



Promoting the networking of Women who work in the short term insurance industry in Gauteng, South Africa.

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## WOMEN 2 WOMEN

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### Women making strides in the SA insurance industry

Even though they remain in the minority in the boardroom and face significant challenges including recognition of their value in the workplace, representation and participation at C-Suite level, women are beginning to make significant strides in South Africa's insurance industry .... [Read more](#)

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**Procrastination a practice ground for life mastery**

There is not a person in this world who does not procrastinate. You put off your work for the day, distract yourself, put off pursuing your dreams, put off putting your work out in the world for fear of being judged.... [Read more](#)

**Holford's guide to essential nutrients for women**

Leading nutritional expert Patrick Holford unpacks key nutrients needed by women to support and improve overall health, moods and energy. Holford explains that there are certain nutrients women need more of at different times in their menstrual cycle and in the peri- and post-menopausal phases....[Read more](#)







**Multitasking interferes with brain activity**

Multitasking may be on the way out, since research shows that the brain works most efficiently when it can focus on a single task....[Read more](#)

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**Financial focus: What do you NEED and WANT?**

We all know that luxuries are a WANT expensive electronics, overseas holidays, fancy cars but what about all the other stuff? Do you really have a good handle on your needs and wants? Do you know what you could live without, and what is absolutely essential.... [Read more](#)





**Do you fall in line with SA's sleep habits?**

A new study shows that Capetonians get the most sleep, while Pretoria people are morning people. South Africans typically wake up at 06:20, making us the earliest risers in the world. Capetonians get the most sleep, while Durbanites have truly awful sleeping habits, averaging just over seven hours a night.... [Read more](#)



# LEGAL TALK

# WOMEN'S RIGHTS

**Legal Talk: A loved one has passed on - how do you handle the legalities?**

It's human nature not to want to think about death - either your own or that of a loved one. But the consequence of not preparing for this inevitable part of life can be devastating for those left behind when a family member passes away.... [Read more](#)



SAVE  
THE DATE

The Year End Function  
8 November 2018

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**Congratulations to Gladys Phasha from Hollard on winning the R1000 cash prize as part of her participation in the GWII Membership survey. Shockingly surprised and excited when she was informed Gladys said, "thank you, thank you!"**

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