

# The Three A's to Women Empowerment

A door bell rings at around 09:45 pm and Savita rushes to open the door of her house. Rajesh, a wheatish skin man of a height 5 feet 11 inches, with a long sling bag and his shirt half out and half in with a tiffin box in his hand was standing on her doorstep. This is how she has been welcoming her husband for the last 15 years. However, today seemed to be a different day as Rajesh has worried and tired looks on his face. Savita relieved him from his tiffin and bag. In the meanwhile, Rajesh made him comfortable on his couch. The lights of the living room were dim enough to make his tense expressions unnoticeable. Savita had sensed all of this but she continued to work in the kitchen and prepare to serve him the dinner.

Rajesh after having a refreshing shower finished his quite dinner with Savita and both sat down to watch the television. That is when Savita asked Rajesh the reason about his grim face. He in his low voice mentioned, that his company is shutting down his division due to market and cost pressures. Savita was shocked and worried, she kept her right hand on Rajesh's shoulder and pressed it a little to say, "Don't worry...dear".

Almost 7 weeks went by after Rajesh's company laid him off and his savings also had started to take a hit. Both Savita and Rajesh have been discussing various options to resolve this situation. Savita had some of her personal savings which she thought could be useful to start a small business of selling the suits and sarees in the women group of her society. She discussed this with Rajesh and they agreed to start the business from one of their rooms in a three bed-room apartment.

In about three months Rajesh found a new job and Savita was seeing some small profits in her business. After three years, Savita had her own boutique in the vicinity of her residential society and was planning to buy a bigger shop for expanding her business.

Now after 5 years, she can actually run the entire house and guess what? Rajesh is planning to leave his job and join in her business.

This outside-in approach triggered the empowerment in Savita. There are many Savita's in our global society who need this trigger to empower them. These triggers can come from various external influencing factors however, the best would be that empowering one's own self should trigger from within. Many of us have those triggers coming from within but, we succumb to the external factors and consciously make that voice coming from within, die down. This is worst we can do to ourselves.

Organisations in today's fast moving world are focusing on women empowerment for a reason that, an empowered woman is a force to reckon with. Where on one side she brings the right set of emotions in every transaction she makes, on the other side brings the innate powers that make her strong from inside. Nature in its grand design has empowered the female species with unmatched inner strength and powers. All one needs is to do that introspection and find her own legend.

Applying the power of 'The Three A's', one would not have to wait for an external trigger to experience empowerment. **The Three A's of - Accept, Analyse, and Adopt** help one to experience empowerment inside-out. We all are having multiple influencing layers on to our own real-self. These layers influence our belief system and the subsequent thoughts and actions. One needs to identify these layers, and peel them to reach their core to further empower it.

#### **Accept:**

Relieving oneself from her belief system is a process which requires a lot of determination. The first step to empowerment is to Accept.

Accept that you need to explore your real self, Accept that you are influenced by multiple external layers which need to be handled and Accept that you have enough power to bring the best out of you. These little acceptances coupled up with a persistent process of being mindful will start a journey of exploring yourself. Be aware of what your real self is saying to you, listen to it. Remember, you can listen to it only when you are ready to question your self and the surrounding circumstances. Savita, would have questioned her self and her circumstances to come out of her skin, before she accepted to change and contribute. If you do not question you will not be able to accept. Acceptance of your current circumstances is key to your journey to empowerment.

**Analyse:**

The second part of your journey is to decide what to do and what not to do. This is another important aspect of your journey where you use your intellect to identify and weigh various pros and cons of your decisions. Identify the YOU in you. The easiest way to know it, is to identify and analyse your feelings to various experiences and circumstances. Savita would have weighed multiple options before she took a decision of starting a boutique business. She would have removed multiple layers on her belief system which were stopping her to work in the society.

She would have identified her core interest and strength when she identified to be in a creative field. This analysis is never easy to come. If your decisions continue to be influenced by your belief system your journey to the core will become equally difficult. You must have a flexible mindset while you do this analysis. This flexible mindset will allow you to be more pragmatic in your reasoning and dealing with your influencing layers. Listen to your heart and the the language of your heart is feelings. Never, let your feelings go waste, Analyse them.

**Adopt:**

The third 'A' – Adopt, is the most important as this 'A' lies in the action zone and requires you to take action for actualising your decisions. This requires a lot of resolve, will power and focus. Resolution remains weak if it is not coupled up with will power and focus to drive it. Savita would have taken that first step with full conviction, will power and focus. You must identify gaps in your resolution, reason out the lack in your will power and focus to adopt changes to go after your decision with full zeal.

You are already empowered, all you need to do is to be aware of the fact that you are empowered and take pragmatic logical steps to bring the power within to life.

Happy corepeeling!