

## Ep #012: Reclaiming My Voice and Power



**Vulnerable  
to Valuable**

PODCAST

*with Rosie Aiello*



Francesca Fondse

**"A Dark Night of the  
Soul--Reclaim Your  
Voice and Power after  
Narcissism."**



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### Full Episode Transcript

With Your Host

Rosie Aiello

## Ep #012: Reclaiming My Voice and Power

My guest today learned from a very young age never to have her own opinion. That stage for a series of personal devastations.

But despite her feeling broken, she was prepared to gather herself bit by bit by bit through every other woman broken and beaten down by narcissism and domestic violence, and become that woman's champion. And now she'll be your champion as she shares how to show up stronger, more powerful and emboldened so you can create life you deserve.

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. If you've been in one of those like me, you KNOW what I'm talking about. You are not alone. You've been through some painful stuff ... shame, blame, that inner bully inside you. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you.

In today's podcast, we go to South Africa where as a white woman Francesca Fondse held strong convictions of both racial and gender equality which forged her path to become an anti-apartheid activist while facing public rejection and later her own story of intimate abuse.

Francesca gets vulnerable as she shares her unique and yet similar experiences to women worldwide who've been in toxic relationships, had their dreams shattered, and how she went from hiding her thoughts to creating the empowered woman leader she is today so that you can rise up, value your voice and hold onto your boundaries to create the life you desire.

We're going to talk with Francesca in a moment, and first a mini masterclass ...

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Francesca and I go deep into discussing boundaries. As we do, I want you to think about what boundaries do you have or not have?

See the examples Francesca offers, her thinking. How similar are yours?

For this mini masterclass, I'm going to discuss boundaries from Freedom Fulfillment Pillar #11.

Before I discuss Boundaries with you, I first want to make sure that you are not judging yourself. Just kick that thought out of why didn't have I good boundaries? Or why don't I?

Why couldn't I have held onto those boundaries?

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These “Why” questions only send you down a rabbit hole and are not helpful.

You don’t think about “boundaries,” because you are not expecting to have to protect yourself against your partner.

You expect your partner will love and respect you. Be kind and thoughtful. That’s normal in a healthy relationship.

You’re not expecting to have to put up a line of defense to protect yourself. You’re not in war zone, or so you thought.

You’re not looking for all the ways you have to protect yourself. Right?

Go to episodes #5 and #6 where I discuss other aspects of boundaries and its real meaning.

The way narcissists infiltrate your boundaries is slight, confusing, not consistent. It’s often veiled in niceties, like “it’s for your own good.”

When he does this you become even more confused.

What exactly are you protecting yourself from?

You’re protecting yourself from having your values, what’s important to you, your freedoms, your beliefs from becoming encroached on and taken away.

When I lived in Saudi Arabia, women were not allowed to drive. They only received the rights to drive in 2018. In the beginning, I had to depend 100% on my husband to take me anywhere including grocery shopping. I was in a way forced to ask him— can I go, can we go?

Then later, he had some of his staff take me on my errands, when he was at work. But I still had to ask for permission. And he had to coordinate with his staff get someone to take me. It felt like I was always bothering him or his staff. Like they were doing me a favor.

I had been an independent women living and working in the United States then all of a sudden my basic freedom of driving was gone. But it was made worse because of what I had created, I had allowed that I had to always ask for permission. It’s these under cuttings. These

And when we moved to Lebanon where I could drive, I still had to announce to him that I was leaving the house. I had to give an account of where I was going. My freedoms were slowly and continuously being shrunk.

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Once I had allowed that I had to “ask” to leave the house that created precedent. I created that unhealthy relationship boundary—but I wasn’t aware that I did that.

Things got worse as the years went by. I even had to tell him where in the house I was going. If I left his presence for any reason I had to tell him why and where I was going. Every time I went to the bathroom I had to announce it.

I was so afraid. If I forgot to ask him or tell him he’d go into a rage.

To survive I learned to become mute and make sure he knew where I was.

