



Words

Words for

Words for a

Words for a woman.

Words for a woman who needs good health
Words for a woman who needs love and respect
Words for a woman who inspires me to do all the things
Words for a woman who needs laughter and is truly wonderful
Words for a woman who is a friend to many
Words for a woman who loves kind lovely people
Words for a woman who likes her own company
who wants a relationship
who is eager to learn and progress in life
who is confident beautiful and a blessing to her sisters
who loves life
who stays strong
Words for a woman who stands with you when you need them
Without judgment or prejudice
Advocating, helping her peers
Is an activist every day
Fighting for others, who fights for her?

About this collection

These poems were created collaboratively as part of a 2024 WISE-UP+ workshop on HIV and bone health for women living with HIV. The participants agreed that telling our stories and having them heard was of upmost importance, especially for women living with HIV.

Working in groups, each woman wrote, 'Words for a woman who ...' and then completed the sentence with a 'needs' or a 'wants' before passing the paper to the next person. Each woman added a line so that everyone had a chance to contribute. The aim was to create group messages centering women living with HIV that captured our range of hopes, choices and experiences.

The poetry workshop was designed and led by Bakita Kasadha and organised by Sophia Forum.

About WISE-UP+

WISE-UP+ stands for Women Inspire Support and Empower to Unleash Positive Potential. It is a structured series of workshops designed and led by women living with HIV with the aim of building a dynamic community of female HIV advocates.



Words for a woman

who needs love and respect
who can shine in her community,
fights for others
Who fights for her?
She might benefit from learning from others
and developing her own support network
Support is there and don't be afraid to find it
And if you are, that's OK
You're worthy of being loved
You are a shining star, keep on shining
You are rare gem.

Julie



Words for a woman

who is confident, beautiful and a blessing to her sisters

Has overcome a lot of things in her life.

She is a strong, powerful woman

Pliz reward yourself because you are amazing

And not only that, you are so many other great things

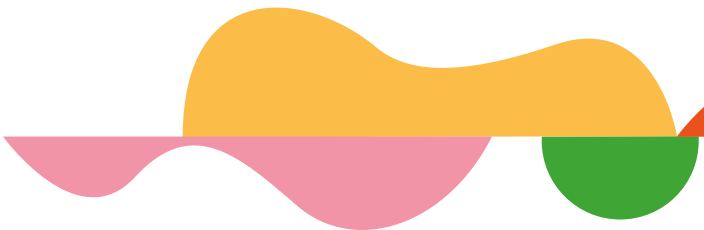
A superhero every day

And I love the way you are always an inspiration and you are my role model (PHD)

You have inspired me and many more

Your heart is made of gold

Keep being you my friend.



Words for a woman

who needs laughter

And is truly wonderful

Remember your worth always

Give of yourself, be kind

You matter, your voice matters, never forget that

We can be strong individually but stronger
together

It's a good feeling to know you can lean on each
other

Thank you for being you.

Samantha



Words for a woman

who is a friend to many
She will be appreciated more than she knows
as long as she stays true to herself
It will eventually work out
You are beautiful inside and out
And continue being you and go for the world
as the sky is the limit
Remember, always be you
From the day I have known you,
I can honestly say you have been a joy
You are an inspiration and a joy to know.

Tresca



Words for a woman

who likes her own company
is amazing and beautiful and wonderfully made
The world a better place to be the
woman you are
Blazing a trail for others to follow
You are a beautiful loving soul
Go dance in the sunshine and be free and
happy and keep shining.

Monika



Words for a woman

who loves life; what a great thing to feel
Who is an activist every day
and doing the job really well with grace and love
Inspiration is her gift for the future
and for the future of her peers and her
community.

I see you and I appreciate you
Thank you for your kind words.

Nomusa



Words for a woman

who wants a relationship
I say go out there and find it and bring it home
This time it's coming home
You are loved and admired
and your personality is just awesome
You inspire not just me
but whoever you come into contact with,
giving hope, lending a helping hand
and being there for me
It's a privilege and honour to know you
Keep being you.

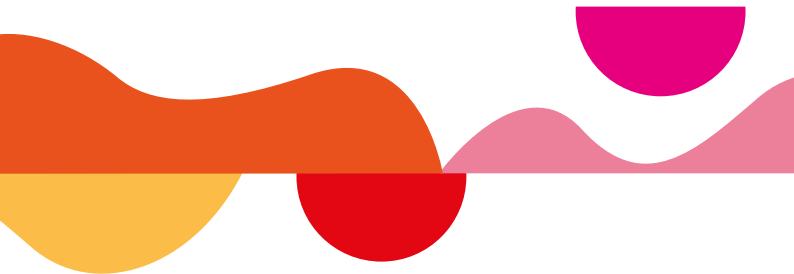
Vicky



Words for a woman

who loves lovely, kind-hearted people
Keep working on your harmony and kind nature
as they are the most beautiful gifts
you can give to someone else
In this way, we can contribute our small bit
to make the world a better place
A better place for everyone to live in
A woman who likes to live her life well
Keep a positive outlook and dream big
Strive for happiness/peace.

