

CHIC-TRIBE

MAR/APR 2026

DIGITAL MAGAZINE

**SPECIAL
EDITION**

@CHICTRIBE_DIGITAL

POWER

VOICE,
LEADERSHIP,
EXECUTION

LERATO MODISE

ISSUE 31: R25.00





**AT CHIC-TRIBE, GROWTH
HAS NEVER BEEN
ABOUT SPEED. IT HAS
ALWAYS BEEN ABOUT
MEANING.**

Letter from the Editor

This March/April issue represents a major milestone for Chic-Tribe Digital Magazine - our first-ever paid edition and a bold step into a new era of intentional growth, premium storytelling, and elevated editorial execution.

This special edition marks our transition from vision to value. For the first time, Chic-Tribe produced a full editorial shoot, bringing together creative direction, styling, photography, and storytelling to deliver a cohesive, high-impact publication that reflects the calibre of the women we feature and the brands we collaborate with.

Gracing our cover is Lerato Modise, a powerful example of what it means to lead with clarity, confidence, and purpose. Her feature anchors this issue's theme - Power. Voice. Leadership. Execution. a message that resonates throughout the pages as we spotlight multiple women who are shaping industries, building platforms, and executing their visions with intention.

This issue is curated for readers who value depth, excellence, and representation, and for partners who understand the importance of aligning with meaningful narratives. It reflects Chic-Tribe's commitment to creating a platform where women's stories are not only celebrated, but positioned with professionalism, strategy, and commercial relevance.

As we continue to grow, this edition sets the tone for what's ahead - more premium content, stronger collaborations, and expanded opportunities for brands, creatives, and leaders to connect through Chic-Tribe.

Thank you to every contributor, partner, and reader who has invested in this moment. Your support allows us to build sustainably, creatively, and with purpose.

Welcome to our first paid edition.
Welcome to the future of Chic-Tribe.

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LERATO MODISE

CREATING WITHOUT PERMISSION

Dressed by New Romantics Couture
Stylist: Oratile Mokgatle
Hair & Makeup: Lethukuthula Khumalo
Location: Pere House, Midrand



Dressed by New Romantics Couture



Lerato Modise is not just building a career, she's building spaces where creativity, culture, and purpose meet. From entertainment and storytelling to fashion and advocacy, she moves fluidly between roles while remaining unmistakably herself.

A filmmaker and founder of Robboticals, as well as the founder of the Remlee Foundation, which advocates for children and youth development, Lerato's work extends far beyond the screen and social media. She represents a generation of creators using their platforms to build real-world impact while redefining success on their own terms.

In this Chic-Tribe cover feature, we step into the mind of a creator who refuses to be boxed in, choosing instead to evolve loudly, authentically, and with intention. This conversation moves beyond milestones into identity, reinvention, and the courage it takes to keep showing up in an industry that constantly demands more.

PEOPLE KNOW YOU THROUGH MANY ROLES - CREATOR, STORYTELLER, ACTIVIST, ENTERTAINER. HOW DO YOU DESCRIBE THE VERSION OF LERATO THE WORLD DOESN'T SEE ONLINE?

The version of Lerato Modise the world doesn't see online is the quiet dreamer.

People see the confident creator, the bold storyteller, the activist who speaks up, the entertainer who owns the room but behind all of that is a very introspective woman. I am deeply reflective. I spend a lot of time thinking about purpose, impact, and the kind of legacy I want to leave behind.

Offline, I am softer. I am more sensitive than people would expect. I carry the weight of my ambitions very personally. I pray, I journal, I doubt myself, I rebuild myself. I am constantly evolving.

The world sees the polished moments but they don't always see the discipline, the loneliness that sometimes comes with leadership, or the quiet work that happens before the spotlight turns on.

At my core, I am just a girl from South Africa who believes she can change narratives especially for women who have been told they are "too much." The offline Lerato is not louder. She is deeper.

On the cover

Dressed by New Romantics Couture



Mar/Apr 2026

On the cover



Dressed by New Romantics Couture

Mar/Apr 2026

What part of your journey felt the most uncomfortable at the time but now makes complete sense looking back?

The most challenging part of my journey was growing up in a strict household with physical punishment, which felt harsh and confusing. I carried anger and questions, but with maturity, I've unpacked my experiences and recognized my parents were doing their best with the tools they had.

While it doesn't erase the pain, it provides context. This environment built resilience, discipline, and independence, shaping my ability to navigate tough situations, including in the entertainment industry. My discomfort led me to develop my inner voice and define the woman I want to be and the future I want for my children. Healing involves understanding and growing from the past, leading to personal victories.

And that growth? That's been one of my greatest victories.

You move between beauty, fashion, film, and advocacy so naturally. Do you ever feel pressure to choose one lane, or is versatility your superpower?

I've felt the pressure to "pick a lane" - industry loves boxing women in. But I've never been one thing. I'm starter-brained, my mind moves fast, I get excited by ideas, building, creating. Doing the same thing every day feels like idling.

Beauty, fashion, film, advocacy - they're not separate lanes, they're languages I use to express myself. Versatility isn't confusion, it's capacity.

My power is in being able to sit in a production meeting, host an event, and speak on social issues - and it all feels authentic. My versatility isn't a distraction, it's my superpower



Dressed by New Romantics Couture

Was there a moment where you realised you were no longer chasing opportunities but actually becoming the opportunity? What shifted for you?

I don't think I've fully reached a place where I feel like I've "become the opportunity" yet and I'm okay admitting that.

I'm still hungry, still building, still chasing rooms I know I belong in. The difference? My mindset's shifted. I used to chase opportunities for validation, to be seen, to be enough. Now I walk in knowing my worth - creative direction, storytelling, influence. I'm not desperate, I'm intentional.

The chase is strategic. You become the opportunity long before you feel it - in how you carry yourself, say no, create your own projects. I'm still hungry, but it's a strategic hunger.



Dressed by New Romantics Couture



What has success taught you about boundaries especially protecting your peace in a very public career?

Success has taught me that access does not equate to entitlement. Living publicly can make people feel they own parts of you, leading to overextending yourself to keep others comfortable.

Early on, I mistakenly believed being accessible meant being constantly available, saying yes when exhausted, and engaging in draining conversations. I've learned that boundaries are filters that protect my energy; not every opportunity or comment warrants a response.

Peace is the true luxury, so I'm intentional about my space, rest without guilt, and protect my private life. As visibility increases, the sanctity of boundaries becomes even more crucial for fulfilling my purpose.

If you had to create something purely for yourself, with no audience or expectations, what would it look like?

If I could create something just for myself, it would involve constant travel - exploring different countries and cultures without any pressure to document or share. I would immerse myself in new environments, experiencing local life and drawing inspiration from architecture, food, and art.

Travel serves as creative oxygen, expanding my mind and deepening my storytelling. This journey would be quiet and transformative, allowing me to collect personal stories from around the world, free from expectations.

On the cover

*“At my core, I’m
just a girl from
South Africa
who believes
she can change
narratives.”*

Dressed by New Romantics Couture

Mar/Apr 2026



In seasons where things are quiet or uncertain, what keeps you believing in your journey when results aren't visible yet?

In quiet or uncertain times, I remind myself that silence isn't stagnation. I proactively use every day as an opportunity to create internal movement by planning, refining ideas, researching, and strengthening my network.

This mindset keeps me grounded, as I recognize that true work occurs away from the spotlight, where discipline is formed. I believe consistency compounds, and even during slow periods, I'm sharpening my skills and preparing for future opportunities.

My determination fuels my belief in the journey, making quiet seasons a source of training rather than intimidation. I strive to make each day count so I'm ready for the results when they come.

What's something people would be surprised to learn you're actually really good at outside of work and the public space?

I can knit an entire blanket, I'm very good at knitting and at abstract art.

Which version of Lerato are your close friends most familiar with - the ambitious go-getter or the soft, off-duty you?

My close friends are familiar with the softer, off-duty side of Lerato. To the world, I'm often seen as the ambitious go-getter - the woman with plans, vision boards, strategy, and hunger. And yes, that version is very much real. But she isn't the only side of me.

With my friends, I'm gentler. I laugh louder and am less curated. I can sit in silence, vent, and cry without needing to find a solution to my emotions. They witness the moments when I'm tired, unsure, or just want to order food, throw on something oversized, or take a cold swim without having to be "on." They remind me that I don't always have to be building something, that it's okay to simply exist.

