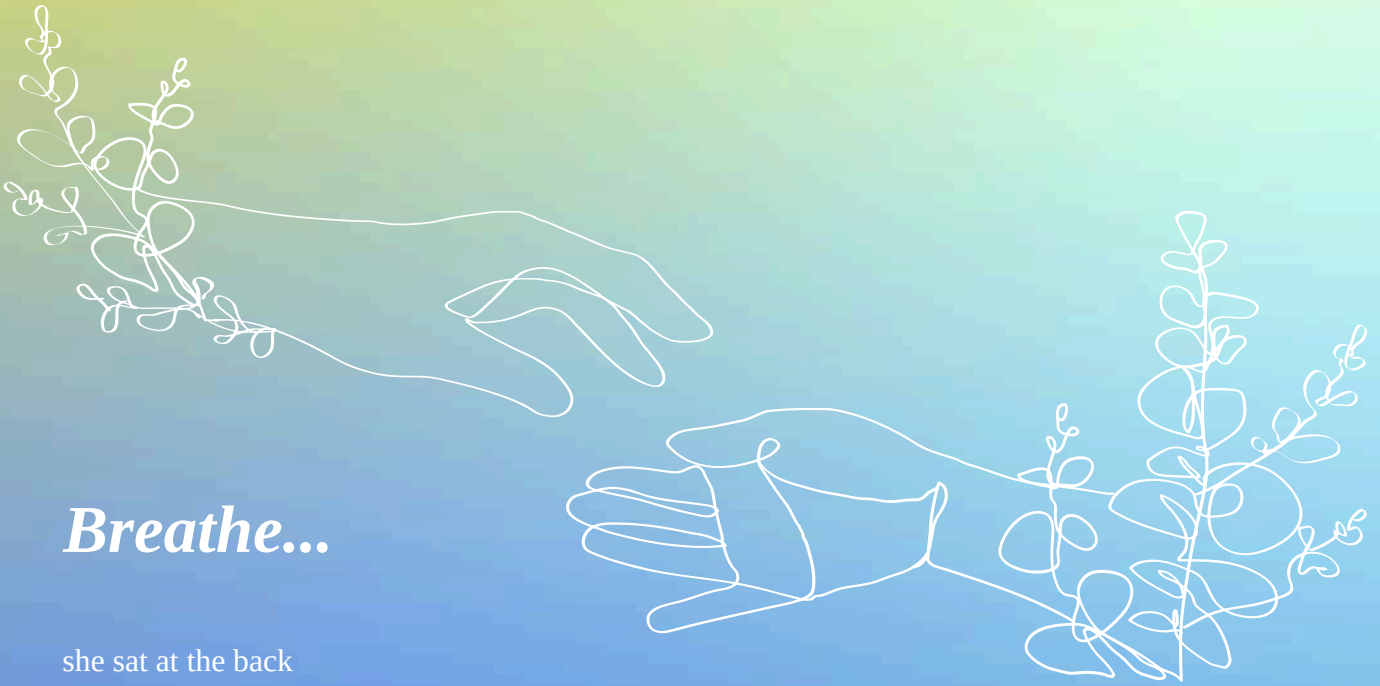


rise
retreat

Life Strategy Playbook

Designed by **Jorden de Witt** - Think Creative





Breathe...

she sat at the back
and they said she was shy
she led from the front
and they hated her pride

they asked her advice
and then questioned her guidance
they branded her loud
then were shocked by her silence

when she shared no ambition
they said it was sad
so she told them her dreams
and they said she was mad

they told her they'd listen
then covered their ears
and gave her a hug
whilst they laughed at her fears

and she listened to all of it
thinking she should
be the girl they told her to be
best as she could

but one day she asked
what was best for herself
instead of trying
to please everyone else

so she walked to the forest
and stood with the trees
she heard the wind whisper
and dance with the leaves

and she spoke to the willow,
the elm and the pine
and she told them
what she'd been told
time after time

she told them she never
felt nearly enough
she was either too little
or far, far too much

too loud or too quiet
too fierce or too weak
too wise or too foolish
too bold or too meek

then she found a small clearing
surrounded by firs
and she stopped and she heard
what the trees said to her

and she sat there for hours
not wanting to leave
for the forest said nothing...
it just let her breathe

Foreword

You are usually coming up with a solution to fix your own problem.

When I hit a serious life crisis in 2019 I realised that I had no life strategy. For years I had been developing strategies for clients, pouring everything I had into my work and relationships around me but focusing very little on my own wellbeing and strategy. After the wake up call I started putting my energy into designing a life I love where everyday I wake up celebrating that I “get to” not that I “have to.” Building solutions for each area of my life where I am on a continuous journey to learn and grow, finding the right mix of people, tools, processes and environment that work for me.

Having noticed the increased exhaustion and need for women to connect around me and God inspiring me to focus on Proverbs 31, I decided to start sharing my journey and here you are. This Life Strategy Playbook contains some of the best solutions aggregated from personal experience and expert trainers who participated in the first RISE Retreat. Please these solutions are only suggestions and we urge you to consult professionals before making any major life decisions. Please don't do it alone.

I'd like to leave you with a final thought. When we launched Think Tomorrow, our CSR initiative, we started a unique philosophy “Each one plant one” with the belief that we all need to pay it forward – you reap more if you sow.

So if this Playbook is of value to you please share it with someone who will also benefit from it.

It's your time to RISE!

**Yours faithfully,
Madelaine Keyser**

Special Acknowledgements

God:

We want to Rise for your Glory.

Think Leverage Team:

Each one of you have helped shape Rise every step of the way.

Robyn Pretorius:

For being the heart of Think Tomorrow.

Clarita Shana:

From ambassador, to curator to our youngest trainer.

Amy Beck:

For inspiring the idea of a Playbook.

Dr. Anesu and Ninel Musson:

For Sparking the first “Women know your worth” session that led to Rise.

Anita Du Toit:

For guiding the format and suggesting Melody Hill as the perfect venue

Education Africa:

The main beneficiary of Rise Retreat.

Each attendee and trainer of the first Rise:

We are so grateful that you have started this journey with us and co-creating the winning recipe.

How to use the Life Strategy Playbook

This Playbook is a simple aggregation of some great people, tools, processes and environments we've come across. This book is in no way a comprehensive guide and does not replace the need for qualified professionals or additional resources.

What this is	What this is not
Aggregation of personal solutions Rise Retreat has come across during the pilot study	A comprehensive guide
Thought Starters and Suggestions	Descriptive Solutions
A start to get you thinking and asking the right questions	A bible to build your life on

Just like most strategic solutions – to turn thinking into action you need the right mix of people, tools, processes and a conducive supportive environment where they can work together. This life strategy playbook starts touching on these various elements.

Content	Description
People	Some recommended trainers / coaches
Tools	Practical frameworks / Questions to ask
Processes	In some areas step by step guidances
Environment	Thought Starters in terms of the type of environments available to you

How To Get Started

Here are some tips on how we would start the Life Strategy journey or build on your existing one.

BE INTENTIONAL

Believe: It starts with the belief that you can have a better life and improve in those key areas in your life you want to improve on. You need to actively keep designing a life you love. That visualisation board – do it!

Commit: You need to first make a decision that you are hungry for it and that you are willing to be focused and disciplined enough to make it happen. It will take additional energy, time and resources but if done correctly will be worth it. Write a pledge to yourself!

BE FOCUSED

Set clear goals: You need to decide what success looks like for each area of your life and how you will know once you've achieved it. The more measurable the better.

Prioritise: Take the different areas of life strategy and decide what you need to prioritise first – chose a max of 2 focus areas at a time i.e. Finance and Relationships

The Power of One Thing: Then decide what one simple step is and the first step is you need to take to start changing it – no matter how small or insignificant it might feel.

Write it down!

BE DISCIPLINED

Time is a matter of priority. Decide when you are going to do this every month – start with a simple 4 hours a month (okay even 2 hours if you can't manage 4)– i.e. One Sunday morning wake up early before the household wakes up and put in your 4 hours or 1 hour every Friday afternoon when everyone starts whining down. Block it in your diary as "Life Strategy Time" – a non-negotiable just like all the other non-negotiables in your life.

“Don’t find your balance,
find your blend.”

Callie Roos

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Approach

Relax. Reflect. Reconnect.

Relax

You need to rest in multiple ways. i.e. If you always “Netflix and Chill” perhaps it’s time to try Sensory Rest? Or perhaps if you are always Socialising over weekends take some Social Rest by allowing for Me Time. Find what works for you.

7 Types of Rest

	PHYSICAL REST	Sleep, lying down, yoga, walking
	MENTAL REST	Mindfulness, meditation, breaks
	EMOTIONAL REST	Expressing emotions, getting support
	SENSORY REST	Avoiding stimuli, digital detoxing
	CREATIVE REST	Engaging with art, music, nature to be inspired
	SOCIAL REST	Spending time alone to recharge
	SPIRITUAL REST	Finding purpose in daily routines

Reflect

The 8 Masterclasses are inspired by Proverbs 31. A great blueprint of a woman. Broken down piece by piece we realise she lives by an inspiring life plan where she keeps sowing good seeds and reaping a great harvest for herself and all those around her.

PROVERBS 31

A Wife of Noble Character

10 Who can find a virtuous and capable wife?

She is more precious than rubies.

11 Her husband can trust her, and she will greatly enrich his life.

12 She brings him good, not harm, all the days of her life.

13 She finds wool and flax and busily spins it.

14 She is like a merchant's ship, bringing her food from afar.

15 She gets up before dawn to prepare breakfast for her household and plan the day's work for her servant girls.

16 She goes to inspect a field and buys it; with her earnings she plants a vineyard.

17 She is energetic and strong, a hard worker.

18 She makes sure her dealings are profitable; her lamp burns late into the night.

19 Her hands are busy spinning thread, her fingers twisting fiber.

20 She extends a helping hand to the poor and opens her arms to the needy.

21 She has no fear of winter for her household, for everyone has warm clothes.

22 She makes her own bedspreads.

She dresses in fine linen and purple gowns.

