experience while working with Adrian and Diana. When we've started our collaboration, in our group of companies there were so many problems linked to the way people used to interact with each other and the jobs they were assigned to. This collaboration helped us due to the fact that we gained clarity and even results in a very short time. Things settled down and we got the possibility to manage our activities in a more practical way and more results oriented for all the companies in our group."

*"Is the spring coming?" he said. "What is it like? ..." It is the sun shining on the rain and the rain falling on the sunshine..." (Frances Hodgson Burnett, *The Secret Garden*)*