Of course, the ambitious Lerato Tiisetso Modise, also known as *missRobot /Chilli /Pretty Gangster, still makes an appearance - I can't completely turn her off. But in the company of my close circle, she's tempered by tenderness.

I believe that balance is essential. While the world may celebrate the driven version of me, those who truly love me protect the gentle one.

Fashion That Moves With You: Dressing for Every Chapter

By Oratile Mokgatlhe

Fashion is not a fixed identity; it's a language that evolves with the different versions of ourselves. Some days call for quiet ease, others demand bold statements, and sometimes we simply want clothes that reflect the transitions we're living through. The beauty of style lies in its ability to adapt, to mirror who we are in the moment, and to remind us that we don't have to choose just one lane. And there's the in-between version that doesn't want labels, just clothes that make sense in the moment.



Credit - @MoeSuttle (Twitter - X)



The Soft Version of You

There are days when softness is the priority. Loose tailoring, breathable fabrics, and silhouettes that allow freedom of movement become the uniform. Think linen shirts, wide-leg trousers, and knitwear that feels like a second skin. Soft does not mean invisible. And it certainly doesn't mean boring. This kind of dressing is intentional - neutral palettes with personality, linen that's been cut properly, oversized pieces that still hold their shape. It's fashion that understands long days, meaningful conversations, and the quiet confidence of comfort that doesn't apologise for itself.



Credit - @Bonang Matheba (Instagram)

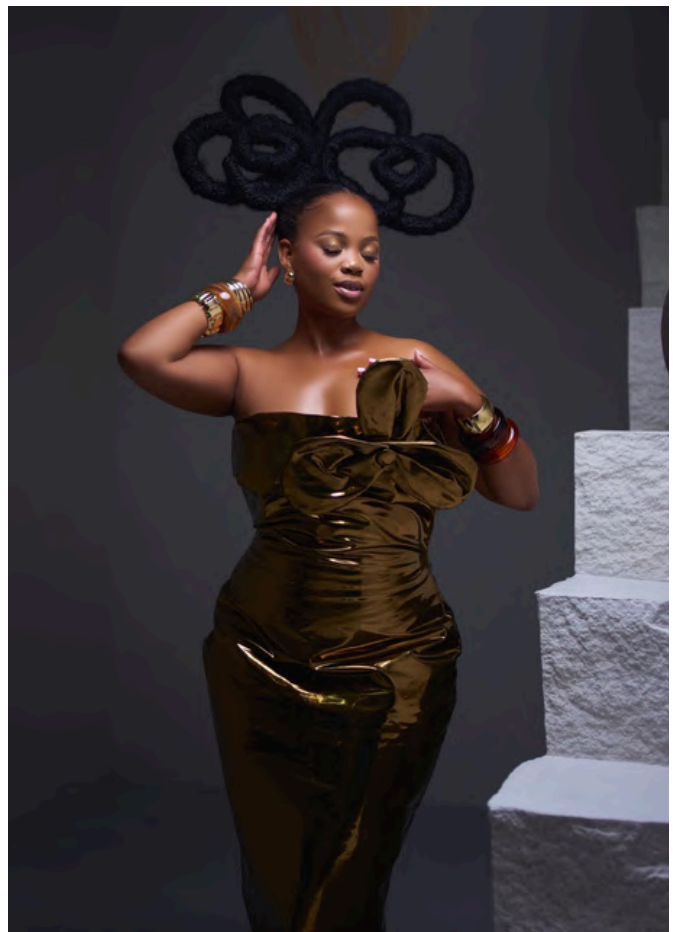
THE PUT-TOGETHER VERSION

See when ambition takes center stage, clothes become armour. That's the version of you that enters a room already knowing what she's there to do. She gravitates towards structure. Structured blazers, crisp shirts, and tailored dresses communicate presence without shouting. Modern power dressing balances strength with subtlety pairing sharp cuts with softer details like jewellery or fluid trousers. It's not about aggression; it's about clarity and purpose. She doesn't need to announce herself - the clothes speak clearly enough.

THE BOLD VERSION

Sometimes subtlety won't do. This is when vibrant colours, statement silhouettes, and daring accessories take the driving seat. Bold fashion is about impact, hold on dear it's also about restraint choosing one striking element and letting it lead. Whether it's a neon dress or sculptural jewellery, this version of you embraces confidence unapologetically.

One thing about this version is that she doesn't show up every day, but when she does, you better be sure she'll commit. Bold dressing isn't about excess; it's about clarity. Oh she understands restraint as much as she understands confidence; that's what makes her to keep on serving.



Credit - @Zithobe Macheli



Credit - Who What Wear

THE EFFORTLESS VERSION

This version thrives on simplicity, its giving don't think too hard about getting dressed. Her wardrobe is built on pieces that work naturally together. Matching sets, reliable denim, and timeless dresses that transition seamlessly from day to night form the backbone of this wardrobe. Effortless style is curated, not careless; it's about knowing what works and editing down to essentials that always deliver. It's fashion that respects your time, your energy, and your actual life.

THE VERSION YOU'RE BECOMING

Beyond moods, fashion reflects growth. As we move through new jobs, recover from burnout, or enter calmer seasons, our style shifts. We edit instead of accumulating, choosing pieces that feel honest rather than performative. This is where personal style matures; not fixed but aligned with who we're becoming.

Fashion should be a mirror, not a box. It's not about committing to one aesthetic forever, but about building a wardrobe that flexes with your moods, ambitions, and transitions. The most stylish people aren't those who follow trends blindly they're the ones who dress for the life they're actually living.



Credit - Trish O_Couture

“Fashion is more than just clothing; it’s a form of self-expression, an art, and a language understood worldwide.”

–TRUE FASHION STORY

The future of beauty



How Technology, Personalisation, and Innovation Are Redefining Skincare

The beauty industry has always evolved alongside culture, but today it is evolving alongside technology. From AI-powered skin analysis to hyper-personalised skincare routines, the future of beauty is no longer just about products - it's about precision.

What once relied on trial and error is now increasingly guided by data, innovation, and deeper scientific understanding. The result? Beauty routines that are smarter, more personalised, and more aligned with individual skin needs than ever before.

As technology reshapes the industry, beauty is entering an era where customisation, skin intelligence, and wellness-driven innovation are becoming the new standard.

Personalised Skincare Is Becoming the Norm

For decades, skincare followed a simple formula: products were created for broad categories such as dry, oily, or combination skin.



But modern technology is revealing that skin is far more complex than these labels suggest.

Today, digital skin analysis tools can assess hydration levels, pore size, pigmentation, and fine lines with remarkable accuracy. Some platforms even use artificial intelligence to track changes in the skin over time, offering recommendations tailored to each individual.

This level of personalisation allows consumers to move away from generic routines and toward skincare systems that adapt to their unique skin profiles.



The Rise of Beauty Tech at Home

Professional treatments once reserved for dermatology clinics and luxury spas are increasingly making their way into everyday routines through advanced beauty devices.

LED light therapy masks, microcurrent tools, and ultrasonic cleansing devices are transforming how people approach skincare at home. These technologies help stimulate collagen production, improve circulation, and support deeper product absorption - all from the comfort of home.

While these tools do not replace professional treatments, they represent a growing shift toward empowered beauty, where individuals have greater control over maintaining their skin health between appointments.

Data-Driven Beauty

Another defining feature of the future beauty landscape is the role of data.

With the help of smart apps and digital trackers, skincare routines are becoming more informed. Consumers can now track product effectiveness, monitor skin changes across seasons, and adjust routines based on real-time feedback.

This data-driven approach is helping people make more confident choices about the products they invest in, shifting beauty away from impulse purchases toward more thoughtful decision-making.



Skincare Meets Wellness

The future of beauty is not just technological - it is also deeply connected to wellness.

Experts increasingly recognise the role that sleep, nutrition, stress levels, and hormonal balance play in the health of our skin. As a result, beauty brands are beginning to take a more holistic approach, combining skincare with supplements, lifestyle guidance, and stress-management practices.

In this new landscape, glowing skin is no longer viewed as the result of a single miracle product. Instead, it reflects a broader lifestyle that supports overall wellbeing.