23 Her husband is well known at the city gates, where he sits with the other civic leaders.

24 She makes belted linen garments and sashes to sell to the merchants.

25 She is clothed with strength and dignity, and she laughs without fear of the future.

26 When she speaks, her words are wise, and she gives instructions with kindness.

27 She carefully watches everything in her household

and suffers nothing from laziness.

28 Her children stand and bless her.

Her husband praises her:










29 "There are many virtuous and capable women in the world, but you surpass them all!"

30 Charm is deceptive, and beauty does not last;

but a woman who fears the LORD will be greatly praised.

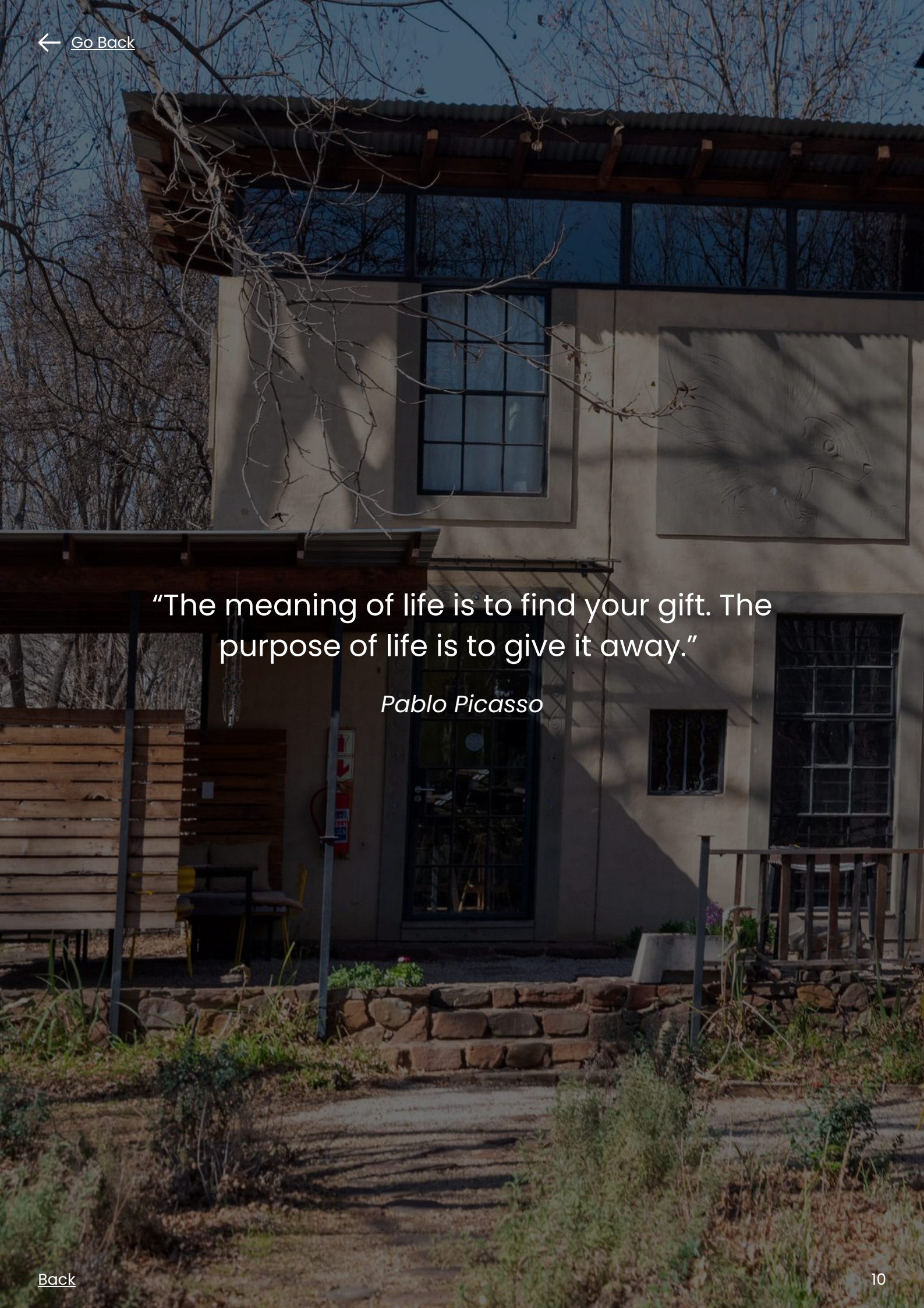
31 Reward her for all she has done.

Let her deeds publicly declare her praise.

-  Purple: High Self Worth
-  Green: Entrepreneurial
-  Orange: Valuable Provider
-  Navy: Strategic Planner
-  Light Blue: Driven
-  Gold: Healthy Relationships
-  Pink: Spiritual
-  Gray: Intentionally sets up her Environment
-  Red: Rewarded



My Blueprint
My Mantra
My Health
My Finances
My Side Hustle
My Relationships
My Space
My Canvas



"The meaning of life is to find your gift. The purpose of life is to give it away."

Pablo Picasso

Connect



PURPOSE. PROFIT. PASSION.

During key networking sessions and informal socialising we dig into the legacy we want to build – our purpose, the financial wealth we need to generate – our Profit and ultimately the life we want to live – Our Passion.

EACH ONE PLANT ONE.

At the heart of our Think Tomorrow philosophy is the importance of Paying It Forward. You sow what you reap and the more motivation, opportunities and resources you plow into your own life and those around you the bigger the harvest for everyone. But it starts with you. It ends with you.

To plant a seed today is to believe in tomorrow.

“You need know what your limiting beliefs are so you can start changing your mindset. Only then will you start changing your life.”

Yvette Ratshikhopha



Your Blueprint

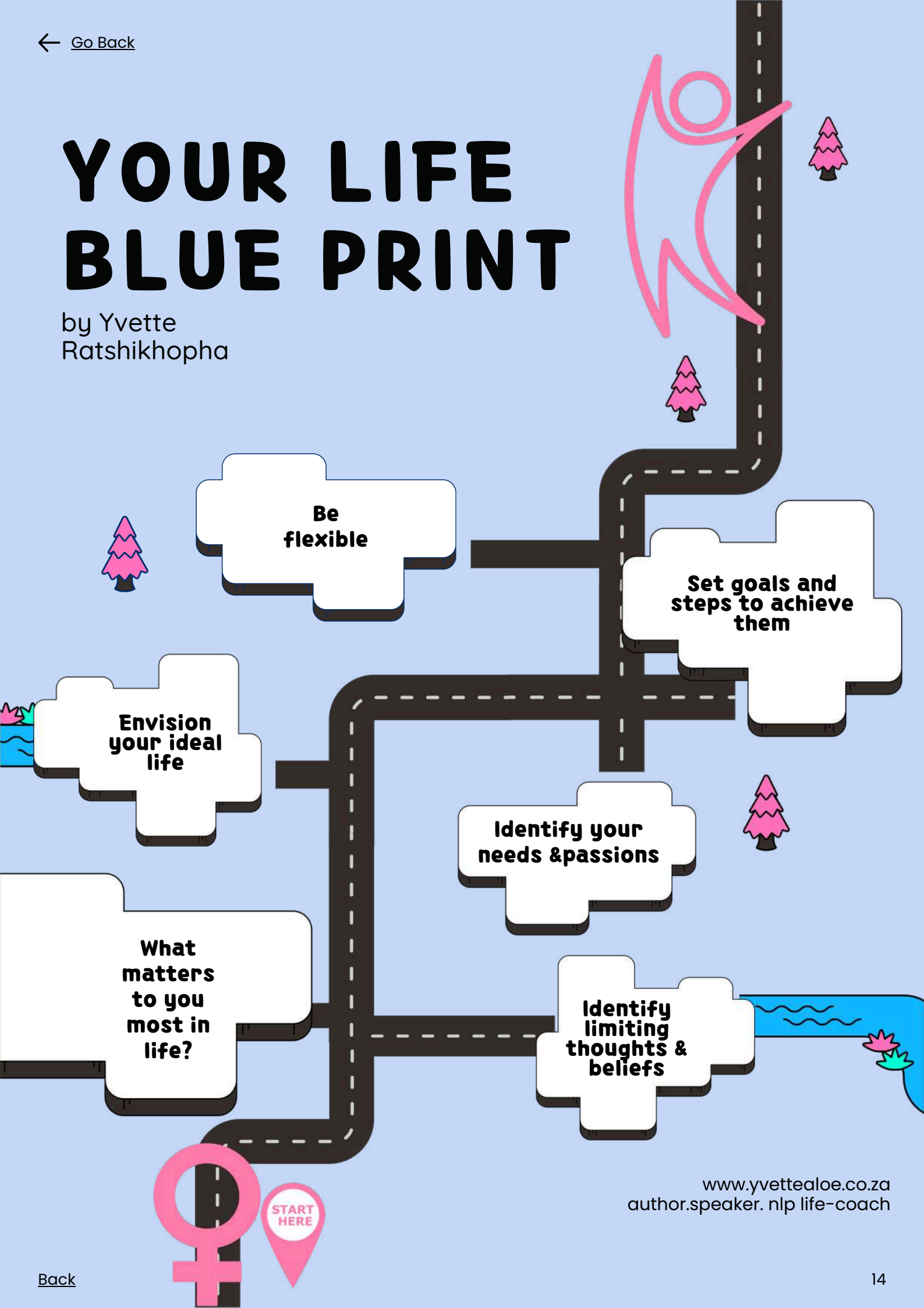
Yvette Ratshikhopha

Yvette Ratshikhopha known as Yvette Aloe on digital platforms is an award winning International Life and leadership coach, 2X Author of Healing and Self-help book Living Consciously and newly released Coming Home to Yourself , wellness Educator and founder of RootedWell which is a Healing and personal development organisation. Yvette helps Thousands on a daily through her digital platforms, helping them start their journey to creating a life that they love through doing the inner work.