It wasn’t until after my escape, healing and path to transformation did I learn how to create healthy boundaries—which are based on all the 11 Freedom Fulfillment Pillars.

It was a long journey but now I have clear boundaries of what I will or will not accept, how I show up in life and share that with my clients.

What are you allowing to happen to you? You might be thinking but I don’t allow it. Maybe you did what I did. It started and you couldn’t stop.

Do you believe you have no choice?

Remember you have a choice.

What choice do you want to make about your life today?

How do you want to show up in your relationships?

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If you want to know where you are on this, take my complimentary quiz. In 4 short minutes you’ll discover where you are, where you want to be, and what you need to do. If you are serious about evolving into a new empowered you, who can show up as the confident woman she once was, or wants to be then start now. Your life is waiting for you.

Go to: [FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com)

Today we’re meeting Francesca Fondse, entrepreneur, activist, politician, author, multi-award winner focusing on girls, women, gender and racial equality, and economic opportunity for them. As a women’s leader, she’ll guide you to stand up, stand proud and speak up about what matters most to you.

Francesca Fondse will be here in a moment and first ...

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Thank you for downloading the Vulnerable to Valuable Podcast produced by the Love is Kind Network. We're just starting out, Please subscribe. Every 5 star review on iTunes and every share will help our mission to impact 100 M women worldwide who have lost their voice, value and authenticity in narcissistic, controlling and abusive relationships. Will you help us achieve that goal?

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Now let's go from Vulnerable to Valuable with Francesca Fondse

**Rosie Aiello:** Welcome, Francesca. I am so thrilled you're going to be with us today.

**Francesca Fondse:** Thank you, Rosie. I'm thrilled to be here.

**Rosie:** Well, I'm going to first start off reading your amazing bio. Listeners, it was just incredible reading her bio. I had to kind of shorten it because the list is just long of what she's accomplished. Entrepreneur, activist, politician, Francesca Fondse is also South Africa's Department of Justice and Constitutional Development Champion for Women. Francesca created the Women Integral Impact Network national outreach program, which empower women and young girls, especially those living in rural communities and those affected by violence.

As a white South African woman, her convictions of non-racialism and equality made her to become an anti-apartheid activist. She suffered rejection, non-recognition, and loss of belongingness because of her beliefs. After her first husband's tragic death, she ended her second marriage to an abusive man and transformed herself in the process. She is an accomplished author with already four US published books in her name. Her list of accolades, awards, and accomplishments is long and wide - you can read them in the show notes. Her goals are simple: to protect, train, and empower women of South Africa.

Now, we're going to give you that opportunity to reach beyond - and I already know you reached beyond South Africa - to help women all over the world who are listening to empower them through your story and your strategy. Welcome again, Francesca. I'm so happy.

**Francesca:** Thank you so much, Rosie.

**Rosie:** Just give us a little bit more of where you are now and what you do with your life so they can kind of see what really a truly dynamic woman you are.

**Francesca:** I specialize in creating impact projects.

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You create a project like that, that would create 100 jobs, 300 jobs, but the one I'm currently busy with will create 1,500 jobs, and then there's a massive one on the horizon where we are aiming for 10,000 job creations.

**Rosie:** That is a big impact.

**Francesca:** It's massive. Our slogan is "Projects for People and Planet." We work with the UN SDGs. As a matter of fact, I said to the head of UN Women South Africa, "I was doing SDGs before you even defined them."

**Rosie:** SDGs?

**Francesca:** It's Sustainable Development Goals. It is basically gender equality, justice, decent work. It is really fascinating; I love doing it.

The second aspect of my life is being the National Champion for Women in the Department of Justice and Constitutional Development. I identify the legislative and their regulatory issues that affect women in a negative way so that we can redefine, review, and actually make a positive impact on the lives of women when they go through divorce, when they have maintenance issues, where there is violence in the home, all those things.