Innovation with Responsibility

As innovation accelerates, so does the conversation around sustainability and ethics. Consumers are asking more questions about ingredient sourcing, environmental impact, and transparency within the beauty industry.

Forward-thinking brands are responding with refillable packaging, biodegradable materials, and cleaner formulations that prioritise both effectiveness and environmental responsibility.

The beauty of the future, it seems, will not only be smarter - it will also be more conscious.

A New Era of Beauty

Ultimately, the future of beauty is about empowerment. Technology is giving individuals more knowledge about their skin than ever before, allowing them to make informed decisions about how they care for themselves.

The next generation of beauty will not be defined by trends alone, but by personalisation, innovation, and a deeper understanding of what healthy skin truly means.

And in that future, beauty will be less about chasing perfection and more about supporting the unique needs of every individual.

“As innovation reshapes the industry, beauty routines are becoming smarter, more intentional, and more connected to overall wellness.”







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- **Serious repair power:** Clinically proven to strengthen hair by up to 312%.
- **Results in minutes:** The leave-in mask helps reverse visible damage in just four minutes.
- **Stronger strands, less stress:** Peptide-powered haircare





MOTHERHOOD AND LEADERSHIP: PARENTING AND THE TRUE MEANING OF AUTHORITY

BY PORTIA DIETA

Leadership is normally imagined to be in the boardrooms, government or the military strategy. There is a profound leadership role that happens in a far less recognised space, which is at home. The role of a mother demands decision-making, emotional intelligence, conflict resolution and long-term vision - these are qualities that define effective leadership.

Motherhood reveals that real authority isn't rooted in control but in guidance, empathy and responsibility. Mothers lead daily without any recognition or title; they guide families through challenges while nurturing their growth and development. Motherhood cultivates leadership in powerful and often overlooked ways, it demonstrates that power is not just about being in control, but the ability to influence and guide through love, trust and care.

If we look at motherhood as a form of leadership, we then begin to understand that the real authority is not about dominance but about influence and stewardship. Parenting demonstrates that the most effective leaders are those who nurture, protect and empower others to become the best version of themselves. In this article we are unpacking the relationship between motherhood and leadership.

LEADERSHIP = RESPONSIBILITY

Leadership starts with the responsibility by nurturing a bunch of key qualities that translates into both family life and professional settings, and motherhood is an amazing training ground for this. A leader's first duty is responsibility for others and mothers carry this responsibility from the moment a child enters their life. Mothers are always making decisions that shape their child's wellbeing as they are most likely to be the primary caregiver of the kinds, their responsibility not only lies in the big choices made regarding their children but also includes the smaller ones too.

Responsibilities such as daily needs and safety, emotional regulation and support, education and development, values and character building, setting boundaries and discipline are all part of the responsibilities that mothers have on their shoulders, not only towards the children but the household.

Balancing protection with independence is a crucial tightrope walk for moms, having to balance the instinct to protect with the vital need to foster independence can be one of the toughest and rewarding part of motherhood. The key role where this is concerned is knowing when to step in and when to step back. Mothers will never throw their kids in the deep end, instead they will offer increasing levels of independence as the kids grow and show readiness.

They will allow for calculated risks such as allowing the child to navigate small tasks alone even if there is a small chance of failure. The goal in this is not to prevent bumps and bruises but to ensure safety while allowing for a learning experience. Active listening and collaborative problem-solving is a sign of being a great leader and mothers do this with ease.

Mothers will often listen to their children's ideas and concerns, helping them think through potential outcomes. Motherhood teaches us that leadership is not about status or title but about being responsible for the growth and safety of others.

EMOTIONAL INTELLIGENCE AS A CORE LEADERSHIP SKILL

Effective and good leaders understand emotions- both their own and those of others, mothers practice this daily. Parenting requires empathy, patience and understanding, which is now widely recognised as an essential leadership quality in the workplace and communities.



Mothers practice this by being able to read the child's feelings before they can articulate them, managing conflict between siblings and teaching emotional regulations. Let's take a dive on these three traits:

- **Reading a child's feelings before they can articulate them:** Being able to read your child's feelings before they can articulate them is like having a superpower for a mom, it isn't only about intuition, but about being an effective and responsive parent. Being able to read their feelings helps with building trust and security, strengthens connection, guides responsive parenting and prevents escalations.
- **Managing conflict between siblings:** Dealing with squabbles is a daily challenge for many moms but is an effective way to sharpen some serious parenting and leadership skills, it is a mini training ground for conflict resolution. This helps the mom hone their meditation skills as they gain skills of being able to different perspectives, identifying the core issue and guiding towards a fair solution. This also teaches problem-solving and negotiation, developing empathy in your children and yourself, understanding each child's triggers and dynamics.

• **Teaching emotional intelligent:** Now this is not about managing tantrums, it's more about building a more peaceful and connected home. This helps the mother create a calmer home environment, reduce your own emotional load, boost your child's independence and resilience, strengthen your relationship and frees up your time and energy. Teaching emotional regulation and/or intelligence takes a lot of patience and effort upfront but is an investment into a happier family life for everyone involved.

ADAPTABILITY AND PROBLEM SOLVING

Every day of motherhood brings unexpected challenges. Motherhood is like being a CEO of a start-up where you are the crisis team leading all roles simultaneously and the on-call nurse all at once.

Adaptability and problem-solving become leadership muscles because adaptability is staying in the game when the plan blows up and problem-solving is turning messes into mini lessons. Adaptability models flexibility for the kids because it allows them to see that people can revise course without collapsing, this builds resilience.

Problem-solving is less about heroic fixes and more about iteration. These two together for a quiet leadership style that shows that you're navigating a living, unpredictable system, keeping everyone safe and showing example that plans are guides not prisons, and this sticks with the children long after they have left the house. These characteristics also helps with managing cries calmly, adjusting parenting strategies as they grow older and balancing multiple roles simultaneously

Motherhood shows us that real authority is not about command or control, it focuses on nurturing growth, guiding others through uncertainty and shaping the future through everyday actions. In the end motherhood strips authority down to its essentials, presence over power and guidance over control.

**MOTHERHOOD IS THE
ULTIMATE LEADERSHIP
LABORATORY; NO JOB
DESCRIPTION, NO DAYS OFF
AND THE STAKES ARE
HUMAN HEARTS'**

Unknown





THE WOMEN RESHAPING SOUTH AFRICA'S FILM AND TELEVISION INDUSTRY

As the creative sector marks International Women's Month, a group of formidable women is working to move the conversation beyond celebration and toward lasting structural change.

Women in Film & Television South Africa (WIFT SA) has officially opened its 2026 membership under the theme "Access and Opportunity," signalling a deliberate shift toward transforming how women participate in and lead within the country's film and television industry.

By Nikiwe Buhlalu
Guest Contributor

For years, South Africa's creative landscape has been rich with female talent across directing, producing, writing, acting, cinematography, post-production and distribution. Yet while women contribute meaningfully across the value chain, access to funding, commissioning power and executive decision-making spaces remains uneven. WIFT SA's leadership believes the time has come to address that imbalance directly.

At the helm of the organisation is President and Creative Director Athi Petela, whose vision for WIFT SA is rooted in measurable progress. For Petela, recognition alone is no longer enough. The next chapter for women in the industry must be defined by tangible access to resources, opportunities and leadership platforms.

“International Women’s Month is a powerful reminder of progress,” Petela says. “But progress must be measurable. Our work this year is about ensuring women are not only recognised, but resourced and positioned.”

Working alongside her is Vice President and Sustainability & Impact Director Neo Moretlwe, who approaches the organisation’s work through the lens of long-term industry transformation. Known for her strategic leadership and ecosystem-building across the creative sector, Moretlwe believes real change requires accountability.

For her, access is only meaningful when it leads to real outcomes.

“If access does not lead to contracts, funding readiness, market visibility or collaboration, then we must recalibrate,” she explains. “Our responsibility is measurable progress.”

Ensuring that this progress remains structured and sustainable is the role of Treasurer and Strategy & Communications Director Tumelo Moema. Her dual responsibility combines financial stewardship with narrative positioning ensuring that WIFT SA’s growth is both responsible and intentional.

Moema emphasises that the organisation’s mission goes beyond symbolism

“WIFT SA is not symbolic. It is strategic,” she says, underscoring the importance of aligning industry conversations with real systemic change.

