



A real conversation

## Description

**In a bold and inspiring move to foster connection, authenticity and mental wellbeing, the Bonitas Client Operations Business Unit has launched a transformative initiative – the Gentlemen’s Talk and the Ladies Lounge.**

These monthly sessions are designed to create safe, empowering spaces where men and women can openly share their experiences, challenges and triumphs beyond the confines of daily work routines.

The kick-off session, held on 25 July, marked a powerful beginning where colleagues gathered, not just as professionals, but as people ready to listen, support and uplift one another.

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The energy in the room during the sessions was electric, filled with meaningful conversations, laughter and a renewed sense of unity. It was a moment that reminded everyone of the strength found in vulnerability and the value of simply being heard.

At its core, this initiative is about more than just talking, it's about transforming workplace culture. By prioritising mental health and emotional wellbeing, Bonitas is sending a clear message: our people matter. These sessions are a testament to the company's commitment to creating an environment where employees feel supported, valued and empowered to bring their whole selves to work.

In a world that often demands constant productivity, Gentlemen's Talk and Ladies Lounge offer a refreshing pause and a chance to reflect, recharge and reconnect. It's a celebration of humanity within the workplace, and a powerful reminder that when we take care of our people, we build stronger teams, deeper trust and a more vibrant company culture.

### **More than conversation**

Gentlemen's Talk offers a platform for men to engage in honest dialogue about the unique pressures they face, both personally and professionally. It's a space where they can speak freely, share insights, and support each other in navigating life's complexities.

The Ladies Lounge is a vibrant circle of empowerment, where women come together to discuss their journeys, celebrate their wins, and explore ways to uplift each other.

LIVE



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# Ladies



The feedback from the first session was overwhelmingly positive, with participants expressing appreciation for the initiative and sharing thoughtful suggestions for future topics. This enthusiastic response has set the tone for what promises to be a series of impactful gatherings.

**Category**

1. Our Subsidiaries

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