



## The Journey from Participant to Ambassador and Coach

Mafalda is one of the first women to take part in the women's self-defence courses delivered by Wing Tsjun Glasgow as part of their WOMANity Project.

A few years on, she's now an ambassador and a coach, passing on the message of empowerment to other women.

To find out more about the WOMANity activities please click the following link.

<https://glasgowlife.sportsuite.co.uk/directory/womanity-project>



"I feel privileged to contribute to this amazing women's project. It has helped me regain the trust in myself and my abilities, to become confident and to believe in myself more. When I was offered the chance to be part of it, to inspire other women, I jumped at it. I trained to become a coach within the project and now I also run my own women's circles."

