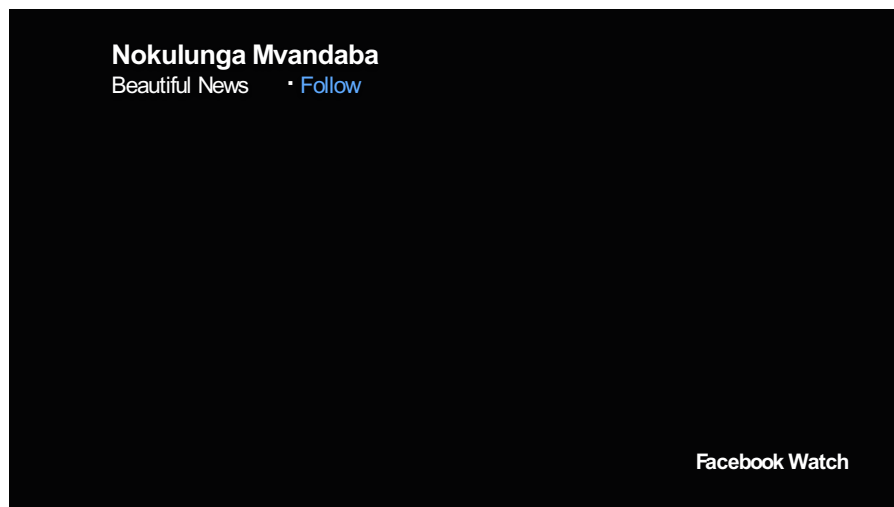


# #BeautifulNews: Everybody needs support. This coach will always have your back

Before the game ends, Nokulunga Mvandaba's netball team already know they are winners. The coach has taught them to build up each other's self-worth, not just how to score goals. She knows the difference support can have. While at university, someone Mvandaba trusted sexually assaulted her. Like many women who go through this, she was emotionally vulnerable and unable to deal with what had happened. "I felt like I had no one to speak to," Mvandaba says. "It resulted in a lot of self-destructive behaviour." Turning to alcohol and drugs to cope, her life spiraled downhill as she moved further away from her family. The experience had robbed Mvandaba of her sense of purpose. That changed when she picked up a netball, and her life.

Read Nokulunga Mvandaba's full story [here](#).



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