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YOUR LIFE BLUE PRINT

by Yvette Ratshikhopha



www.yvettealoe.co.za
author.speaker. nlp life-coach

Journal Questions

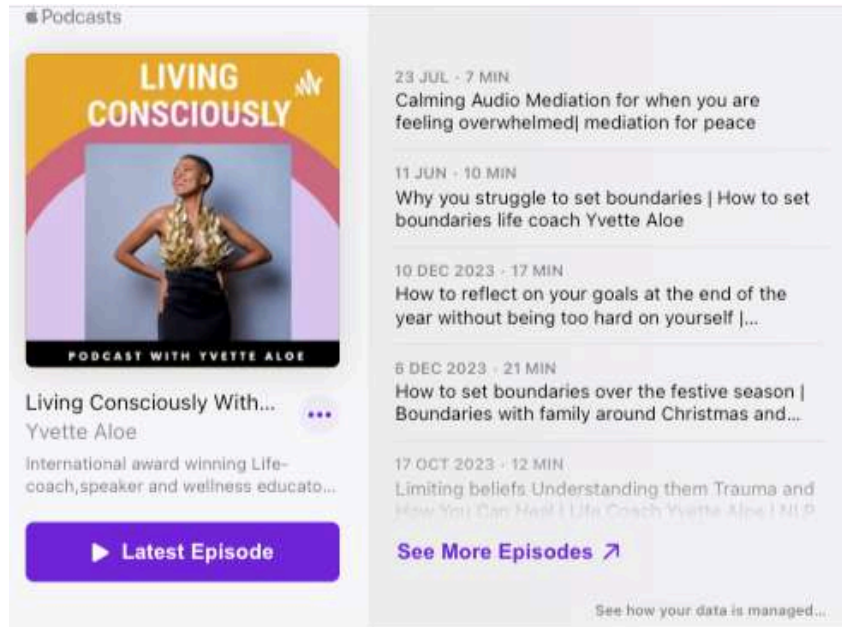
Building Your Blueprint

Journal questions:

1. What are your limiting limiting beliefs?
 2. In which way are they not serving you?
 3. What new positive belief or empowering are you choosing to believe?
 3. What is most important to you? (Values)
 - What else is important to you?
 - What else is important to you?
 4. Are you living a life in alignment with what is most important to you?
 - What new decisions do you need to make that will align your values with your beliefs?
 - 5 Think about your ideal life, what would it look like if you lived a life aligned with your new positive beliefs and your values? A life that you are passionate about and cannot wait to w
 6. What tools will you need to create this ideal life for yourself?
-

Living Consciously

With Yvette Aloe



Podcasts

LIVING CONSCIOUSLY
PODCAST WITH YVETTE ALOE

23 JUL - 7 MIN
Calming Audio Meditation for when you are feeling overwhelmed | mediation for peace

11 JUN - 10 MIN
Why you struggle to set boundaries | How to set boundaries life coach Yvette Aloe

10 DEC 2023 - 17 MIN
How to reflect on your goals at the end of the year without being too hard on yourself |...

6 DEC 2023 - 21 MIN
How to set boundaries over the festive season | Boundaries with family around Christmas and...

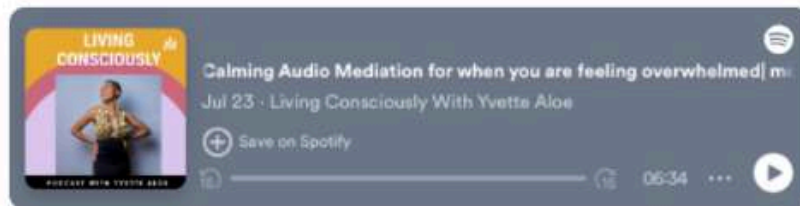
17 OCT 2023 - 12 MIN
Limiting beliefs Understanding them Trauma and How You Can Heal | Life Coach Yvette Aloe | NLP

Living Consciously With...
Yvette Aloe
International award winning Life-coach, speaker and wellness educato...

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Calming Audio Meditation for when you are feeling overwhelmed | m...
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06:34



Managing Anxiety & Stress | Finding Your Purpose | Healing benefits of Mindfu...
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LIVING CONSCIOUSLY PODCAST

Managing Anxiety

Watch on YouTube

Yvette Ratshikhopha & Dr Anesu Mbizvo (Two of our speakers)



Your Mantra

Roela Hattingh

Roela Hattingh trusts stories to unlock the magic from mundane, render beauty from brokenness, grit and grace from the incomprehensible. As teacher, strategist, writer, and student, she delights in moments of coherence when meaning emerges from dialogue, contradictory texts, perspectives and utterances. Born in a mining town in the sixties, attended seven schools in the seventies, studied languages, education, drama in the eighties and nineties and taught at various schools and colleges in the eighties and nineties. She completed a MA in creative writing (Cum Laude) in 2013. This resulted in *Kamee* (2015), a book of short stories, which received the UJ debut prize for Creative Writing in Afrikaans and Nadine-Gordimer-Short-Story (SALA) awards in 2016.

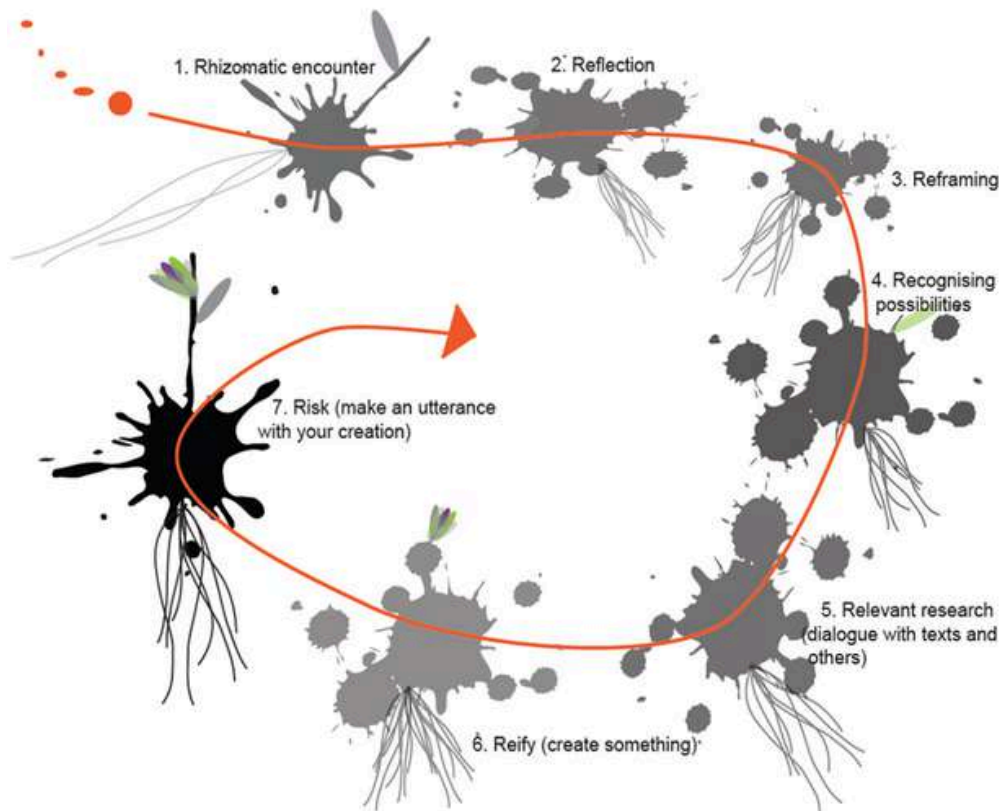
Her PhD in strategic communication (2023) titled “Dialogic Learning and Narratives of Becoming a Strategic Communicator” was a glorious adventure and she is still reeling from the aftermaths. She is an avid supporter of Q methodology, writing in and honouring mother and father tongues, anything handmade and the not-so-perfect. Roela has been a teacher for as long as she can remember and has engaged with children and students of all ages: kindergarten in Taiwan; primary and secondary school in South Africa; tertiary education full-time or as guest lecturer at AAA School of Advertising, Vega School, University of Pretoria, Midrand Graduate Institute, Big Fish, Boston City Campus, Stellenbosch Academy, University of Free State and currently at the University of Johannesburg. She develops and facilitates bespoke workshops for the Communication Industry. Her weapons of choice are pens and crochet hooks. She is a reader.

rhattingh@uj.ac.za

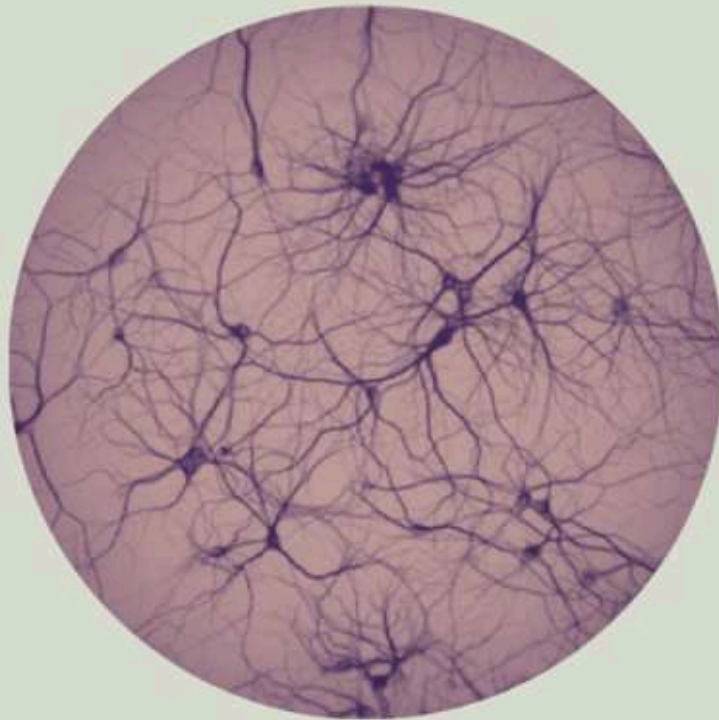
“We navigate through the whirling dynamics of life by making sense of social complexity, which we both create and are created by”
(Dimitrov & Woog, 2000:161).