Turning strategy into action is Secretary and Programmes Director Felicia Naiwa Sithebe, whose focus is programme execution and industry engagement. Her work centres on ensuring that WIFT SA members experience tangible benefits from practical workshops that strengthen funding applications to structured engagements with industry decision-makers.

“Our members must feel the difference,” Sithebe explains. “That means structured engagement with decision-makers, practical workshops that strengthen applications, and platforms that lead to real work.”



Together, this leadership collective represents a governance-led model designed to prioritise delivery, accountability and institutional credibility. The organisation’s 2026 programme reflects this ambition. Planned initiatives include expanding access to funding and commissioning networks, strengthening investment readiness, facilitating cross-sector collaboration and creating pipeline opportunities for both emerging and mid-career creatives.

These initiatives aim to address one of the most persistent challenges in the industry: the gap between talent and opportunity. For many women working in film and television, talent has never been the issue. Access has. WIFT SA’s leadership believes the solution lies in building structured pathways that move women from participation into positions of influence and leadership. By connecting creatives with funders, broadcasters and industry decision-makers, the organisation hopes to ensure that opportunities translate into sustainable careers.

International Women’s Month may provide the moment to spotlight these conversations, but the work being undertaken by WIFT SA is focused firmly on the long term.



ARE WE PERFORMING SUCCESS ON SOCIAL MEDIA?



In the early days of social media, platforms were simply spaces to connect, share moments, and stay in touch with people we knew. But over time, they have evolved into something far more complex: digital stages where success is not only achieved - it is performed.

Today, scroll through platforms like LinkedIn or Instagram and a pattern quickly emerges. A new certificate. A promotion announcement. A milestone post accompanied by a reflective caption about resilience and growth. Hundreds of likes follow. Applause in the comments section.

And while there is nothing wrong with celebrating achievements, the question quietly lingers beneath the surface: **when did success become something we feel compelled to publicly prove?**

THE VISIBILITY ECONOMY

We are living in what could be described as a *visibility economy*. Professional opportunities, collaborations, and recognition are increasingly influenced by how visible we are online.

In this environment, sharing accomplishments can feel less like bragging and more like strategic positioning. After all, if the digital world is where people discover your work, then visibility becomes a form of currency.

The challenge, however, is that visibility can easily blur into performance.

When every achievement becomes a post and every milestone becomes content, the line between authentic celebration and curated narrative begins to disappear.

THE CULTURE OF CONTINUOUS ACHIEVEMENT

Social media has also amplified the pace at which success appears to happen.



A quick scroll reveals people launching businesses, completing new certifications, securing promotions, publishing books, and announcing exciting opportunities - sometimes all within the same week.

Of course, these achievements are real. But the algorithm rarely shows the quiet moments in between: the uncertainty, the waiting periods, the setbacks, the slow and often invisible work that actually builds a career.

What we see instead is a highlight reel of constant momentum.

Over time, this can create an unspoken pressure: the feeling that we, too, must always be achieving something worthy of posting.

WHEN CELEBRATION BECOMES EXPECTATION

There is also an emerging social norm around acknowledgement.

Achievements are no longer just shared - they are expected to be validated. Likes, comments, and congratulatory messages become part of the ritual of public success.

In many ways, this communal celebration is positive. It creates spaces where people uplift one another and recognise hard work.

But it also raises an interesting cultural shift: success is no longer experienced privately first and shared later. Instead, it often feels incomplete until it has been publicly witnessed.

THE QUIET POWER OF OFFLINE SUCCESS

Perhaps the most interesting counter-trend to this culture of visibility is the growing appreciation for quiet success.

More professionals are beginning to question the need to document every milestone. Not because achievements are not worth celebrating, but because some forms of growth feel more meaningful when they are experienced without an audience.

The project completed behind the scenes. The skill developed quietly over months. The personal breakthroughs that shape confidence and leadership long before they become visible results.

These moments rarely trend online, yet they often represent the most profound forms of progress.

REDEFINING WHAT SUCCESS LOOKS LIKE

Social media has undoubtedly opened doors. It has helped people build careers, connect with communities, and create opportunities that once seemed impossible.

But as digital culture continues to evolve, so too must our relationship with it.

Perhaps the question is not whether we should share our successes but rather why we feel the need to share them.

Is it to inspire others? To document a journey? To open new opportunities? Or has success quietly become another performance metric in the digital age?



“Some of the most meaningful successes in life happen quietly, far away from the algorithm.”



POWER IS NOT WHAT WE WERE TAUGHT

By Thato Ozora Seopa

POWER IS OFTEN MISUNDERSTOOD.

It is commonly associated with dominance, authority, or control. Something external, visible, and validated by others. In this version of power, value is measured by titles held, influence displayed, or recognition received. Power is loud. It takes up space and demands attention. It is acknowledged in posture and position, in who speaks uninterrupted. In whom decides and who is expected to follow. It is asserted through certainty, speed, and command. But for many women, lived experience tells a different story.

Power is quieter than it is portrayed. It is internal before it is expressed. And often, it exists long before it is acknowledged, especially in the lives of women who have been taught to soften themselves in order to belong. At its core, power begins with voice. Not voice as performance, but voice as truth. From a young age, girls learn that being agreeable is rewarded. That being accommodating is admirable.

That emotional awareness should come with restraint, and intelligence with humility. Girls are praised for being “easy”, “kind”, and “understanding”. Leadership, when it appears, is expected to be gentle, palatable, and non-threatening. Over time, this conditioning teaches women to delay themselves, to question their instincts, to second-guess their reactions, and to wait for permission, certainty, or external confirmation before they speak or act. Assertiveness is reframed as aggression. Confidence as arrogance. Wanting more becomes something to justify rather than own. This delay does not erase power. It only postpones its execution.

RELATIONSHIPS OFTEN BECOME THE SPACE WHERE THIS POSTPONEMENT IS MOST VISIBLE.

In romantic partnerships, women are frequently praised for their capacity to give emotionally, physically, and relationally. Sacrifice is framed as a virtue. Endurance as strength. Love becomes something proven through tolerance, flexibility, and self-adjustment. Care becomes instinctive, while self-advocacy becomes negotiable. Many women learn to read the room before they read themselves. To anticipate needs before expressing their own. To manage emotional climates quietly, without naming the labour involved.

Even when an imbalance is felt, it is often rationalised as patience, as understanding, and as love. But unspoken compromise accumulates. When voice is deferred repeatedly, power begins to leak. Not because it was never there, but because it was never fully enacted. And yet, women remain powerful within these spaces. Holding emotional structures together, maintaining connection, and carrying relational responsibility.

MOTHERHOOD REVEALS THIS TENSION EVEN MORE STARKLY

From the moment a woman becomes a mother, she steps into one of the most demanding leadership roles that exist, yet it is rarely named as such.



Motherhood requires decision-making under pressure, emotional regulation, long-term vision, adaptability, sacrifice, and execution without applause. And still, women are taught that self-erasure is synonymous with love. That prioritising oneself is indulgent, exhaustion is proof of devotion. Power, once again, is something to be traded for care. But creation itself depends on women.

Life is nurtured, sustained, and brought into the world through their bodies. This is not symbolic power; it is elemental. The ability to carry, protect, and grow life is leadership in its most fundamental form. And it does not end at birth. The raising of a human being is an ongoing act of leadership. The values instilled, the emotional language modelled, the boundaries demonstrated, the self-respect embodied. These are not small acts; they shape the next generation’s understanding of power, relationships, and selfhood.



Whether raising a girl or a boy, motherhood becomes a site of cultural transmission. Children learn what strength looks like by watching how women move through the world. They absorb lessons about voice not through instruction alone, but through observation, through what is tolerated, what is named, and what is honoured.

This is leadership that rarely receives recognition, yet its impact is generational. Despite this, women are often positioned as supporters rather than originators. As contributors rather than decision-makers. As the ones behind the scenes, rather than at the centre of vision and direction.

CONTRADICTION THAT CREATES AN INTERNAL TENSION

Women know their capacity, but they hesitate to claim it. This is where leadership must be redefined. Leadership is not hierarchy, it's a responsibility, not dominance. It is direction. Leadership begins when a woman chooses to take ownership of her life, her boundaries, her values, and her movement forward. Regardless of external validation. It is expressed not through control, but through alignment. A woman leads when her actions reflect her truth.