I never fully understood how vast the work was. I've served in commissions since 1993. I was on the commission that initially discussed the creation of South Africa's gender equity regulations, a law with new definitions and reviewing it doesn't take three months. It takes close on four years.

**Rosie:** And all the women who are suffering during that time because they were waiting.

**Francesca:** Unfortunately, I was one of those, Rosie.

**Rosie:** Tell us a little bit about your personal story of the relationships that you were in. You had a few narcissistic relationships, one was a personal that I know of, and one was a business one. I think it's important for women to know - sometimes you think it's only your intimate relationship, but these bullies, these people who have abusive, controlling behaviors can pop up anywhere in our lives. So maybe start with your personal one, how it manifested and how long you were in it and how you got out, and then the other one that came later.

**Francesca:** One has got to be honest with oneself. I love my father dearly, very much, but he was not an ideal parent. What made him not an ideal parent is he was a young man during the Second World War and the effect of that was really terrible. He didn't allow his children boundaries. Maybe it's also generational, it's not only the war experience. I think in the 60s, were children really allowed to say to their parents, "No, I do not want to do that because of this, and this, and that"? Or, "No, I disagree with you because of this and this"? No, we weren't. It was a generational thing as much as it was this postwar trauma.

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I really think that is, for me, where my first lack of personal boundaries originated because my mother was this total humanitarian and my father was a little bit like a general and you just couldn't say no or just couldn't have your own opinion about anything. Then my mom passed away when I was 12 and I kind of look back and I raised myself. My father was devastated by her passing and he was just not a good father in terms of holding space for me, who was also hurting, and giving structure to his children, which is very much what a woman does. We hold space, we create family and unless the father figure is strong, many families I see come undone after the loss of the matriarch in the family.

My first husband, I must say, Rosie, was a wonderful man. We met under very difficult circumstances. I was an anti-apartheid activist, I was very young, very beautiful. At the time, he was highly resented in South Africa that I was the activist and it was very difficult. Believe you me, it was not easy. I met my first husband, he was twice my age, and he was this incredible person that could hold space for me and he could encourage me and he really took care of me in terms of my safety. My eldest daughter, she could not have asked for a better father figure in her life. We had six years together, a very short time, and in that space, such a lot of things happened, both extremely beautiful things in the space of the relationship, but in terms of the political play and the aftermath of apartheid, it was very difficult. Very few people understand that the four years since the un-banning of ANC until Nelson Mandela became president was the most dangerous years for people like me and him and it is in those years that I lost him, our stepson, friends. It was just crazy.

The apartheid period itself was not good. As a woman - I was a young woman, a young mother - I couldn't buy personal items, like female underwear, without somebody watching and you have this constant sense of no privacy.

**Rosie:** No privacy and no safety. Here he had created all this safety for you and you knew you could be safe with him and then, all of a sudden, he dies, there's apartheid, everything just fell apart. And how important safety is for women.

**Francesca:** Safety, in that context, whoa, I can't tell you. We were shot at. I was driving and my tire was shot at. I was driving and somebody shot and, thank God, those days, we didn't have the equipment we have today. We had the cassettes that you listened to in your car and I had to bend over to change it. It didn't even reverse play; you had to take it out and turn it over and play it. You remember those ones?

**Rosie:** Yes, I do.

**Francesca:** As I bent over, the vehicle was shot at and my daughter was sitting behind me. If she was a year older, she would have been dead because the height of the top of her head would have made a severe difference. So, yes, apartheid, for some people, was not a good space to be in. I don't even believe apartheid was a good space for the men who were conscripted forcibly

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because if they didn't go to the Army, they would face jail time. I don't think it really benefited anybody.

**Rosie:** No, I'm sure didn't. As we're talking about this - you've been, obviously, clearly, through a lot personally and through your marriages - what were some of the things that as you were, the awareness of your father... Let's maybe go back to the boundaries, the boundaries that he didn't have. What other boundaries, as you maybe went into your second marriage and other just even business relationships, did you feel like you didn't have but now are aware of and how important they are?

