- 11. To share personal interests and make one's talents available to others preventing such talents to be seen as a source of prestige, income and power, a mechanism that tends to marginalise those who do not enjoy the same advantages;
- 12. To assert one's own truth not to hide behind others or speak in the name of some impersonal 'one';
- 13. To constantly revitalise one's personal journey through life, inventing new ways of being that will encourage other women;
- 14. To develop a sense of professionalism and high standards in all activities, appreciating and encouraging work well done, ação
- 15. To exchange ideas and information and discuss issues and solutions so as to constantly move forward;
- 16. To seek out people who will give advice for no personal gain and give advice to whoever asks for it;
- 17. To seek intellectual stimulus, not only through accepted ideas but also through asking pertinent questions;
- 18. To work constantly towards unravelling problems, facilitating communication without embellishments, avoiding and/or clarifying misunderstandings;

- 19. To provide opportunities for personal growth and development, helping other women to avoid the stagnation that comes from always doing the same type of work;
- 20. To share information on opportunities to learn more so that the women involved in the network become examples of modernity and ample proof that ideas can also arouse their passion;
- 21. To organise educational events, seminars, and so on, as the outward manifestations of a counter-culture that such events are helping to produce, and let knowledge be always accompanied by laughter, joy, affection and beauty;
- uidar O<sub>22</sub>. For one a 'marketplace' for the exchange of information on services, institutions, activities, and opportunities for involvement in areas or projects of relevance to women.

Adapted from the work of Eileen Hendrik of the University of Vancouver.

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