





Visit Em to read real stories about inspiring women and find out how to empower yourselves and look after your mind, body and spirit through the good and bad times.



em's got your back

em stands behind you and beside you, em embraces all ages, all cultures, all people,

em is your sister,

em is aware, em has seen pain, em get's it, em is not afraid, em is safe

em is real, grounded and resilient,



em believes in equality,

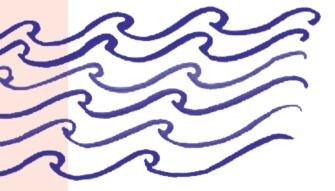
your mother, your grandmother, your neighbour, your friend, em is a force,

em sees strength in vulnerability

em is here for you, em doesn't judge, em is compassionate, em is beautiful, powerful and graceful

em is a reflection of me







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