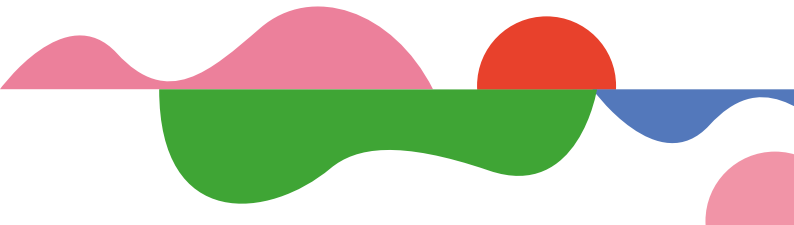
Margaret



Words for a woman

who needs hope,
who can make a difference
and bring healing and promote peace
Because it's a small world and we all
have to live as one family
You know what they say right? "Family is key"
A woman who knows what the family needs
Embrace, cherish your family, friends
and everyone, including strangers
So that everyone globally would live peacefully
showing compassion to one another!

Erayna



Words for a woman

who inspires me to do all the things I long to achieve

I must keep educating myself,
to keep updated with what is going on
around me

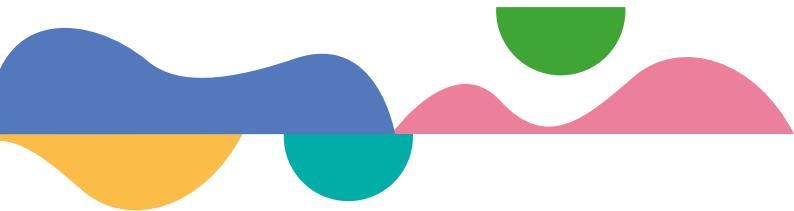
As they say, knowledge is power.

So, the more power I acquire,
the more equipped I become to help myself

Knowledge, information and power

helps me to become a better person

Attending more workshops like this will help me
get more information and knowledge.



Words for a woman

who needs good health
Words for a woman who stays strong,
amazingly independent
something I strive towards
And nothing is going to stop me
from achieving my dreams
Because I believe that my dream
will take me to higher height
Dream positive
Dream big.

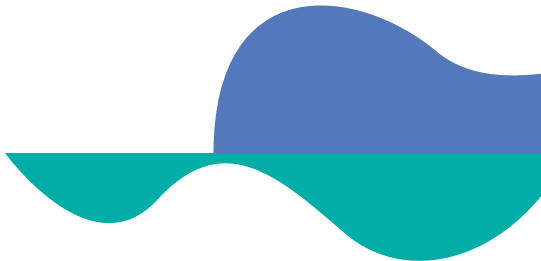
Angela

A decorative graphic at the bottom of the page consists of several overlapping, rounded shapes in vibrant colors: orange, red, yellow, and pink. The shapes are arranged in a way that they appear to be part of a larger, abstract composition.

Words for a woman

who stands with you when you need them
She is a loving and caring woman
and a woman to emulate
A woman who exhumes self-confidence
and values
A woman who lives with example
for a good model
Lead with integrity and love
So they become their best selves and keep
improving on things
doing your goals and achieving your ambitions
So you can stay true to yourself.

Joyce



Words for a woman

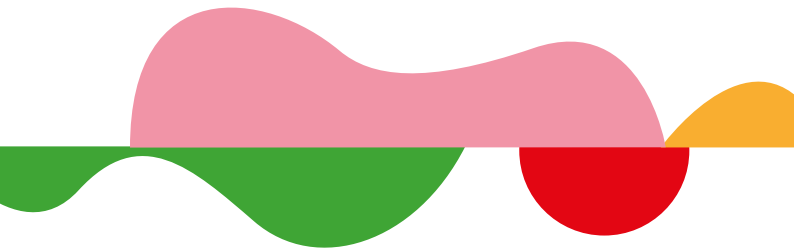
who had dinner with you on your birthday
She wants to make it a memorable one and
be sure you have fun and see you enjoy the
moment.

She wants to be a good model and lead by
example for their future children
growing to share with each other and improving
our weaknesses.



Words for a woman

who loves kids and wants a better life for them
It's very good to have kids and
make sure you train them well
Teach them compassion, love, honesty
Loving, kindness so they do amazingly
Goodness and bring togetherness
Is the best we can do for ourselves
Please keep on passing peace and harmony
because this will help us to strive for longer and
is healthy for the group.



Words for a woman

who is eager to learn and progress in life
without judgement or prejudice,
advocating, helping her peers

Shine bright like the diamond you are

Know your worth and be fabulous

Because you are an amazing woman
inside and out

In your own special way,

what an amazing woman you are.

Remember your worth always
Please reward yourself because you are amazing
You have inspired me and many more. Your heart is made of gold,
keep being you my friend
You matter, your voice matters, never forget that
As they say 'knowledge is power' so the more power I acquire the more equipped
I become to help myself
We can be strong individually, but stronger together
It will eventually work out
Support is there and don't be afraid to find it
Keep a positive outlook and dream big
I see you and I appreciate you
You are loved and admired
You are deserving
Blazing a trail for others to follow
Lead with integrity
So you can stay true to yourself
Words for a woman.

WISER

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Sophia
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