Leadership is not always visible. Often, it unfolds in quiet choices: declining what drains her, pursuing what challenges her, and staying consistent even when progress feels slow or unseen. This kind of leadership is deeply relational. It shapes how women show up for others, not as saviours, but as mirrors.

Many women are capable, intelligent, and driven. But profoundly isolated. Accustomed to carrying their struggles alone. Conditioned to believe that strength means self-sufficiency. Asking for support feels unnatural, even when support is available. This isolation weakens execution. Without reflection, self-doubt grows louder. Without community, challenges feel uniquely personal. Without shared language, women internalise struggles that are often collective.

WHY EXECUTION MATTERS

Execution is where power becomes real. It is the act of moving forward despite uncertainty, of translating awareness into action, again and again. Execution does not require confidence. Confidence is built through execution.

Too often, many wait to feel ready before acting. They wait for clarity before movement. But clarity is not a prerequisite; it is a result. Execution is rarely dramatic. It is sending the email. Submitting the application. Setting the boundary. Beginning before everything makes sense.

In relationships, execution may look like renegotiating dynamics. Naming needs that were previously swallowed. Reclaiming space that was unconsciously surrendered. In motherhood, it may look like resisting the belief that selfhood must disappear to be loving and modelling self-respect as an act of care. In professional spaces, it may mean stepping forward even when the impulse is to minimise. Trusting one's contribution enough to take up space without apology. These acts may appear small, but they accumulate. Power is not reclaimed in a single moment. It is built through consistency.

Women do not diminish one another by succeeding. They expand one another by witnessing success and believing it is possible for themselves. Power, in this sense, becomes both personal and collective. It does not look the same for every woman. It is shaped by context, season, and calling. There is no singular expression. No prescribed aesthetic. Power can be soft. It can be firm. It can be quiet or unmistakably present. What matters is not how it appears but whether it is lived.

AN INVITATION

To stop postponing power until conditions, feel ideal. To recognise that leadership does not begin when life is settled but while it is still unfolding. To understand that voice is not something to earn but something to honour. And to execute not recklessly but intentionally. Faithful to self. Faithful to truth. Faithful to the understanding that waiting indefinitely is its own decision.

When women move from awareness to action, power stops being theoretical. It becomes embodied. It becomes visible not as performance but as presence. This reimagining of power asks for more than inspiration. It asks for participation. For daily choices that reflect self-respect.



For leadership grounded in integrity rather than image.

Power is not dominance. It is direction. It is voice aligned with action. Leadership rooted in self-trust. Execution guided by purpose rather than fear. When these elements converge, power becomes sustainable. Transferable. Extensive.

It is no longer something women wait for. It is something they live. And that is where real leadership begins.

Execution Is a Feminist Act:

What It Takes to Build While the System Resists You

By **Thato Mphuthi**

Power is often romanticised.

We see the polished photos. The panel discussions. The “Top 30” lists. The carefully curated language of leadership.

But what we don’t see what we rarely name is execution.

Execution is the part where you wake up in a body that hurts and still show up.

Execution is the part where funding emails go unanswered and you rewrite the proposal anyway.

Execution is the part where funding emails go unanswered and you rewrite the proposal anyway.

Execution is the part where you are told to “be patient” while the injustice is urgent.

Execution, I have learned, is a feminist act.



As a young Black disabled woman building a nonprofit organisation in South Africa, I quickly realised that vision alone is not power. Power is what happens after the idea. Power is the stamina to build within systems that were not designed with you in mind.

When I founded Enabled Enlightenment, an organisation rooted in disability justice and inclusive health, I did not step into rooms that were ready for me. I stepped into rooms that were unsure what to do with me. Rooms that were comfortable discussing disability as a statistic, but uncomfortable when disability had a voice especially a woman's voice.

Leadership, for women like me, is not a ladder. It is resistance.

We are often told to "find our voice." But what happens when your voice disrupts comfort? When it names policy gaps? When it questions funding priorities? When it refuses to perform gratitude for crumbs of inclusion?

Execution means continuing anyway. It means drafting policies late at night while managing unpaid care work. It means attending strategy meetings while navigating chronic pain. It means building structures - HR systems, monitoring frameworks, safeguarding policies while you are still fighting to be seen as legitimate.

There is a quiet violence in how society celebrates women's ideas but scrutinises their execution. Especially when those women are Black. Especially when they are disabled. Especially when they are young.

I have sat in meetings where my credentials were questioned in ways my male counterparts' never were. I have seen how quickly "passion" becomes code for "underqualified" when spoken about women founders. I have learned that for some, power is assumed. For others, it must be repeatedly proven.

But here is what I know: execution builds credibility no one can erase.

Execution is sending the proposal again.

Execution is hosting the workshop with limited resources.

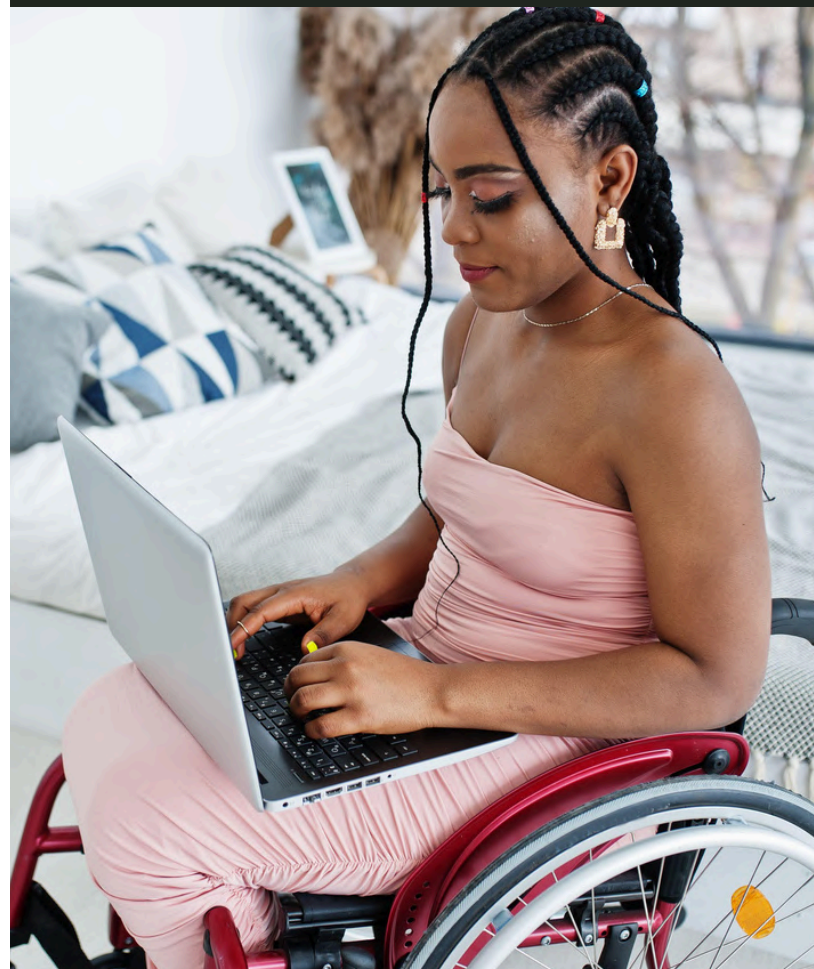
Execution is collecting data to support lived experience.

Execution is turning advocacy into measurable outcomes.

It is easy to mistake visibility for power. But visibility without infrastructure collapses.

Real power requires systems. Sustainability. Accountability.

And that is where feminist leadership becomes radical.





Feminist execution is collaborative. It rejects the myth of the lone genius. It acknowledges the labour paid and unpaid that sustains movements. It understands that leadership is not domination, but design.

Designing safer workplaces.
 Designing inclusive health models.
 Designing community-based responses.
 Designing environments where disabled girls can imagine futures beyond survival.

In South Africa, we speak often about transformation. But transformation without implementation is theatre. Women are expected to carry vision, emotional labour, and community cohesion yet we are rarely resourced to execute at scale.

Still, we build.
 We build in townships and boardrooms.
 We build with crutches and courage.
 We build while mothering.
 We build while healing.