Viewing the world as a rhizome opens up a way of becoming that relates to the complexities and flux at the edge of chaos. Any point of the rhizome can be connected to anything else and therefore it allows for the establishment of interdisciplinary and heterogenous connections: “between semiotic chains, organizations of power, and circumstances relative to the arts, sciences, and social struggles”
(Deleuze and Guattari, 1987:7).

Rhizomatic and dialogic learning framework



Source: Hattingh, 2023.



THE RHIZOME

THE 6 PRINCIPLES

"We invoke one dualism only in order to challenge another. We employ a dualism of models only in order to arrive at a process that challenges all models." Page 22

Gilles Deleuze and Félix Guattari in 'A Thousand Plateaus' (1987)



Connection

"A rhizome ceaselessly establishes connections between semiotic chains" Page 6



Heterogeneity

"There is no ideal speaker-listener, there is [no] homogeneous linguistic community." Page 6



Multiplicity

"There is no unity to serve as a pivot in the object or to divide in the subject." Page 7



A-signifying Rupture

"A rhizome may be broken [] but it will start up again on one of its old lines, or on new lines." Page 8



Cartography

"... [a] map that is always [] modifiable and has multiple entryways and exits and its own lines of flight". Page 22



Decalcomania

"The tracing has [] translated the map into an image; it has already transformed the rhizome into roots and radicles." Page 13

Source: Bell, Mackness & Funes, 2016.

Words to consider

<p>Becoming (Deleuze & Guattari, 1987)</p>	<p>Rejection of the idea of a fixed and coherent identity, promoting rather a view that individuals and entities are formed through the constant becoming and movement of various forces and flows. People as conscious beings in the process of becoming (Kirylo, 2013). Notion of "unfinalizability," which designates an irresolvable tension. between openness and finality (Bakhtin, 1981; 1986). "While much of Western philosophy has focused on an ontology of 'what there is', Deleuze wants to account for how things change. In other words, to account for difference over time" (Waller, n.d.). What follows is that there is no stable ontology of human nature; being is always in flux, hence human beings should be described as human becomings.</p>
<p>Timespace matterings(Barad, 2007, 2010)</p>	<p>Matter as the ongoing differentiating of the world – is like old stories that still need to be thought of, "a cutting-together-apart" filled with quantum leaps (Barad, 2014). Reinforcing Ricoeur's (1984) notion that people's ability to narrate or make stories gives meaning to human action and experience: we are created narratively (and by extension dialogically) "quest to take note of how time matters in the worlding of the world" (Giorza, 2018)</p>
<p>Dialogic encounter (Freire, 2005)</p>	<p>In the context of the encounter by referring to where and when – not necessarily as in factual matters like a date or a place but rather related to their own timespacematter. A conversation without sides, contrasting with how the WWW is described as a conversation with no centre (Isaacs, 1999a; Kaneko, 2020). Like Bakhtin's description of heroes in polyphonic novels that can generate diverse voices in opposition to the author of the novel, and even new and surprising voices too (Miyazaki, 2011).</p>
<p>Contrapuntal reading and thinking (Said, 1993)</p>	<p>A mode of reading that involves the simultaneous consideration of multiple perspectives and layers of meaning in a text. Contrapuntal reading involves questioning and challenging the assumptions and perspectives that underlie the text. This involves considering the historical and cultural context in which the text was produced and how different voices and perspectives are represented within the text. The notion that humankind consists of overlapping experiences and perspectives, is a technique that foregrounds the ways to read diversity and multiplicity, honouring all the perspectives that are represented (and even ignored) in the text. Considering multiple perspectives and interpretations of a text, event etc. thus promoting deeper engagement with the subject matter.</p>



Your Health

Dr. Anesu Mbizvo

Dr. Anesu Mbizvo is an adventurous, passionate and driven young woman and medical doctor currently working as a yoga teacher and yoga studio owner in Johannesburg South Africa. Anesu's medical background consists of her graduating her degree from the University of Cape Town in 2015 with distinction in the Basic Sciences and with the Class Medal for best overall achievement in Family Medicine - a discipline focused on seeing the patient holistically and paying homage to the importance of all spheres of health - physical, mental, spiritual and social. During her studies, Anesu was an avid leader and was particularly passionate about servant leadership. To this end she is currently an alumni of the South African Washington International Leadership Program (SAWIP) which focuses on developing young leaders who are passionate about spear-heading change and having a positive impact in their community and the world at large. Expanding on all of her past experiences, Anesu also provides talks about a variety of holistic health and employee wellness focused topics to wellness teams and executives in the corporate sector and is a regularly featured.

info.freedohmyoga@gmail.com

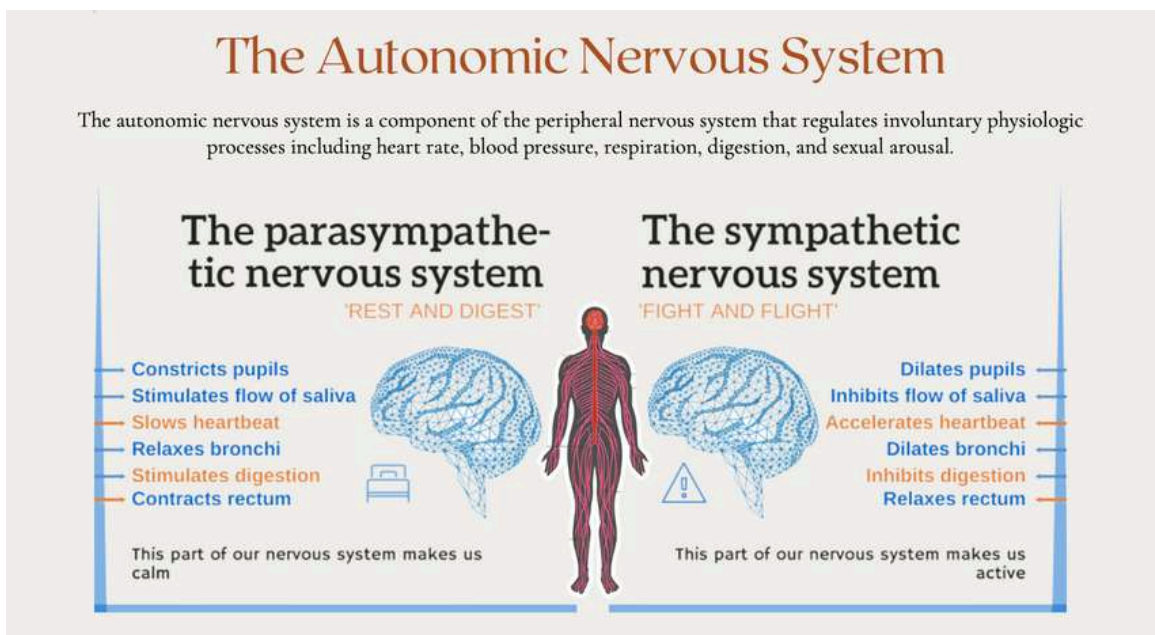
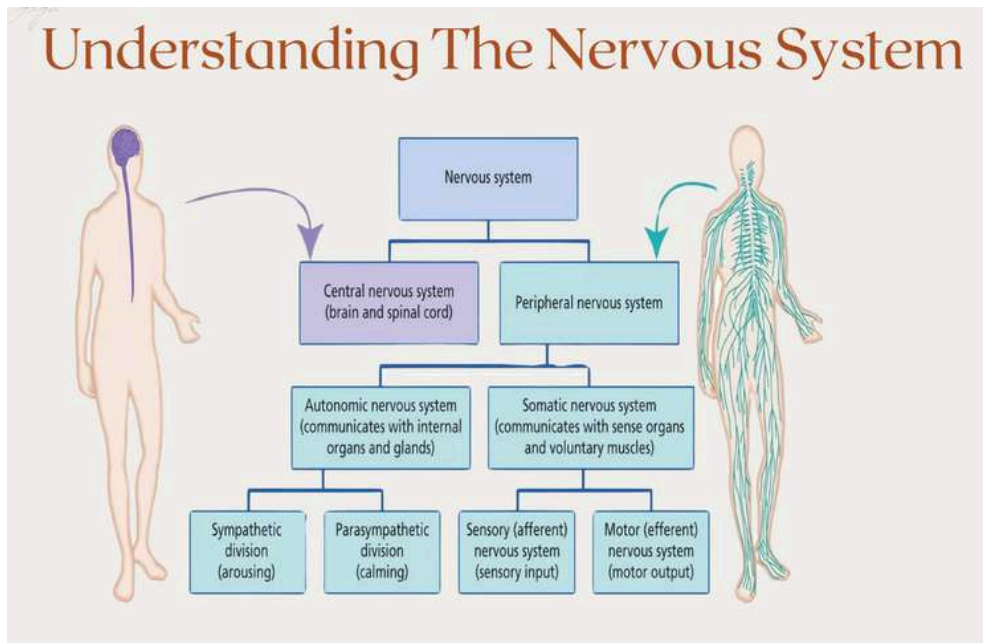
Mindfulness (present-moment awareness) is deliberately focusing our attention on our thoughts, emotions, feelings, sensations and mental activity without losing awareness of what is happening in the present moment. It is essentially being in a state of present-moment awareness and maintaining clarity without being swayed or distracted by mental commentary.