**Francesca:** Boundaries are extremely important. The thing with my first marriage is I was married to a man with whom a woman didn't need boundaries because he was just so respectful that he would never have treaded on any boundaries one would've had. My second marriage, I was a young mom, alone, traumatized by the death of my husband, a lot of financial retribution and impact in that period. Nelson Mandela became president, but all the financial and economic power was still in the hands of the apartheid government, so it was not an easy time.

With my second marriage, it went very well for a while, it really did, and I thought, "Wow," and I could work so hard and I could build an empire businesswise. But, yeah, today, in hindsight, I realize... And I can't even be angry because I married a broken person and I'm talking about a psychological brokenness. Narcissism is a psychological brokenness that is not easily observed because narcissistic people, they make me think a little bit like an octopus or something. Because once they dig those tentacles into you, they behave as if they love you - this clinginess, they phone you when you're with your girlfriends to just, those constant phone calls when you're not in sight. That neediness that, "You're enough for me. I don't need to go out and we don't need to go out with friends," that's basically separating you from your normal circles, your normal sense of being. I had to give up my yoga, I had to give up my spiritual group. And it's not, boom, that you're aware of it immediately. It's so gradual and it is so sneakily done. And you know what? I don't even think they understand what they're doing. It's just they have no other way of being.

**Rosie:** They kind of sneak in and it's like it's under this veil and it's just slowly and slowly. What I've found is that we have a tendency to make excuses. It's like, "Well, he loves me so much, he adores me so much, he wants to be with me so much. I cannot be selfish and want to go out with my friends." Those were some thoughts that I had when I was with my former husband, I don't know if you had something similar. They put this guilt, I felt this guilt if you do something without them, because, "Don't you want to be with me? I want to be with you."

**Francesca:** It's exactly like that. They make you feel guilty, as if you don't appreciate them enough to want to be in the space. If I have to think very specifically, look, it wasn't easy for my family when I became an anti-apartheid activist. It wasn't. I know they experienced some targeting, not too much that they couldn't handle, but obviously, it was a scary time, so I was just a perfect narcissist's meal.

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I was a very intelligent woman, very beautiful, very capable, my daughters were stunning, and I was estranged from my own family, so my support base was only my two best friends, my female friends. And then there's these insinuations and things, and later, you can assess, but it was to separate you completely from any support that you had. Thank goodness that is what keeps you going is your friends.

When it comes to boundaries, I must tell women please don't do what I did. I fell for the most incredible speech and I got married in community of property. Don't do it. Never, ever, ever, ever do that. If you can avoid it, even if he is a billionaire, simply just don't do it.

**Rosie:** But what did that mean "in community property"? Explain that to our listeners. What happens?

**Francesca:** Basically, in community of property is when you are married in such a state that everything is shared 50-50. So if he made a 10-million-rand debt and you get divorced, you inherit 5-million-rand responsibility in South African terms, things like that. Boundaries are really important, Rosie. There are so many things that happened and then you get this justifying kind of argument and, "Everything is good and you're so clever. You're going fix it," because our businesses were joined as well. "You're so clever, you can fix it. I believe in you. You are everything," and then you go out and you do it, but the moment you do it, the conversation changed. Then you're a bitch, you think too much of yourself, you're not as clever as you think you are, and you start being diminished all the time because you've achieved something that this person didn't do themselves. So there's this constant, wow, it was like living a pendulum - today, you're good; tomorrow, you're not good. Today you're praised in front of people.

I remember when my divorce was through and I spoke to some of our clients and you must be professional, you can't say too much either. Somebody would say to me but it must have been my fault because this person worshiped me. I remember it was a town planner and her name was Rosemary, and I said to her Rosemary... I was coming out of this fog. I was coming out of it mentally, emotionally, psychologically. I was just, wow, where am I? I was trying to piece myself together.

