



# BOLD DIALOGUE

Dare To Be Bold

Empowering women from the bedroom to the boardroom!

## Welcome!

When the lockdown seasons began, people were told they were just going to stay at home in order to be safe from the corona virus, after which they would return to their normal lives. Now fast forward to season 3 and so much has changed. At Bold Dialogue we believe this is the best tie to know and understand each other's love languages so we can up our communication and really decipher each other's needs, and also transform our relationships.

Love, Peace & Light

Barbs

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## The Communication Series:

### Part 3: The five languages of love

**When we learn the languages of love we become better partners, more attentive and more respectful of our partner's boundaries. Identifying your dominant love language does not necessarily mean that the others do not apply to you. They still do but all we are saying is they take the back seat, and occasionally it is vital to execute them.**

#### Affirmation:

Persons with this love language thrive when they receive praise, admiration, and celebration for their achievements and for being themselves. The power of the positive spoken word cannot be emphasised more here. Appreciation of these people will make them happy and this will be transferred to you too.

#### Acts of Service:

These people feel loved and valued when acts of service are done for them.

For instance after a long day you can invite your partner to sit back and relax while you give them a foot rub, or offer to put the kids to bed or to do the dishes after a meal. This will show that you understand how taxing their day was and you know the importance of their relaxing and taking a break from it all.

#### Receiving gifts:

Persons whose main love language is receiving gift feel cherished when you bring them something. This does not mean that you have to spend money everytime, picking up flowers from the garden is appreciated, creating something for them, and of course the occasional gift from the shops does not hurt at all. If they love working out you can create a playlist for them.

#### Quality Time:

For those with quality time as their love language, it is important that you give them their fair share of

alone time with them. Put away your phones, sit together, talk, go for a walk together, share a smoothie, go to a spa together and get pampered, cook together. The list is endless.

### Physical Touch:

This love language requires that you express your love for your significant other by cuddling, holding them, hugging them, holding their hand, or simply put, they do find great pleasure from public displays of affection {PDA}. Indulge this important need and you have your happily ever after.

Learn each other's love languages and take your relationship to a whole new level, and become the most generous and fantastic lovers you can ever be.

To advertise with us, contact us on WhatsApp +263 78 318 0802

**CAN I  
BE SURE  
THESE ARE  
CLEAN?**

LUCY SHAMU  
0732247691  
0772247691

**PROBLEM SOLVED.**

Tupperware

## *Tooting some jams with Sox The Poet!*

❤️ To Love ❤️

My love,  
Before I learn to love,  
I need to love to learn,  
For love is a lesson learnt,  
And only love,  
Can profess love.

## *Because kindness is the new sexy!*

# KUNDA CARES KINDNESS CORNER



### Kindness Challenges

- ✓ Send a family photo to your parents or grandparents.
- ✓ Mentor someone this month and share your expertise.
- ✓ Say hello to a stranger and ask how their day is going.
- ✓ Have confidence in yourself and your abilities.

### Kindness Quotes


- ☺ A *kind* gesture can reach a wound that only *compassion* can heal.
- ☺ *Compassion* and *tolerance* are not a sign of weakness, but a sign of strength.
- ☺ *Love* and *compassion* are necessities, not luxuries. Without them, humanity cannot survive.”

**KUNDA CARES  
FOUNDATION**



*Inspire The Next Act Of Kindness*

Comments, questions or want to learn more about Kunda Cares get in touch via email, Instagram or WhatsApp.

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## *Fun in the kitchen with Bee!*



### **Veggie Patties**

500g Fresh green peas  
2 medium sized carrots  
1 medium size onion  
Fresh parsley  
Turmeric  
Salt  
1/4 cup Flour (more if vegan)  
2 or 3 road runner (free-range) eggs [Optional]. Leave out the eggs if vegan but add more flour for binding. I used 3 because the eggs were tiny.

If you eat soup powders you can also add your favourite (Mushroom/Veggie/Tomato etc)

Use a food processor to grate the veggies, on low speed. Once done mix in other ingredients and fry in shallow oil. Place on khaki paper to drain the oil.

Serve with a roll, lettuce, tomatoes, onion and your favourite sauce(s).