Christopher Dines

Mindfulness as a Tool for Optimising Overall Wellbeing

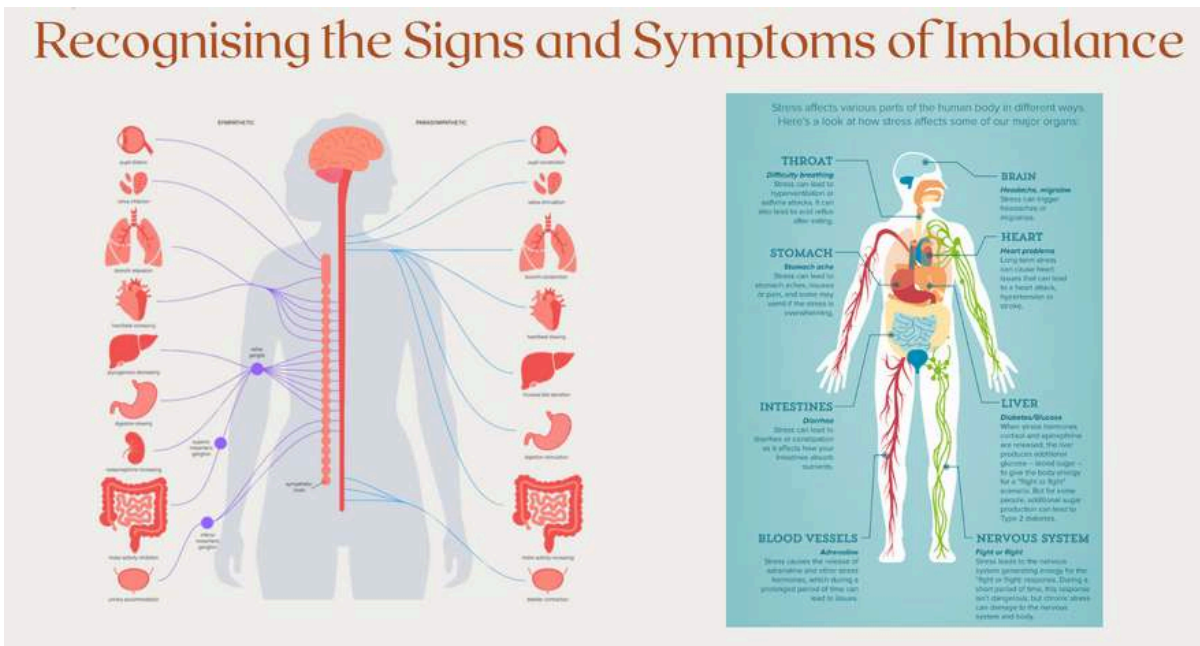
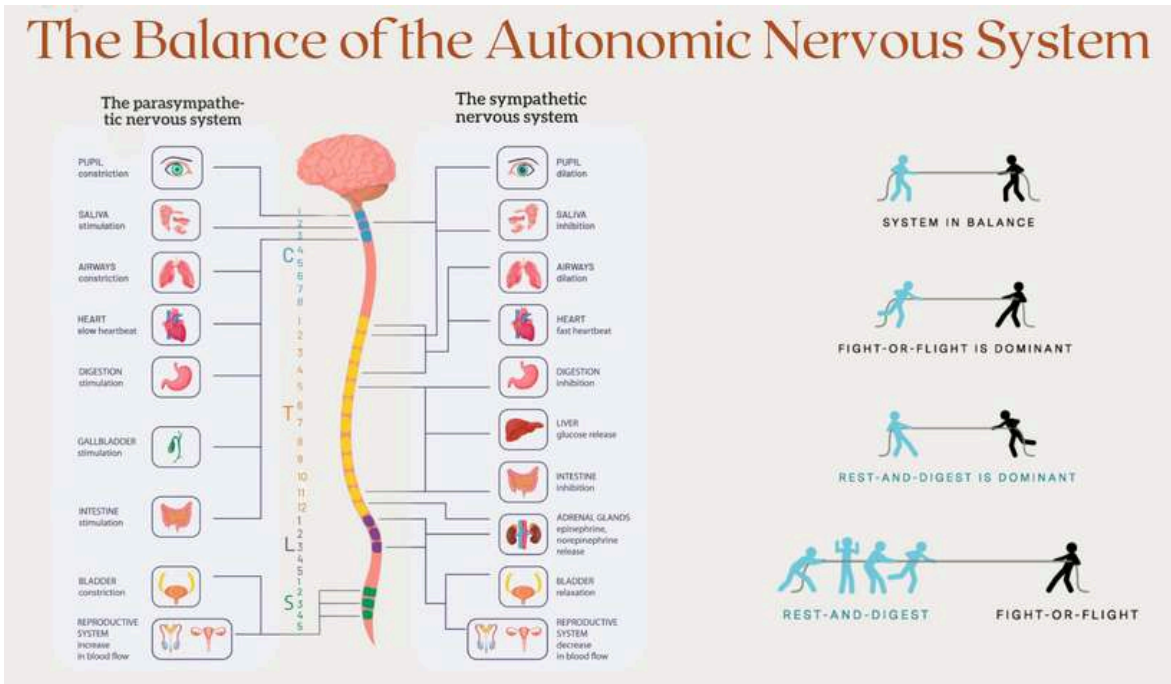
Definition of Holistic Health:

Holistic health is an approach to life that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual.

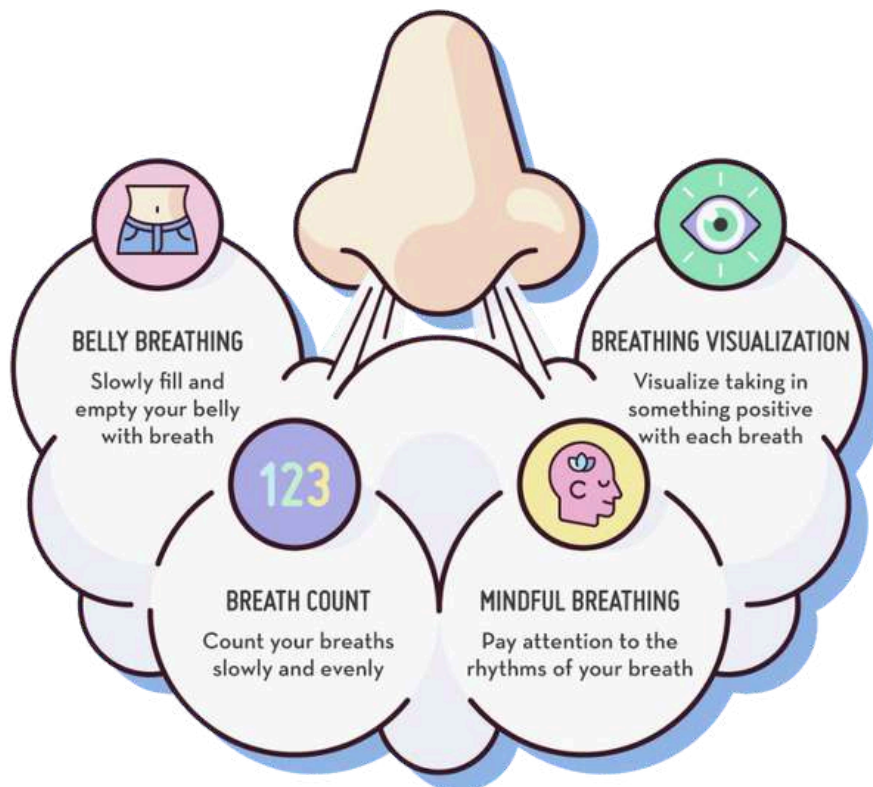
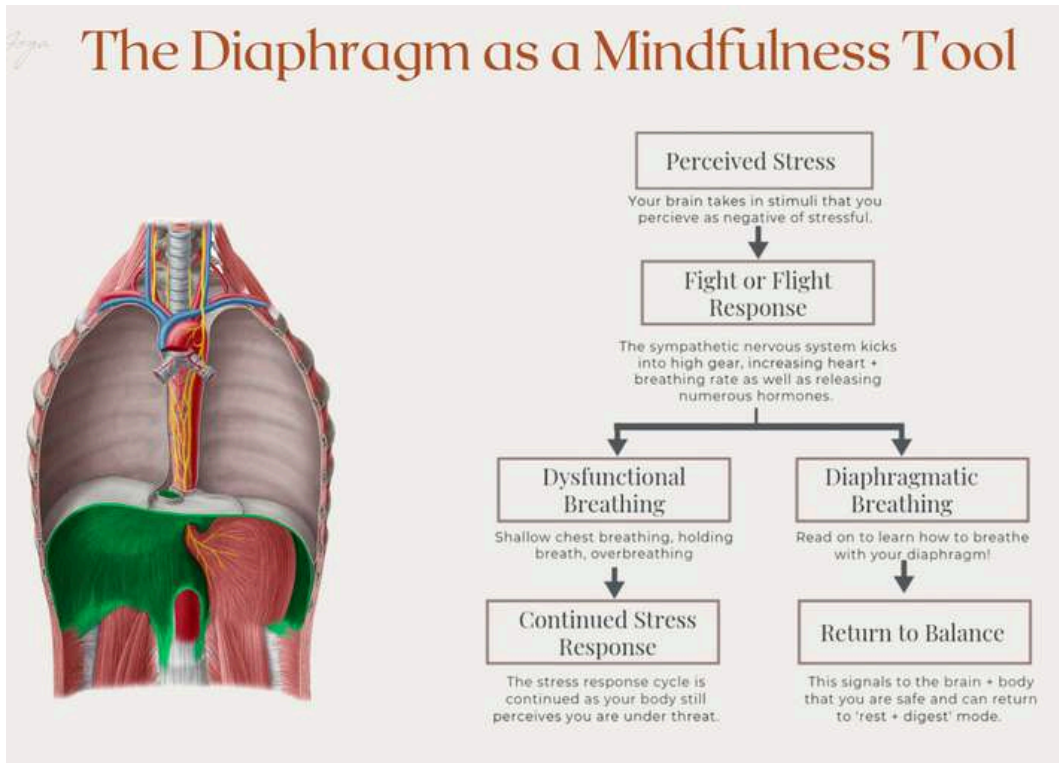



Reflective Practice

How do I feel when I am out of balance?
 What does balance feel like to me?



Breath-work as a Mindfulness Practice



A woman wearing a red long-sleeved shirt and a light-colored bucket hat stands in the center of an outdoor courtyard, gesturing with her hands as she speaks to a group of people. The people are seated at wooden tables, some with laptops and water bottles. The background features a building with a corrugated metal roof and several trees, some with yellow leaves. A large outdoor heater is visible on the left side of the courtyard.

“9-5 is the working time of the Western man driven world. Women’s bodies function differently, their bodies work in beautiful 2 week cycles of taking it slow and then speeding up again.”