And every completed action - every registered organisation, every funded programme, every published piece of research is evidence that execution shifts power from symbolic to structural. There is also something deeply personal about execution.

For me, it has meant confronting internalised doubt. It has meant unlearning the belief that I must overperform to belong. It has meant recognising that rest is not the opposite of power - burnout is.

Because here is the truth: systems resist women who execute boldly. Not because we lack competence, but because competence destabilises hierarchy.

When a disabled woman leads a health equity project, it disrupts the assumption that expertise must look a certain way. When a young Black woman drafts governance policies and challenges funding frameworks, it unsettles inherited power.

Execution threatens comfort.

And yet, it also creates new blueprints.

I often think about the young girls watching. The disabled girls in classrooms where expectations are quietly lowered. The young women with ideas scribbled in notebooks but no blueprint for implementation.

They do not just need inspiration.
 They need evidence.
 Evidence that someone who looks like them built something.

Evidence that execution is possible even when support is limited. And in a world that often expects women especially disabled women to survive quietly, execution is a declaration.

We are not waiting to be empowered.
 We are building any way.

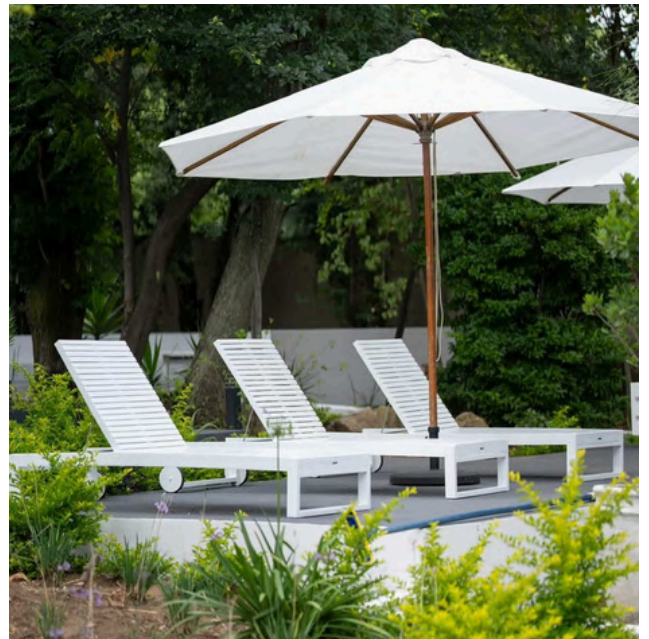
HIDDEN GEMS: PERE HOUSE

A CREATIVE ESCAPE IN THE HEART OF KYALAMI



Tucked away in the tranquil countryside of Kyalami, just outside the city bustle, sits a venue that feels like a refreshing discovery waiting to be experienced. Pere House is more than just an event venue - it's an immersive destination where creativity, nature, and memorable moments come together.

Blending the charm of a countryside retreat with the versatility of a modern event space, Pere House offers visitors an environment designed for connection and celebration. From intimate gatherings and relaxed picnics to corporate events and creative workshops, the venue provides a beautiful canvas for experiences of all kinds. Set against lush gardens and open outdoor spaces, every corner invites guests to slow down, breathe, and enjoy the moment.



It's precisely this atmosphere that made Pere House the perfect backdrop for the Mar/Apr cover editorial of Chic-Tribe Digital Magazine. The venue's natural light, scenic landscapes, and thoughtfully curated spaces created a setting that allowed the visual story of the issue to unfold effortlessly. From garden pathways to picturesque outdoor spaces, every frame captured the quiet elegance and creative spirit that defines the venue.

What makes Pere House particularly unique is its blend of leisure and interactive experiences. Visitors can tap into their creativity through activities such as ceramic painting, canvas painting, or customised wine glass painting - perfect for relaxed afternoons with friends or family. For those seeking a little adventure, the venue also offers outdoor activities including bicycle rides, target shooting, pony rides, and quad biking, making it a space that appeals to both adults and children alike.

Beyond activities, Pere House has become known for its versatile event spaces, each offering a distinctive setting. Whether it's a sunlit lawn celebration, a stylish pavilion gathering, or a picturesque pondside event, the venue provides flexible spaces that can be customised to suit any vision. From birthday celebrations and baby showers to corporate team-building events and creative shoots, Pere House adapts effortlessly to the occasion.

For content creators and photographers, the venue's natural scenery and curated spaces provide endless visual inspiration. With indoor and outdoor photo studio options available, Pere House has quietly become a favourite backdrop for photoshoots, brand content, and special moments worth capturing.



At its core, Pere House is about creating experiences that linger long after the day ends. It's a place where laughter echoes through garden pathways, creativity is encouraged, and every visit feels personal. In a city that rarely slows down, this hidden gem offers a reminder that sometimes the most memorable experiences are found just beyond the obvious.

Hidden Gems Details

Location: Kyalami, Gauteng

Perfect for: Picnics, creative activities, private events, and photoshoots

Must-try experiences: Sip & Paint, ceramic painting, quad biking, pony rides

More Info: <https://perehouse.com/>

“Our Mar/Apr cover editorial was captured at Pere House – a venue that beautifully embodies creativity, leisure, and quiet luxury.”



SPOTTED SISTA Q&A

**WITH DR.
LE'MARQUNITA
DE'SHARAY LOWE**



By Sarah Banda

THEN, SHE RESTED AND REWROTE THE RECORD

In this edition of Spotted Sista, we spotlight a woman whose work lives at the intersection of scholarship, storytelling, and social repair.

Dr. Le'Marqunita De'sharay Lowe is a Professor and Student Academic Success Specialist whose academic foundation in social justice, leadership, and publishing has positioned her as both a scholar and cultural archivist. With a background in research, teaching, and publishing, her work consistently interrogates who is seen, who is cited, and who is excluded within formal education systems.

As she prepares to publish her PhD dissertation, *A Content Analysis of Black Women's Race and Gender Depiction in American History Textbooks*, alongside the release of her memoir, *Then, She Rested: A Black PhD Memoir*, Dr. Lowe invites us into a deeper conversation - one that challenges historical framing, centers Black women's intellectual labor, and honors rest as both refusal and reclamation.

Q

Your doctoral research examines how Black women are represented in American history textbooks. What absence, distortion, or recurring pattern first made you realize this work needed to exist?

Before any titles, I had to become someone who could hear herself. After high school, I spent about five years in a quiet, difficult in-between. I lost the meaning I thought life was supposed to have. I questioned who I was expected to be, and whether that version of me was even true. It felt like an existential unravelling, but it was also a deep awakening. By the time I started university, later than most of my peers, I was no longer moving from comparison. I was moving from clarity. I knew the kind of woman I wanted to be and the role I wanted to play in the world.

Q How do the portrayals (or omissions) you studied shape the way Black girls and women come to understand their place in history and society?

The portrayals and omissions of Black girls/women in history textbooks extend to media depictions, beauty industry depictions, corporate job depictions, and Hollywood depictions. If a Black woman is depicted as an inferior human during slavery who never resisted, then this psychologically affects how Black women will react to resistance in corporate environments where microaggressions occur.

If a Black woman is depicted as a jezebel in history textbooks, then this translates to Hollywood images where Black women might feel they have to conform to a certain sexual image to appeal to a hidden music agenda. In other words, the portrayals and omissions of Black women in visual images affect the psychology of our minds and how we might behave in society.

Q What does it mean to you to publish your dissertation beyond the academy, and who did you imagine as your reader while writing it?

To publish a dissertation beyond the academy means to transform writing into a social justice project. A dissertation is a scholarship that is distributed to a wider academic audience. However, the real work happens when implementing the dissertation to bring positive social change to the world.



My main readers are Black women. It is not only to inform Black women about our visual depictions, but also a call to action to reflect on what these images represent on a wider societal scale.

Q Your memoir's title carries both finality and softness. What does rest represent for you after years of intellectual, emotional, and institutional labor?

Rest, for me, is a conscious choice to choose joy over burnout. Like many Black women, we often chase many endeavours in life, either out of financial survival or validation to prove that we are worthy. I have learned that no amount of validation or chasing is worth my peace. Choosing to rest is my divine act of reclaiming my internal peace.



Q

Why was memoir rather than traditional academic writing - the necessary form for telling this part of your story?

