

---

# SUCCESS STORY



“We must have discipline to protect what’s important—our health, our time, and our goals.”

**LITE TUIKABA**

Lite Tuikaba, a resilient woman from Kaba Village in Tailevu, is 59 years old and has faced life's many challenges with strength and perseverance. Married to a man of Yalobi Village, Yasawa, she is a proud mother of four children, three daughters and one son. Since her husband's passing in 2017, Lite has been the sole caregiver for her family, with her daughters having moved on and her son currently staying with her.

Living a life filled with hardships, Lite often finds herself going to the sea or working on the farm to gather food and earn a living. Despite these struggles, she remains grateful for the recent workshop that brought new light and encouragement into her life, the Confident Woman- Community Essentials Training. She shared that the workshop was incredibly enlightening and has helped her see her life from a different perspective.

One of the highlights of the training for Lite was the "Tree of Life" activity. This reflective exercise allowed her to deeply consider her journey, from her upbringing and family background to her achievements and hopes for the future. It helped her to recognize where she is now and inspired her to look forward to what lies ahead.



Lite getting helped by the facilitator Mrs Work on Budgeting



Lite with her group ready for presentation

From the various topics covered, Lite was particularly inspired by the idea of Leadership. She learned that leadership isn't about a title or status but about taking responsibility for oneself. She now understands that making wise choices about health, boundaries, and life decisions are acts of leadership that everyone can practice.

She also emphasized the importance of setting boundaries. "We have to know ourselves and our limits," she explained. "We must have discipline to protect what's important- our health, our time, and our goals." This newfound understanding has empowered Lite to take control of her body and life.

A key takeaway for her was the topic of Budgeting. Lite expressed her intention to share this knowledge with her family and other women in her village. She believes that managing money wisely and living within one's means can prevent unnecessary hardship and create stability for families.

Lite also sincerely hopes that these training sessions will come around her District of Waya again. She encourages other women to participate, emphasizing that the workshop is free and offers valuable insights that can truly transform lives. "This kind of training will benefit many women. I want to see it come back again," she said with hope and enthusiasm.

Lite Tuikaba's story is a testament to how empowerment, knowledge, and community support can uplift the lives of women and their families. Through her experience, she shows that even in the face of adversity, hope and personal growth are possible.