Dr. Anesu Mbizvo

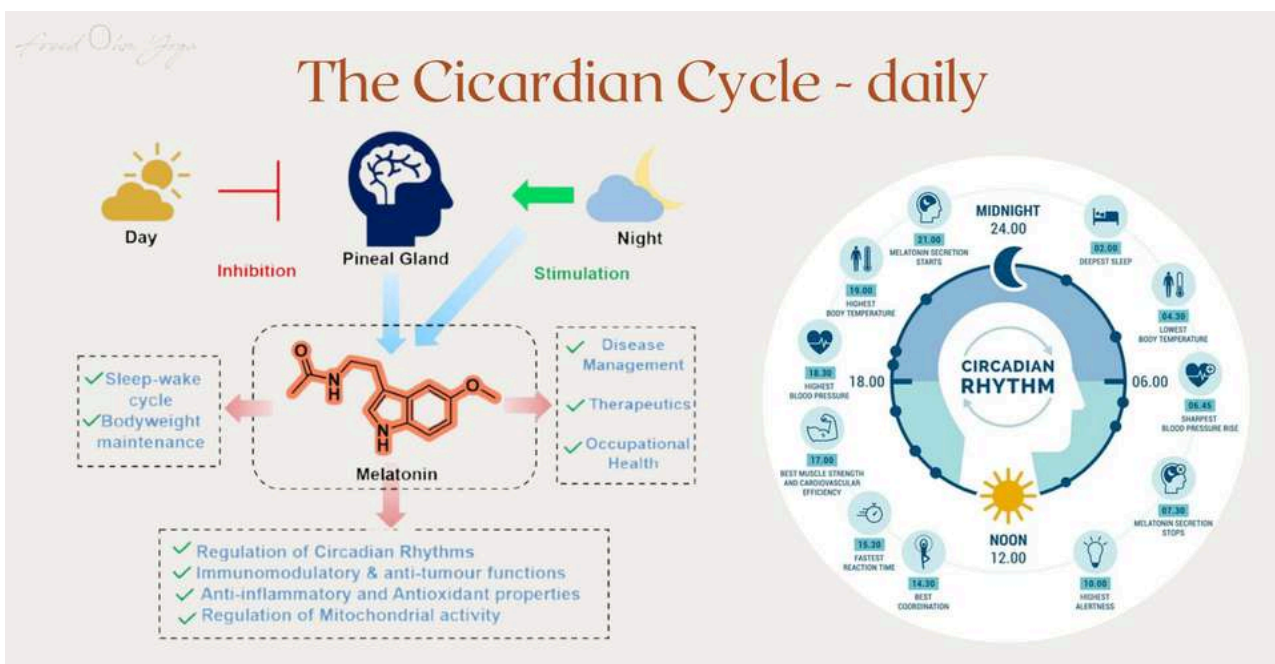
The Hormonal Cycles of the Body

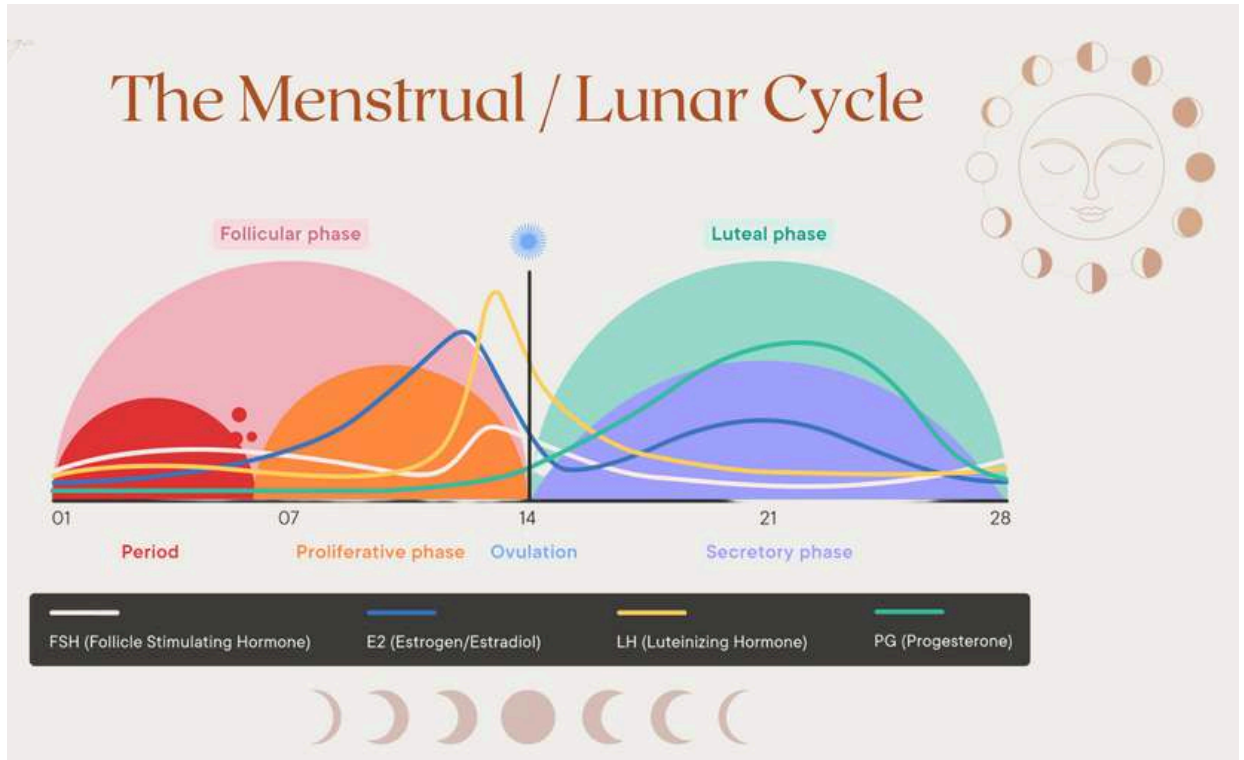
Our Hormones work through various feedback loops that cause the cycles or rhythms of the Endocrine System. Biological rhythms are the natural cycle of change in our body's chemicals or functions. It's like an internal master "clock" that coordinates the other clocks in your body. The "clock" is located in the brain, right above the nerves where the eyes cross. It's made up of thousands of nerve cells that help sync your body's functions and activities. Hormonal rhythms are used to adapt to environmental changes, such as seasons of the year, the daily light-dark cycle, sleep, meals, and stress.

In many species, reproduction is seasonal, presumably a mechanism to ensure survival of the offspring. In the extreme northern and southern hemispheres, calcium absorption and bone remodelling decline during winter, when vitamin D production is reduced.

Your biological rhythms are tied to an internal clock in your brain called the suprachiasmatic nucleus (SCN). It is located in your hypothalamus. This is the area of your brain that manages the autonomic nervous system and the pituitary gland. Your SCN sends signals throughout the day to regulate your body's activity.

In cycles. Most biological rhythms work in roughly 24-hour cycles. Others, such as menstrual cycles, work over longer timeframes. Each type of biological rhythm has a certain name to show how long it lasts.





Full Moon Journal Prompts

- What does it mean to me to pause and surrender?
- Why is it important for me to take time to simply pause and just be?
- What emotions and thought patterns do I want to release?
- What limiting beliefs do I want to let go of?
- What do I love most about my life right now, exactly as it is?
- What do I love most about myself right now, exactly as I am?



New Moon Journal Prompts

- What are three goals I want to accomplish this month?
- What new, reframed beliefs am I embracing? Finish this sentence: "I am setting the intention to ..."
- What am I manifesting in my life right now?
- What does my heart truly desire?
- What does my soul need to move forward?
- What practices can I do to cultivate and create a beautiful inner world for myself?

Living in Balance with Nature



Daily

Wake Up Routine Morning Mindfulness
Healthy Meals and Mindful Eating
Evening Gratitude Practice
Disconnect from screens
Night -time routine



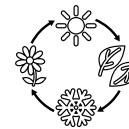
Weekly

Scheduling Time to Rest
Weekly Self Affirmation
Weekly gratitude Practice
Scheduled Time in Nature



Monthly

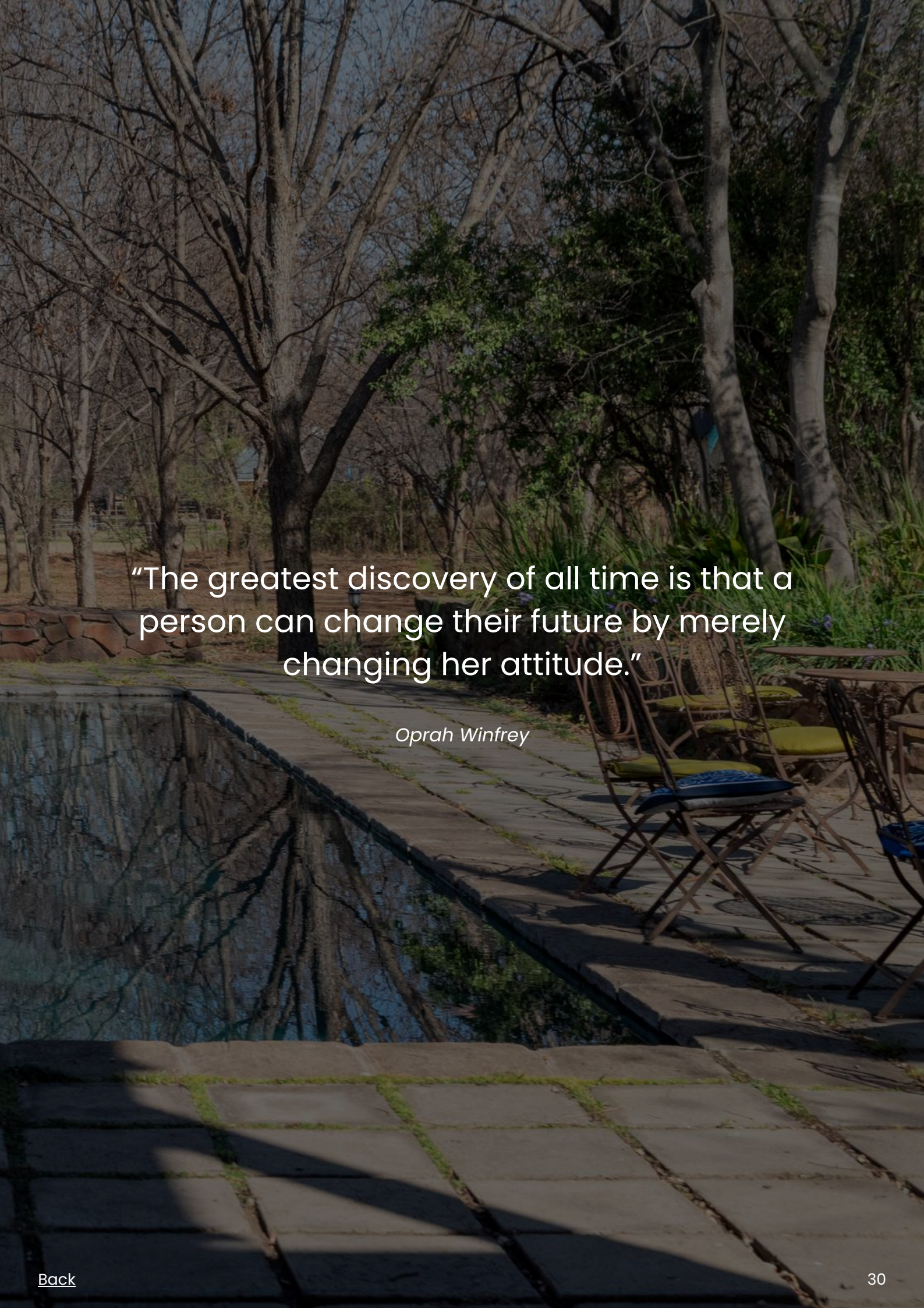
Full and New Moon Rituals
Noting mood cycle during the month
Scheduling tasks according to
mood cycle