Academic writing is marginalized and reaches the scholarship community. A memoir allows me to combine my personal experiences and academic experiences to reach a wider audience.

Q

Having held national and state pageant titles, how did public visibility shape your understanding of how Black women are read, believed, or underestimated?

Being a former pageant queen taught me that I must always work harder because of the color of my skin. I entered pageantry with three degrees, societal standards of beauty, and the experience of a pageant queen. Even with all the moldings of a pageant queen, I saw that I was still overlooked when it came to White contestants. There have been many amazing pageant queens who have broken barriers and won state/national titles. However, whenever we hear the word “first” to win this, it is a sign that barriers still are being broken to open doors for Black women in public entertainment spaces.

Q

In your role supporting student success, what does meaningful access look like beyond policy statements and mission slogans?

Success is when a student gains confidence in their own talents, skills, and abilities. It is when students know that no matter what they choose to pursue in life, they have the will in them to make it happen!

Q

From your perspective, where do higher education institutions most consistently fail Black women and where do you see room for transformation?

Higher education institutions fail Black women in several areas: hiring for quotas instead of skillset, allowing racism and microaggressions to go unchecked, and making Black women work harder to be promoted to leadership positions.



Q If future textbooks reflected the truths uncovered in your work, what would change most about how Black women are remembered?

Black women would be remembered not as a monolithic group of people, but as a diverse culture that has shaped all forms of Black women. Black women would be remembered as change agents, innovators, mothers, friends, creatives, and joy seekers.

Q How have you learned to practice rest without framing it as a reward or recovery, but as a right?

I love this question and perspective. This is what I am not practicing. Rest as a right, versus a reward!

Crowning confidence: The power of healthy hair



By Portia Dieta

Discover time-tested skincare routines and innovative treatments that defy aging. Reveal the radiant, youthful glow hidden within your skin with expert-approved secrets.

Hair is often seen as a person's crown, and how it is cared for can affect how people feel about themselves. Healthy hair is not just about looking good, it's also connected to confidence, self-expression, and overall well-being. When hair is strong, well nourished, and properly maintained, it can help people feel more at ease and confident in their daily lives. For a lot of people, hair is an important part of their identity and personal style. Different textures, colours, and hairstyles give people the opportunity to express their personality and show how they want to be seen by others. Because of this, caring for hair can go beyond a simple beauty routine, it can also become an act of self-care and a way of showing respect for oneself.

Healthy hair can also reflect overall care and balance from within the body. Elements such as proper nutrition, careful haircare practices, and maintaining a healthy scalp all help create stronger and healthier hair. By learning what works best for their hair, people can develop routines that support its health over time.

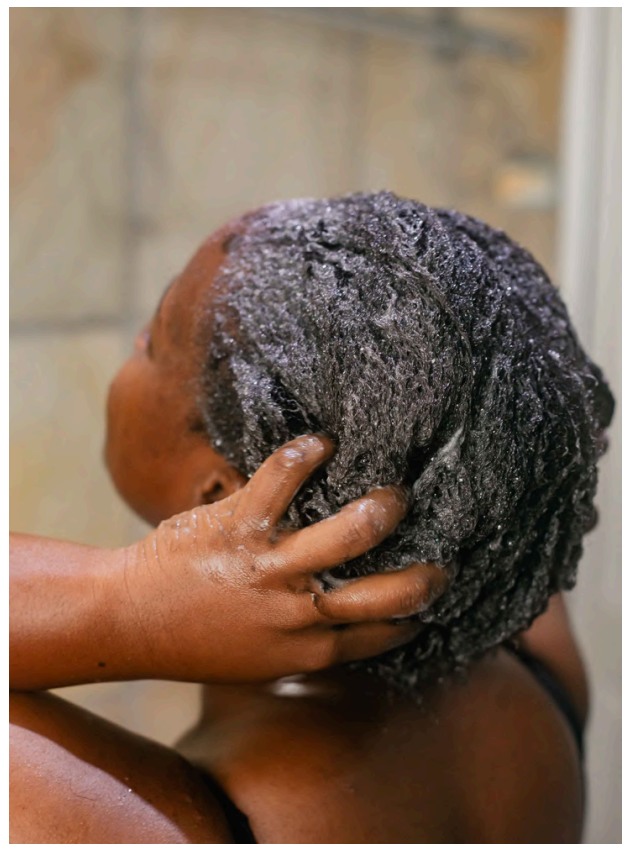
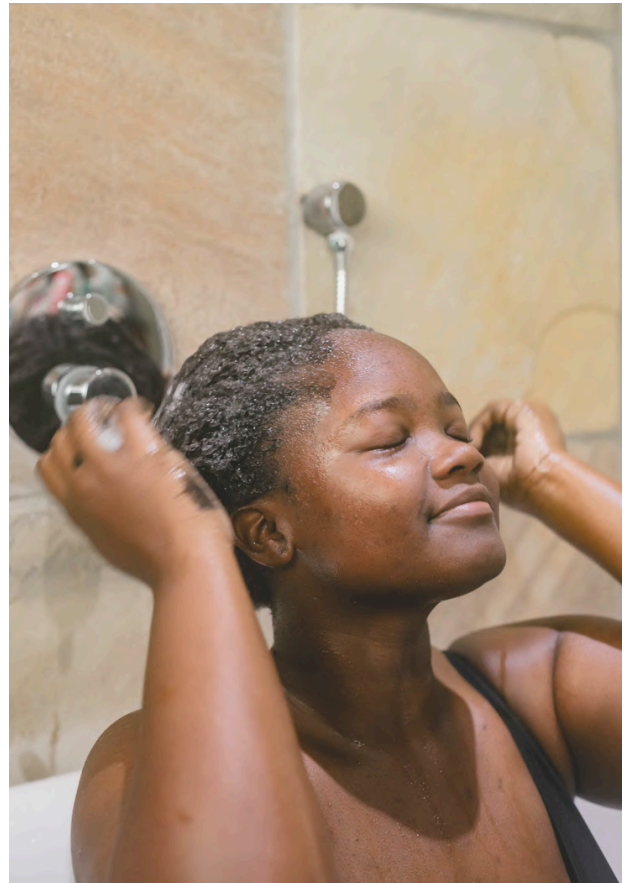
Let us look at factors that influence the power of healthy hair and how they work in making sure we feel powerful and in control:

- The connection between hair and confidence: When hair is strong, clean, and well maintained, it can greatly improve a person's confidence. Many people find that having a good hair day lifts their mood and helps them feel more relaxed and self-assured. This boost in confidence can affect how individuals carry themselves in places such as school, work, or social gatherings. Healthy hair does not necessarily mean flawless hair. Rather, it refers to hair that is properly nourished, protected, and cared for according to its natural texture and needs. When people understand how to look after their hair effectively, they often develop a greater sense of pride and control over their appearance.

- **Haircare as a form of selfcare:** Haircare routines can also serve as an important form of self-care. Spending time washing, conditioning, and protecting hair can become a calming routine that allows individuals to pause and focus on themselves. These small acts of care can support overall well-being and help create balance in busy daily schedules. Simple tasks such as choosing gentle hair products, limiting heat damage, and keeping the scalp healthy, can have a significant impact on maintaining strong and healthy hair over time.

- **Strength from the roots:** Like everything else the foundation is important if you are building something strong that you want to last. Healthy hair starts with a strong foundation. Good nutrition, proper hydration, and regular scalp care all contribute to keeping hair strong and healthy. When hair receives the nourishment it needs, it becomes more durable, less likely to break, and much easier to manage. In the same way that healthy roots support hair growth, positive habits and self-respect help individuals develop confidence from within.

- **Statement of personal power:** Caring for your hair in a way that reflects your natural texture and personal style can be an empowering choice. It gives people the freedom to celebrate who they are, instead of feeling the need to conform to unrealistic beauty expectations. Healthy hair can symbolize independence, self-respect, and confidence in one's appearance. Whether someone chooses natural styles, protective hairstyles, or more creative looks, what matters most is that the decision comes from a place of personal confidence.





- **Wear your crown with confidence:**

Healthy hair isn't about striving for perfection or following every trend. Rather, it's about knowing your hair, caring for it properly, and feeling comfortable with your own style.

When people dedicate time to looking after their hair, they're also taking time to care for themselves.