And I said to her, "Rosemary, what did he say?" and she said, "But every time he spoke to me, he said to me, 'My wife does this, my wife does this.'" I said to her, "Rosemary, has it ever occurred to you my name is Francesca?" He would not accredit me with my achievements. He wouldn't say, "Francesca did this, Francesca." It's "my wife," so, in other words, it was his achievement because I'm his wife. It's that claiming, that disowning of who you are in layers that nobody understands. They don't understand it either.

**Rosie:** That's a good example. I hadn't heard it put that way, where it's that whole property thing and it's you're mine. Truly, with a narcissist, they're not anything without you. They don't know who they are, so they live through you and that's why they need to control and to diminish

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because they cannot let you be better than them. That would be the ultimate humiliation and they can't tolerate any sense of humiliation.

So through all of that background, what were some of the steps, externally and internally, transformation that you took to really reclaim who you were and not only reclaim you who you were, come out even more empowered? It's got to be challenging.

**Francesca:** Well, I must tell you, it was a roller coaster for years. Rosie, you guys know about the Oscar Pistorius trial?

**Rosie:** Which story?

**Francesca:** Oscar Pistorius, the disabled athlete from South Africa that shot his girlfriend, Reeva Steenkamp?

**Rosie:** No, I wasn't aware of that.

**Francesca:** They called him the Blade Runner. Very famous in all avenues, he ran in the normal Olympics on his blade against able-bodied athletes. Whilst I was attending that trial, because I was deployed to attend the trial, I feared for my own life at home, so I can't tell you. If I tell women today, in this conversation, that I'm the strong person and I just did everything right, I would really talk the biggest load of nonsense ever and I'm not going to disrespect women in that way. I think our national department asked me to be the National Champion for Women because despite my brokenness - and I was broken - I was prepared to start gathering myself bit by bit through every other broken woman and to become her champion.

**Rosie:** That's beautiful. That is so beautiful because I think women who have left the relationships and are in that broken state feel that broken state and, "How can I do it? And look at all these women, they're so accomplished," and they see this outside not knowing how broken we were. As you said, that's exactly how I felt in my experience. I just went, literally, almost crying on my knees to just get something done and to move forward, and collapsing, and then getting up and collapsing again, and just thinking, "How am I going to do it? But I've got to do it."

It was like there was something, I think, inside you, something inside me that just said our life matters. I have no clue how it's going to happen, I don't know how I'm going to move forward, I'm just moving forward and I'm going to reach out to other women to help me and other people to help me. I can't do this alone even though, much of the time, it felt so much alone for me.

**Francesca:** I think so, because by the time a woman actually makes the decision, and especially when there's narcissism involved, to break that bond, you must remember narcissism also causes chemical reactions in our brains so we are, literally, in this state of trauma. So by the time a woman decides this is it, it's almost too late already.

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I'm not talking about a normal divorce where people grow apart and they decide they'll go their own way. I'm talking about terrorists; I'm talking about somebody who is prepared to terrorize you. A man who you believed, for 18 years, loved you, starts telling you, every day, that you're going to be dead soon.

**Rosie:** You're going to be dead soon, all the threats. I had threats throughout my entire marriage. Not that kind, but all different kinds of threats and I believed them. When you say terror and terrorism, those are the words I used too and we've talked before. That's why I call this Love is Kind and it's like the whole sentence, the whole thought is Love Is Kind, Not Terrorizing. That real love is kind.

**Francesca:** Yes, absolutely. I cannot agree with you more. I must say to women, you know what, there were days that I had to get up - there were appointments, there were meetings - and I got up, I went through the motions. I would go and I would look at this documentation and we were dealing with regulations and I would focus and that few hours of focus, it takes so much effort from you, I'm like paralyzed the next day. Then when I started training with the department on gender intelligence and we started dealing with the core issues of gender-based violence, which was... Violence was a terrible thing. I've experienced political violence.

**Rosie:** Me too.

**Francesca:** Political violence for a woman in a very chauvinistic, evil concept like apartheid was, was not pretty. It wasn't. Having been abducted, whoa, there's places you simply never go again your life. You pack them somewhere in your mind and you just don't go there ever again. You know it's there, but you just don't go there.

