

WOMEN'S HAPPINESS

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What work do you do and why did you choose this field/get into this field?

I have the privilege of being the Rebbetzin of a thriving community. This job focuses on a broad spectrum of activities from teaching, counselling, programming and events, to the feeding of souls both spiritually and physically! My husband and I have 5 children, ranging in age from 13 to 25. Growing our kids, emotionally and spiritually is my greatest field of work. It requires the most out of me and is the most rewarding work of all!

I also run a domestic training and placement agency together with our domestic worker, as well as a tablecloth business.

By nature, I am a nurturer. My work provides the platform for me to care for, support and empower others. This brings me great joy!

How do you personally invest in your own wellbeing?

The tools I find most effective for my wellbeing are:

Prayer - connecting with our Creator through thanking, praising and requesting.

Shabbes - switch off technology and switch on the family bonding, nourishing the eternal Soul.

Chessed - acts of loving kindness, how best can I serve our community.

Teaching Torah - as it reminds me to connect to the source of all life, all happiness and all success.

What small thing/s can women do to inject more happiness into their lives?

Without a doubt every woman would benefit from learning more about their Souls journey through the light of Torah, no matter your level of religious observance! Our sages teach

that genuine happiness comes from understanding our unique purpose in this world. Women crave substance. The more we nurture that yearning, the more the spirit feels fulfilled. Find a teacher who you can relate to, with whom you resonate, and whose voice, style and ideas move you.

What Jewish woman (past or present) inspires you and why?

Our great Matriarch, Rachel Immeinu! She had the acute awareness of seeing the needs of others. She had the ability to say, "what does Hashem want from me RIGHT now?" She had the faith to know she could never be fulfilled by destroying another, and understood that living in the present, and doing the right thing in the moment, without getting caught up in the what ifs, is the way to achieve greatness.

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