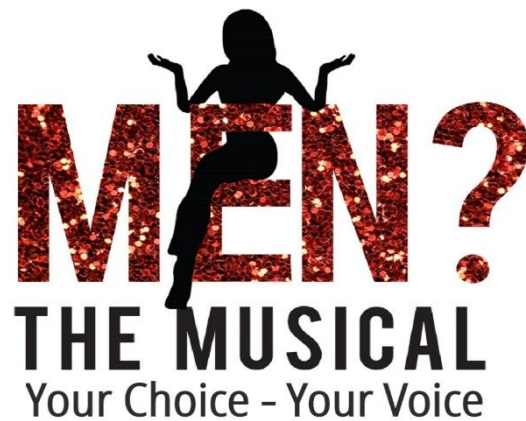




We explore relationships, self-worth, emotional dependency, commitment, communication, behaviour, identity and the choices we make. We don't believe in blaming one gender for the problems between us.

We believe in understanding.

We believe in personal responsibility.

We believe in mutual respect.

Lasting change doesn't come from pointing the finger.

It comes from becoming conscious of our own thoughts, words and actions and asking ourselves:

Why do I think this way?

Why do I behave this way?

What could I do differently?

When women and men understand themselves and each other better, everyone has the opportunity to thrive.