**Rosie:** It's too traumatizing to go back to something so painful.

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For a while, I've been sharing with you and giving mini masterclasses on the 11 Freedom Fulfillment Pillars. Now you can get the guidebook to all 11 Freedom Pillars right now. Simply go to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com) and hit the subscribe button.

These are the same pillars that I followed to create my business, become an international award-winning entrepreneur, speaker, and author, find the love of my life and use to create a fulfilled life. They are the same that I use with my clients. And now they are yours free. Go to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com) and subscribe.

And we're back with Francesca Fondse, South Africa's Department of Justice and Constitutional Development Champion for Women.

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**Francesca:** You know, Rosie, what helped me a lot is because I've got a very curious mind myself. When people behave in a certain way, when a regime like apartheid originated, I wanted to know why - why would a people that found themselves oppressed at any given time during the colonization period of colonialism in South Africa would then become the oppressors to another race. I found it fascinating. The same as I had to investigate my father and Nazism in Europe and the impact it had to understand why my father was so rigid with his children.

The same way I had to go and research my ex-husband's background and what causes narcissism. It's absolute early childhood devastation that causes narcissism. There's two different kinds of narcissism, when it's prevalent in a sociopath and when it's prevalent in a psychopath. Now, sociopaths, it's early childhood trauma absolutely and you can find it every time you look. So in me reaching out to understand what happened to me, that understanding helped me heal and helped me forgive.

**Rosie:** I love that. It was the state of being curious in all of this - when you were young with your father, and throughout your marriages, and through the experiences - that curiosity is like what is it? Why are things like this? It helps you heal and as you shared that, I think me too. I read hundreds of books because I needed to know why. Because I think part of the reason I needed to know why is, like you said, I felt so crazy and I was like how did that happen?

And then now, I'm just so fascinated with the brain and how the brain works, and like you mentioned earlier, that our brain literally gets rewired, which I don't think a lot of the women understand and it's such a reason to keep blaming themselves, "But I'm smart. I should've done this, I could've gotten out sooner," all of this self-blaming which serves no purpose. When you start to really get more curious about it, like you said, it's pretty fascinating and I'm so glad you shared that.

**Francesca:** Yes, it is really absolutely fascinating. I think my children are different because I played a big role in raising my children. That's one thing about narcissism, thank goodness in a way, that they're not as involved in their children's lives, in your early childhood development phase, the first seven years of a child's life, so I believe that my children are more capable. Yes, they also suffered with me, they also had big blows, but I think their cognitive ability to debate and to reason why things happened and to investigate for themselves is far better than mine was at their age, so they would be an improvement.

**Rosie:** That's thanks to you.

**Francesca:** Yes, but you know what also, because of mysticism. Because I moved away from staunch Catholicism into mysticism when I was 16 and I think it helped a lot to understand that I am not the persona that people see, this third dimensional body, all these little confinements, all these little tags we tag each other with, all these little definitions - by race, by gender, by this, by that, are you in that socioeconomic bracket or are you poor, all those things. It is just such a huge

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illusion and I think, even though I got lost in this quagmire that I experienced in my marriage, because I've already known that immortal me, I could get back to the immortal me.

That is what I'm trying to teach women is personal wellness, self-recognition to understand you are far more than a body and all the accolades, all the perceptions, all the divisions, that there's something so profound around each human being, and even the broken ones have it. Even when we're broken, that is still pure and intact and to find ways within ourselves to set boundaries that we can remain in constant connection with that, I call it the godling within.

**Rosie:** And now, as we develop further relationships, to know what the healthy boundaries look like when you can share your voice and you're not going to get diminished, when you can say, "I'm going out," and they don't call you 10 million times, when you can live, what I call it. It's like you can be physically free, which is one dimension, but if you're not free in your mind, in your heart, in your soul, you're still not free and I think that's what you were saying too, and I think it's so important. Women have to get to one stage before they can get to the other on their path, as you said, to expand.