Ultimately, caring for your hair is about more than achieving a certain look. It is about embracing your natural crown and wearing it with confidence. When hair is healthy, it can empower individuals to feel proud of their appearance and express themselves with confidence every day.



When people care for their hair in ways that match their lifestyle, natural texture, and personal preferences, it becomes a way to express themselves rather than a goal defined by outside standards. In this sense, healthy hair becomes a symbol of confidence, representing not just physical beauty, but also inner strength and self-belief.

Chic-Tribe Digital

NAVIGATING CHANGE: COACH TINA ON PURPOSE, LEADERSHIP AND THE POWER OF TRANSITION



Tinashe Mujera, widely known as Coach Tina, has built her career around guiding people through some of life's most defining moments. As a transformational life coach, author, entrepreneur, and corporate leader in the fast-paced e-commerce sector, her work sits at the intersection of personal development and professional growth.

Her newly released book, *Transitions*, launched at Exclusive Books in Rosebank, reflects on her own journey of overcoming adversity and discovering purpose while offering practical insights on life and leadership coaching. Through her coaching practice, Coach Tina has worked with individuals, families, and organizations to strengthen emotional intelligence, build confidence, and navigate change with clarity.



In this conversation with Chic-Tribe Digital Magazine, she reflects on the lessons behind *Transitions*, the importance of emotional intelligence in leadership, and why guiding people through moments of change has become central to her life's work.

YOUR NEW BOOK TRANSITIONS REFLECTS DEEPLY ON YOUR PERSONAL JOURNEY. WHAT INSPIRED YOU TO SHARE THIS STORY NOW?

I felt led to share this story now because I realised how many people are quietly unraveling in the “in-between.” We celebrate outcomes, but we rarely speak about the middle - where life feels unclear, where identity is shaken, where grief, change, waiting, and uncertainty collide.

Transitions was born out of lived experience: seasons where I had to admit, “I’m moving, but I’m disoriented.” And it was also born out of what I kept seeing in others - high performers, leaders, parents, young people - functioning on the outside but lost on the inside.

This book is my way of saying: you are not weak because you’re in process. You are not behind because the season is taking time. Sometimes God is doing His deepest work where you can’t yet see results.

MANY PEOPLE EXPERIENCE DIFFICULT TRANSITIONS BUT STRUGGLE TO TRANSFORM THOSE MOMENTS INTO GROWTH. WHAT HELPED YOU MOVE FROM ADVERSITY TO PURPOSE?

What helped me move from adversity to purpose was learning that pain must be processed, not just endured. Many people survive hard seasons, but they don’t heal inside them so the season ends, but the wound remains.

For me, the shift came through three things:

- **Surrender:** accepting that I don’t control the script-God does.
- **Meaning-making:** asking, “What is this season teaching me about God, about myself, and about what matters?”
- **Obedience to the next step:** not waiting for the full plan, but taking the next right step with faith.

Adversity didn’t just shape my story-it sharpened my empathy, my discernment, my voice, and my capacity to lead others through change.



EMOTIONAL INTELLIGENCE IS A CENTRAL THEME IN YOUR WORK. WHY DO YOU BELIEVE IT’S SUCH A CRITICAL SKILL FOR BOTH PERSONAL AND PROFESSIONAL SUCCESS TODAY?

Emotional intelligence is critical right now because we are living in a world of pressure - pressure to perform, pressure to keep up, pressure to look fine even when you’re not. And without emotional intelligence, people don’t just make poor decisions - they make expensive ones: in relationships, leadership, money, parenting, and health.

Emotionally intelligent people can:

- regulate themselves under stress,
- communicate instead of explode or withdraw,
- lead with empathy and accountability,
- and recover faster when life disappoints them.

In the workplace, EQ determines culture. In families, it determines safety. In entrepreneurship, it determines resilience.



YOUR CAREER SPANS COACHING, ENTREPRENEURSHIP, AND CORPORATE LEADERSHIP. HOW HAS NAVIGATING DIFFERENT ROLES SHAPED YOUR UNDERSTANDING OF LEADERSHIP?

Navigating coaching, entrepreneurship, and corporate leadership taught me that leadership is not a title, it's self-leadership first. Different environments expose different parts of you: your patience, your ego, your fear, your ability to listen, your discipline, your integrity.

Corporate work taught me excellence, systems, pace, and the realities of performance. Entrepreneurship taught me courage, adaptability, and resilience under uncertainty. Coaching taught me depth: that people don't fail because they lack potential - they fail because they lack inner alignment.

So my understanding of leadership matured: leadership is the ability to stay grounded, make clear decisions under pressure, and create emotional safety while still driving results.

YOU'RE PASSIONATE ABOUT COACHING NOT ONLY ADULTS BUT ALSO CHILDREN. WHY DO YOU BELIEVE IT'S IMPORTANT TO INTRODUCE LIFE COACHING CONCEPTS AT A YOUNG AGE?

I believe it's important to introduce life coaching concepts early because many adult struggles begin as childhood coping mechanisms. People-pleasing, low self-worth, fear of failure, overthinking, emotional shutdown-these often start when a child learns, "To be safe, I must perform."

When we equip children early with emotional vocabulary, confidence, boundaries, resilience, and self-awareness, we don't just raise successful kids - we raise healthy humans. That's why my work includes Empower 'U'- A Children's Life coaching academy I founded: I want young people to grow up knowing how to think, feel, communicate, and lead themselves.

MANY CAPABLE PEOPLE STILL STRUGGLE WITH SELF-BELIEF. IN YOUR EXPERIENCE, WHAT ARE THE FIRST STEPS SOMEONE CAN TAKE TO START REBUILDING THEIR CONFIDENCE?

Confidence isn't noise - it's self-trust. And the first step to rebuilding confidence is to stop measuring your worth by your worst day or your latest outcome.

Practically, I recommend:

1. Truth inventory: write down what you've survived, what you've achieved, what you carry that you don't give yourself credit for.
2. Small brave actions: confidence grows through evidence. One small action done consistently changes the internal story.
3. Upgrade your inner language: stop speaking to yourself like an enemy. Your self-talk becomes your reality.
4. Healthy support: you need environments that reinforce who you are becoming, not who you used to be.

If readers take one core lesson from Transitions, I want it to be this: the middle is not meaningless. Transition is not punishment; it can be preparation.

Even when life feels unclear God can re-orient you. Disorientation is real, but it doesn't have to become your identity. Divine orientation means you begin to move again with clarity, peace, and alignment not because life is perfect, but because you're anchored.

My prayer is that readers stop rushing their becoming and start honoring the sacred process because they are not behind, they are being formed.



EVENTS



CHIC-TRIBE FOUNDER'S CIRCLE SOFT LAUNCH

ACCESS: R250

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21 MARCH, 2026

11:00 AM

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- ✓ Business growth strategies & collaboration opportunities
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EVENTS



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JAZZ SIP AND PAINT SOIRÉE

A REFINED EVENING OF ART CONVERSATION AND LIVE MUSIC

Event Start time 14:00

SUNDAY, 29 MARCH 2026

29 MACINTYRE ROAD, GLENFERNESS, KYALAMI, GAUTENG

RESERVE YOUR EXPERIENCE **R350 PER PERSON**

web tickets
AVAILABLE AT **picknplay**

for more info visit : www.perehouse.com | 079 450 6323

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EVENTS

SOWA | THE STATE OF WOMEN ADDRESS
Brunch

Host
Tumi Mthembu
WomenCan Founder
Envision Brand CEO

Venue	Date	Time	Dress Code
Mercedes-Benz Sandton	28 March 2026	Starting 09:00	Shades of Pink

Keynote Address · Insightful Panel Discussion
Exclusive Networking · Sparkling Bubbles
Captivating Entertainment

Tickets Now Available
via Quicket



WOMENCAN

EVENTS

MRS KATLEHO DLAMINI

MS LILLY NASHE

MR LINDA GUMEDE

MS THANDUXOLO ZUNGU

10:00 - 17:00

SINGLES

MEET *Wives*

HOST
Lethu Khumalo

Date 28th MARCH 2026

Venue INTO THE FOREST

EARLY BIRD R200 | INCLUDING GOODIE BAG R400
ENDS 31ST JANUARY.

GENERAL TICKETS R250 | INCLUDING GOODIE BAG R500.


Account holder: Miss L Khumalo | Bank name: Bank Zero |
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