

Emillia Rumbidzai Magengezha an accomplished, inspiring young woman, mother of four, a community mental health worker, a co-author, and a children minister in her church, manages to find time to balance the competing demands of her time between motherhood, work life, church's commitment, operating her own business, and writing books to inspire and empower women.

In her own words, Emilia narrates her story in the following pages....

My name is Emillia Rumbidzai Magengezha from Zimbabwe. I relocated to Australia in 2023, aged thirty-two, having previously spent 18 years living in New Zealand. In my family, I am the firstborn child. I have one sister. December 2013 celebrated my marriage. I was twenty-three when I gave birth to my first child. I consider myself blessed to have four children. I completed my undergraduate studies at Auckland University of Technology, where I also earned a Postgraduate Certificate in Health Science with a specialisation on addiction and mental health. After completing a postgraduate diploma in social practice, working at Auckland Hospital and in the Auckland community; spent five years working in the field of addiction and mental health, namely in the mother and baby unit and with families afflicted by mental illness. I founded Wakanaka Hair Studio and the Emillia TummyFlat programme. My podcast channel is where I preach the word of God. I am an author, entertainer, motivational speaker, preacher, and devoted Christian woman. A mother with a rich and inspirational past and way of living. My desire to encourage women on the principle that 'Self-care is best self-investment' is what drove me to decide to share my story.

Together with several authors from other parts of the world, I collaborated on a book titled: 'Bounce back from setbacks to comebacks.' You may learn more about self-care and the best self-investment in Chapter 18, pages 196–210. My focus is mainly to help support, inspire and

encourage young women who are experiencing the challenges of losing weight after childbirth. After giving birth to my fourth child, I began to focus on myself both physically, spiritually, and mentally. Finding ways to get my booty and flat tummy back after having those four lacerations sections in 7 years. wow unbelievable!

I serve in the children's ministry at the Australian church 'Forward in Faith.' I teach my own children bible' studies, cooking and baking skills, and the Shona language (Zimbabwean language) from the comfort of my own home. I live by the concept that charity begins at home and spreads across the community. In my opinion, my work at home and my relationships with my family should align with what I stand for in the community. A book about motherhood that details how I overcame obstacles in life to balance work, marriage, school, and having four kids is soon to be released. More to come and more to be achieved as I continue to grow.

Websites:

www.emilliatummyflatprogram.com

<http://www.merithwakanakahairstudio.com/>

Podcast channel:

<https://anchor.fm/emilliam>