**Francesca:** Absolutely. I was working on this massive project when I was going into my divorce and it kind of drifted with me through this quagmire. It is only now that I realize what it is that I've lived through and I see it as my dark night of the soul, for lack of a better explanation.

**Rosie:** Broken night of the soul, exactly.

**Francesca:** Yes, and to have come through that and to manage to have gathered so many of those scattered pieces of me - my interests, the things that I used to love, things that meant a lot to me - and to realize, you know what, those aspects are still there. Yes, you can break all my great-grandmother's stuff or whatever, but those are goods; it's not me. It's things, it's tangible things and we need to look at the part of us which is our consciousness, and to me, love is consciousness.

When you can love yourself enough to have self-compassion, if you can love creation, the world, humanity enough to have compassion beyond yourself, that is love. We kind of get indoctrinated, from an early age, with the fairytales.

**Rosie:** I think those are all the great strategies and these are things that I also teach my clients. As we're wrapping up here, what does love is kind mean to you?

**Francesca:** Oh wow. Love is kind means that I can look in the mirror and I can be kind to me. I can see my wrinkles coming on and not wanting to pull my hair out and say, "Hey, you're here for a reason." It's part of my story. I can look at the scars on my body and I can recognize them. I don't have to love that they're there, but I can recognize them, I can embrace them with kindness and say, "Hey, you're part of my history."

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I can look at other people through eyes of compassion and even though I've learned to keep my boundaries and my distance and not to be pulled into somebody else's drama, because they're of no use to them, if you just become part of the drama, you just create one bigger drama, so I had to learn to assist women heal without them drawing into their drama. To use my own trauma and what I've learned and how I've pieced myself together to understand if you get stuck in this trauma, you will be ensnared in this web forever. It's like a very bad spider, it will get you stuck in a web. You just have to, slowly and surely, start spinning a new story, not a spider's web for yourself.

We have to start speaking out in the trauma. You know what? I confronted a few people and they thought I was stuck in trauma by confronting them because they were part of my trauma, but they didn't recognize the fact that I needed to confront them, I needed to understand, I needed to make a decision in my mind. Yes, you are conscious enough to understand the impact your decisions had on my life and your involvement in this quagmire, or no, you don't understand, you don't want to understand, bye.

**Rosie:** Goodbye, right? Exactly. That's you setting those healthy boundaries and that's a perfect example of being kind to yourself and love is kind. It's not letting that drama and the narcissism and the abuse to keep manifesting. I know I've spent a lot of time with you and I thank you so much for your time. Is there a way that our listeners can find more out about you and the work that you're doing?

**Francesca:** Please, they can go to the WIIN website, it's [www.wiinwomen.com](http://www.wiinwomen.com). My cell phone number is there; my email is there to the office. Really, they are most welcome, but I want to warn the listeners, it can take me up to two weeks to answer everybody.

**Rosie:** She's a busy woman, I told you.

**Francesca:** I empower women through business development, Rosie, so we are in the process of creating 100 women solopreneurs in South Africa nationally. That is what I do, so yes, forgive me, I'm not the one that answers emails same day, but you know what, I'm not going to apologize for it. I know what I want to do, I know who I am, and I know what I want to reach, and I believe that the people who want to contact with me and who want to come either on board or just have some advice, they will understand that it's part of us growing up, our own kindness, our kindness to others, and it's part of the life.

**Rosie:** Thank you so, so much for being with us, sharing your brilliance, sharing your stories, and helping women understand that they're not alone and we can continue and make even better, more impactful lives. Thank you.

**Francesca:** Absolutely, Rosie. Thank you so much for having me.

**Rosie:** You're quite welcome.

## Ep #012: Reclaiming My Voice and Power

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That's it for today's episode, head on over to [VulnerabletoValuable.com](https://VulnerabletoValuable.com), and subscribe to the show. When you subscribe, you'll instantly get a special eBook, *The Guidebook to the 11 Freedom Fulfillment Pillars*.

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