Yearly

Seasonal Eating Season
Activities Noting
Seasons of Self

“The little things? The little moments?
They aren’t little.”




"The greatest discovery of all time is that a person can change their future by merely changing her attitude."

Oprah Winfrey

The Nest Yoga Studio


23 7th Avenue, Parktown North JHB.



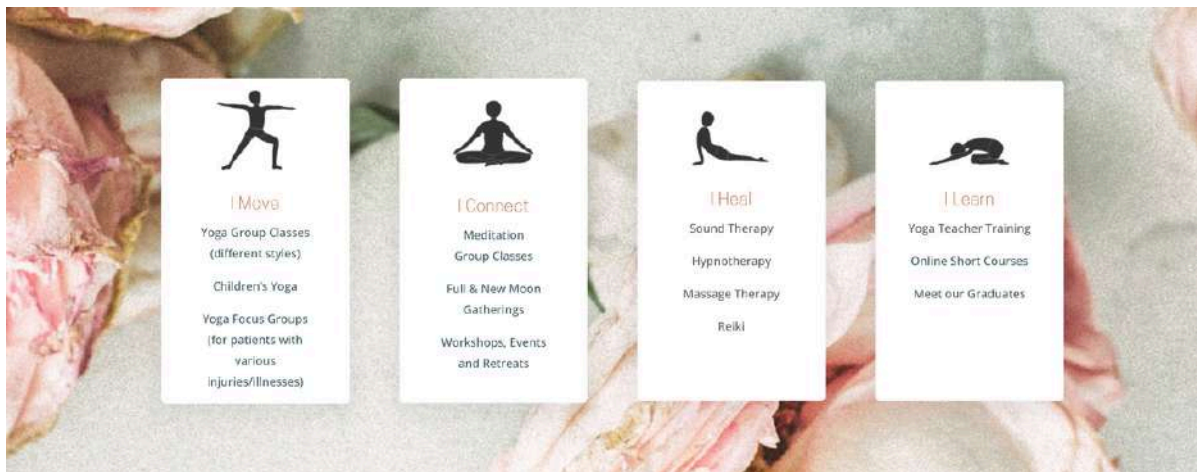
Home

The Nest is an inclusive wellness space offering holistic health services to all. It is a space built around the values of inclusivity, simplicity, fair...

■ The Nest Space



Healing, growth, transformation, self-discovery, inspiration and collaboration takes place at The Nest. We believe in the holistic wellbeing of our clients as well as creating a space that allows them to be completely themselves.



- I Move**
 - Yoga Group Classes (different styles)
 - Children's Yoga
 - Yoga Focus Groups (for patients with various injuries/illnesses)
- I Connect**
 - Meditation Group Classes
 - Full & New Moon Gatherings
 - Workshops, Events and Retreats
- I Heal**
 - Sound Therapy
 - Hypnotherapy
 - Massage Therapy
 - Reiki
- I Learn**
 - Yoga Teacher Training
 - Online Short Courses
 - Meet our Graduates



With self discovery, self growth and healing in mind, we offer the following therapies at The Nest:



Sound Therapy

Sound healing therapy is the process in which aspects of music are used to improve physical and emotional health and wellbeing. We offer unique sound experiences using the Sandawa Monochord Bed and the Monochord-Koto.

The monochord is a therapeutic instrument that produces overtones of specific frequencies which are beneficial for healing and can restore one's sense of harmony in the body.



Massage Therapy

Massage is defined as a routine based manipulation of the soft tissue (muscles, tendons, ligaments, fascia & fibrous tissue) of the body for therapeutic result. This relaxing, rejuvenating massage experience is enhanced by the additional use of essential oils blended individually following our client's preferences ascertained during their consultation.

AROMATHERAPY MASSAGE
HOT STONE MASSAGE



Hypnotherapy

Hypnotherapy is an excellent tool to help you to overcome the issues holding you back in life. It can help with a variety of issues including anxiety, anger, guilt, shame, stress, depression, headaches, migraines, phobias, insomnia, bad habits, inability to climax, erectile dysfunction etc.

The human body is a magical self healing organism and thus this form of therapy is really about clearing negative energy, thoughts and mind patterns to create space for the body to heal itself.



Reiki

This century old practice of natural healing used for personal transformation works by allowing the transfer of universal life force energy to flow easily to you. Received clothed and lying down, the effects of the Reiki master's hands held close to or lightly touching the body result in efficiently balancing the physical, emotional and spiritual energy levels, leaving many people feeling revitalized with improved clarity of mind.



The Sound Experience

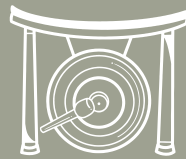
Qhawekazi Giyose

Ohawekazi is an ethnomusicologist, vocalist, researcher and sound healer, originally from East London, Eastern Cape, South Africa. She is passionate about the preservation of indigenous knowledge systems, music, instruments and using musical sound to help alleviate the anxiety and stress disorders experienced by youth & the greater community. Amaza Sound Journeys, founded by Qhawekazi Giyose, is a company that offers unique sound journeys using therapeutic instruments that produce natural overtones of specific frequencies, to create a safe and timeless space in which one can examine and reprogram old patterns and issues, to reconnect with their higher self. In our modern world we are exposed to things that disrupt our health on a physical, emotional, mental or spiritual level. Sound healing can assist in restoring one's sense of wellbeing and harmony and teach us to hold these naturally healthy and joyous frequencies in our bodies. Amaza Sound Journeys also offers intimate group sessions which feature a variety of musicians and multidisciplinary artists who encourage the use of music and sound as a tool in creating support structures around the practice of meditation and, to offer mental wellbeing interventions through the arts.

amazasoundjourneys@gmail.com

A Sound Healing Experience

AMAZASOUND JOURNEYS



WHAT IS SOUND HEALING

Sound healing is one of the oldest forms of healing known to man. Throughout history of our different cultures, music and sound has been acknowledged and thought of as a powerful healing force. The practice of sound healing is the therapeutic application of sound frequencies to the body and mind of people with the intention of bringing them into a state of harmony and health.

Every organism in the universe has its own unique resonant frequency and the human body is no exception. Our bodies are of unique design and every organ, bone and cell has its own resonant frequency. Much like the instruments of an orchestra, our bodies make up a composite frequency. When one organ in the body is out of tune it will affect the whole body.

Sound Healing can be transmitted to people through listening to therapeutic instruments such as the monochord, the voice, Tibetan singing bowls, Mbira/Kalimba, crystal singing bowls, gongs, drums, tuning forks, koshi chimes, handpan/tongue drum, the native American flute and the harp/or mouth harp. Sound healing can also be experienced through using your own voice, singing with others and even singing while listening to music.

Sound healing encourages a state of deep relaxation so that the body can heal and research has shown that the benefits associated include improved sleep patterns, stress relief, improved health, deep relaxation, improved memory concentration, a more positive attitude to life through releasing buried emotions, reduced pain and inflammation and a deeper connection to higher realms of consciousness.

THE POSITIVE IMPACTS OF SOUND HEALING

Physical Wellbeing

- Reduced tension.
- Lower blood pressure.
- Lower cholesterol levels.
- Better pain management.
- Reduced risk of strokes and coronary artery disease.
- Improved sleep.

Mental Wellbeing

- Reduced stress
- Fewer mood swings.
- Anger
- Fatigue
- Anxiety
- Depression
- Improve mental focus
- Enhance mindfulness



SOUND HEALING IN DAILY LIFE

A sound healing session involves lying down in a cozy and comfortable setting, closing our eyes, and focusing on sounds made by therapeutic music instruments

In your everyday life you can gift yourself a...

Morning serenade: Begin your day with nature sounds. Even a 5-minute session of listening to the soothing sounds of rain, waves, or birdsong can prepare your mind for the day ahead.

Mid-day stress reliever: It might sound too simple to be effective but humming your favourite tune for a few minutes can reduce stress hormones.

Evening wind down: There are plenty of apps and online resources for sound meditation. Pick one that resonates with you and make it part of your bedtime routine.

Integrating Sound Healing Into Your Routine



Music Therapy:

Create a playlist of your favorite calming songs. Listen while you're commuting, working, or doing household chores.



