

...I Rise Spotlight

We rise higher when we support each other!

Nyarai Kapisavanhu

Meet the beauty and brains behind TOES

Tell us a bit about your role at TOES Niagara

As executive director, reporting to a board of directors, my role is to build awareness of the organization in Niagara and to coordinate and deliver programs for new immigrant women. As the company is still at its early stages, it is not uncommon to take on multiple roles in the course of a day.

Tell us about yourself, where you were born, your journey

I was born and raised in Zimbabwe, of a Batswanan mother and Mozambiquean father. This meant that I grew up in a multicultural family. Growing up, my father always stressed the importance of education, especially for girls. I left Zimbabwe in 2005 and migrated to South Africa where I lived and worked until moving to Welland, Ontario in 2011. My transition to living in Canada provided challenges to me because it was so different from what I was used to. I missed my traditional food, speaking Shona, even living as a visible minority for the first time. These challenges made me resolve to help other immigrant women in Niagara to become independent and active members of the community

Tell us more about TOES

At TOES, our Mission is: Assisting immigrant women to become independent by using a holistic model for self-empowerment. For a new immigrant woman, living in Niagara can be exciting yet challenging. TOES has been developed to help immigrant women successfully transition to living in Niagara. We strive to improve the life of each immigrant woman in Niagara through education, counselling, and other vital services.



Executive Director
TOES Niagara

Born
Zimbabwe

Currently Lives
Welland, Ontario



Want to be featured in our
I RISE Spotlight series?
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What prompted you to start TOES

Having lived in different countries around the world, I found that it was not easy to navigate and try to establish myself in a ‘new found home’ without support. Many obstacles and barriers existed. It was these experiences that prompted me to start an organization that addresses and reduces some of the obstacles that immigrants face in the new country, more so for women, most of whom are already coming from disadvantaged backgrounds.

What has made you most proud and why?

As a mum raising a child, I do what I think is best for my daughter to become an upstanding, useful member of society, instilling in her the fundamental human values and respect for herself and those around her. When I hear other people affirm the behavior and character that I have tried to instill in my daughter, I would have to say raising a wholesome, happy daughter who respects others and herself and who believes in herself and that within her is the power to rise (with a little help of course) makes me so so proud because I know that from here...she surely is rising!

What inspires you?

Difficult, sad and tragic times in my life or in the life of another person inspire me. They inspire me to be an instrument of peace and to be creative: creating a better way; better plans; a better world; to look at things from different perspectives, to never take anything or anyone for granted; and above all to be

grateful and appreciative of each good moment no matter how small and insignificant it may seem.

Here at TOES, our aim is to instill confidence in other women. As a woman, describe what makes you feel most confident and why.

When I make a point of looking good on the outside, it makes me feel good on the inside which in turn gives me confidence and people treat you differently too. I do see the difference it makes on the days when I do not put much effort in looking good. The second thing that makes me feel confident is ‘knowing my stuff’ I like to educate myself on any subject that I tackle before I go out there and speak to people about it. That way I am providing the information that is valuable to people.

**For more tips from Nyarai, check out her videos on YouTube
www.toesniagara.ca
[@toesniagara.ca](https://www.instagram.com/toesniagara.ca)**



Toes Niagara

Next Workshops:

Feb 12 – Valentines Day Workshop

Feb 28 – Women of Worth Workshop

March 10 – Emotional Well Being Workshop

www.toesniagara.ca/events