



## **Norva Semoy Abiona Teams up With UN to Raise Global Awareness on Domestic Abuse**

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Relationship Change Expert, Norva Semoy Abiona, recently partnered with the United Nations (UN) to help spread awareness about domestic abuse in support of the World Day of Elimination of Violence to Women and Girls. The author of an international bestselling self-help book, Abiona was a special guest speaker for a three-part radio series between November 25 and December 8, in line with the internationally observed 16 Days of Activism, which culminated with Human Rights Day on December 10.

Speaking on the 'Believe and Live Again' radio show on Kent Christian Radio in the UK, Abiona spoke on a number of pertinent issues, including topics covered in her book, 'Time To Go?'. She discussed types of domestic abuse, coercive control, the perpetuation of abuse, and the long and short term effects of domestic abuse on children. The motivational speaker also spoke about gaining freedom and life after abuse during the second episode, aired December 1, as well as how women can plan their escapes from abusive relationships and keeping safe after leaving, during the final episode on December 8.

?L-O-V-E does not stand for ?Lord Over Very Earnestly!? No, you were born to live a life of fulfillment, happiness and with peace of mind. Don?t stay in an environment where you are being disrespected, devalued, manipulated or controlled by another human being. Help and support is available,? says Abiona, commenting on her talks.

The radio series was part of the UN?s over 2 Weeks of Activism Against Gender-Based Violence. The theme of the movement was ?Orange the World: Raise Money to End Violence against Women and Girls,? and involved a number of public events and gestures worldwide. There were marches and public rallies, along with the transformation of famous buildings to reflect the symbolic colour of the initiative, in countries across all major continents.

A survivor of domestic abuse, Norva Semoy Abiona was called upon to lend her voice to the human rights movement due to her real-life story and message. The UK resident, who is originally from Trinidad, authored the book, ?Time to Go: Leaving Emotional Abuse and other forms of Abusive Relationships? after escaping an abusive marriage. Currently, she speaks to women and couples on relationship matters, and empowers women who have been abused or going through abuse.

The three-part radio series reached a global audience via a live internet feed available through the Kent Christian Radio Website. During her talks, Abiona invited listeners to join her relationship and abuse Udemmy course, ?Am I Experiencing Domestic Abuse and Is It Time To Go? for free. People who are interested in learning more can visit her website at [MyChoiceMarriage.com](http://MyChoiceMarriage.com).

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## **Norva Semoy Abiona**

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