Voice Toning:

Experiment with your voice. A simple 'Aum' or 'Ohm' chant can work wonders.



Binaural Beats:

These are soundwave therapies you can listen to using headphones. They are excellent for enhancing focus, relaxation, and even sleep.



RESOURCES

Book: Sacred Sounds: Magic & Healing Through Words & Music. By Ted Andrews

Apps: Healing Sounds & Sound therapy; Solfeggio Frequencies Healing

Binaural Beats: <https://youtu.be/lwvMcvzEITl?si=EezlXF3tp7wAdOU2>

Podcast: <https://open.spotify.com/show/5ynjHqldlXfdmxz7tIAj3?si=BOjRw-3gTmOlrpZfW-ZYRw> Guided meditation online: <http://www.youtube.com/@livethelifeilove>



Your Canvas

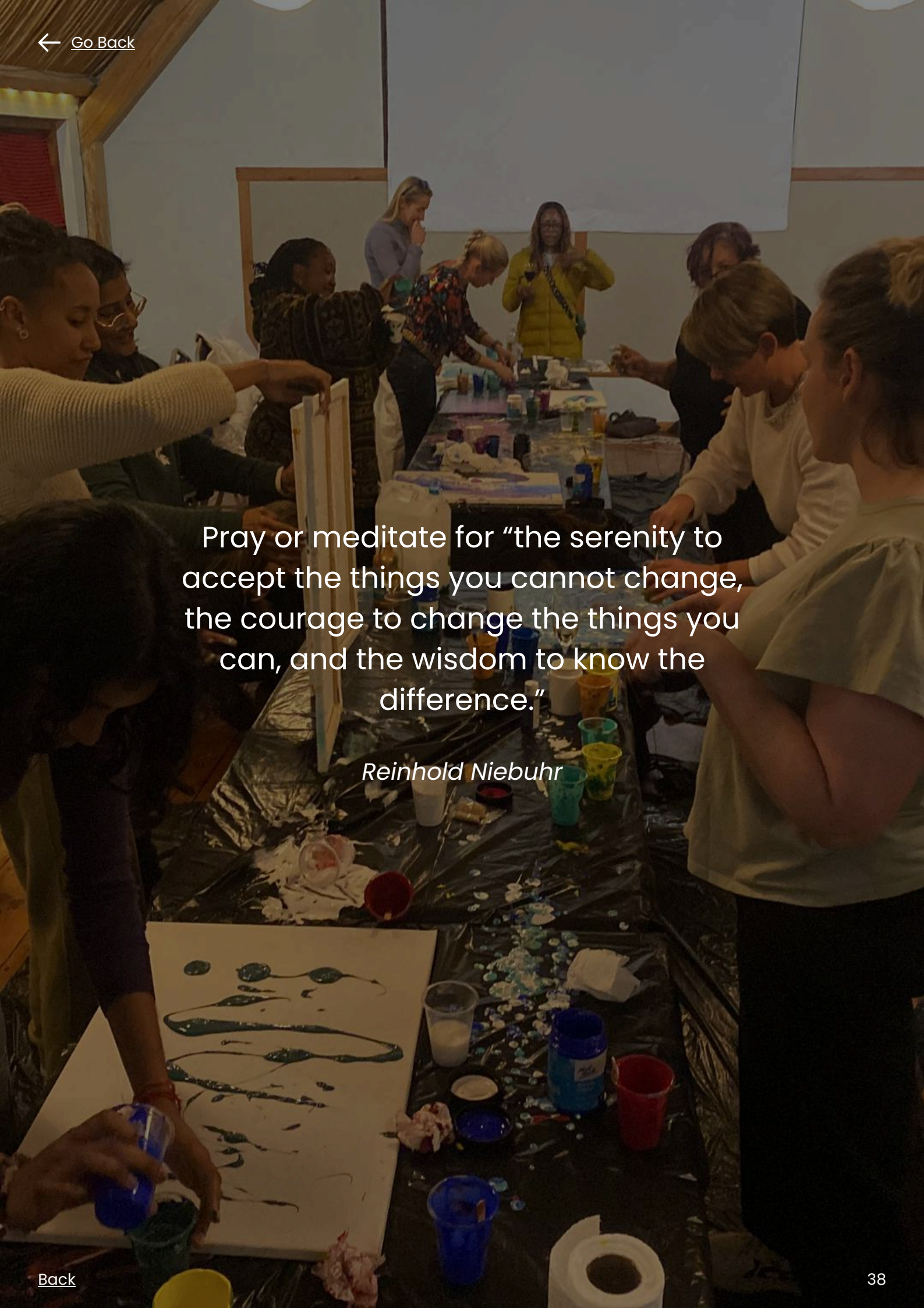
Clarita Shana

Clarita's journey with Think Leverage began in 2022 when she attended the Think Tomorrow Training Workshops, shortly after graduating with a BA in Creative Brand Communication from AAA School of Advertising.

Specialising in Art Direction, she completed her work experience module as an intern at Grid Worldwide, inspiring her to pivot towards cultivating and implementing creative ideas and concepts through brand strategy.

She initially joined Think Leverage as an intern, driven by a desire to contribute to the company's passion projects and pay it forward. Now a full-time Junior Brand Strategist, she leverages her conceptual thinking and interest in transformative technology to bring forward fresh perspectives which result in unconventional solutions.

clarita@thinkleverage.co.za

A group of people are gathered around a long table covered with a black plastic sheet, participating in a painting workshop. The table is cluttered with various paint supplies, including containers of blue, yellow, and red paint, brushes, and water. Several people are actively painting on canvases. In the foreground, a woman is pouring blue paint from a cup into another container. The background shows more people engaged in the activity, with a whiteboard visible on the wall.

Pray or meditate for “the serenity to accept the things you cannot change, the courage to change the things you can, and the wisdom to know the difference.”

Reinhold Niebuhr

Practice Going With The Flow

Ways to Go with the Flow and Stay in the Moment



Practice mindfulness



Accept when things are out of your control



Intentionally enter a “flow” state

You may have encountered a flow state at some point in your life—a harmonious connection between your body and mind where you become completely immersed in an activity. In this state, distractions fade away, and time seems to slow down. Your senses become heightened, and you feel a deep sense of unity with the task at hand.

Action and awareness align seamlessly, creating a natural momentum that propels you forward. Many refer to this experience as being “in the zone.” The flow state is accessible to everyone, whether you’re engaged in physical activities, creative endeavors, or even routine daily tasks.

Creating and art is a fun way to practice entering a flow state.

Create Lonehill

**Discover your inner artist and create something amazing.
A fun and creative way to spend your day solo, or with family and friends.**

Choose from a vast array of unfired bisque and a wide selection of colourful paints to create crockery that is both personal and completely unique. Spend a leisurely day painting in a relaxed environment in our beautiful location with our friendly staff at hand to assist you with any painting techniques that you might wish to make use of.





In Cape Town



Clay Cafe

Clay Cafe merges art, food and good company to create one of a kind creative moments that keep everyone talking an...

 Clay Cafe /

Sip and Paint
 last Friday evening of every month
 COSTS: R45 STUDIO FEE + YOUR CHOSEN CERAMIC
 Experience Clay Café in the evening & get creative with us on the last Friday of every month.
 Sip on a delicious complimentary welcome drink and enjoy our pop-up dinner menu. Let your artistic side shine with friends, family or your long-time bestie.
 BOOK ONLINE WWW.CLAYCAFE.CO.ZA

Pizza & Painting
 Evenings
 LAST THURSDAY OF EVERY MONTH
 Indulge in delicious pizza while unleashing your creativity on beautiful ceramics. It's the perfect way to relax, have fun and create something unique.

Date Night
 Wednesday's
 R300 PER PERSON | 5PM ONWARDS
 Enjoy a delightful evening filled with creativity and delicious food. Special includes a welcome toast, your choice of a pizza or pasta main meal, dessert, and a bottle of wine to share.

"Addiction is a progressive narrowing of the things that bring you pleasure. Happiness is a progressive expansion of the things that bring you pleasure."

@hubermanlab



Your Relationships

Suhana Gordhan

Suhana Gordhan is an Independent Creative Leader, a love of words and ideas and a Chief Aunty to Young Creatives. She has spent the last 20 years navigating the advertising industry – from the boys’ locker room of her first agency to the hallowed judging rooms of Cannes Lions. In that time, she has met a few dictators, one called Robert Mugabe, whom she pissed off during her time as Creative Director on Nando’s. She has learnt that most dictators one encounters in life, are rendered useless when you stand in your own power, maintain your authentic voice, and surround yourself by powerful allies. Gordhan’s career highlights include being selected by FCB Global as one of two Creative Directors to attend a surfing and leadership program in Nicaragua in 2016, and in 2017 being named one of Destiny Magazine’s Power of 40 Candidates.

suhanagordhan@gmail.com

“The quality of your life ultimately depends on the quality of your relationship with yourself.”

– Suhana Gordhan



Personal Contract

Hi _____

Firstly, I just want to say that you're just bloody amazing, okay? You're rare and wonderful and a frikkin' force of nature. You are more than you appear to be. Never lie to yourself. You are stronger than you think.

But deep down where your inside voice sits, you know it's been telling you some things. There is work to be done. It's not cold-turkey stuff. It's about tiny, little baby hands taking time to do the honest work of what will be a massive inner revolution. But for now that sounds too big, so we're going to say, "Let's reframe it." "It" means thinking, attitude, feelings, behaviour.

Here are the things in my life I'd like to reframe, and the steps I will take to do that:

[← Go Back](#)



Personal Contract



Personal Contract

Lastly, eat the piece of cake, drink the glass of wine, put the guilt in the bin. Salute the sun, walk and sigh loudly, and when you're angry shout all your traumas into the ocean. It's big and magnanimous, it can handle it.

Be gentle my love. Signed, with love...

“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.”

Carl Jung



An exercise you may complete together with a professional psychologist or therapist:

Identify and categorise the destroyers, revealers and healers in your life and reflect on the relationships you have with them and the healthiest next steps you'd like to take regarding them.

DESTROYERS

REVEALERS

HEALERS



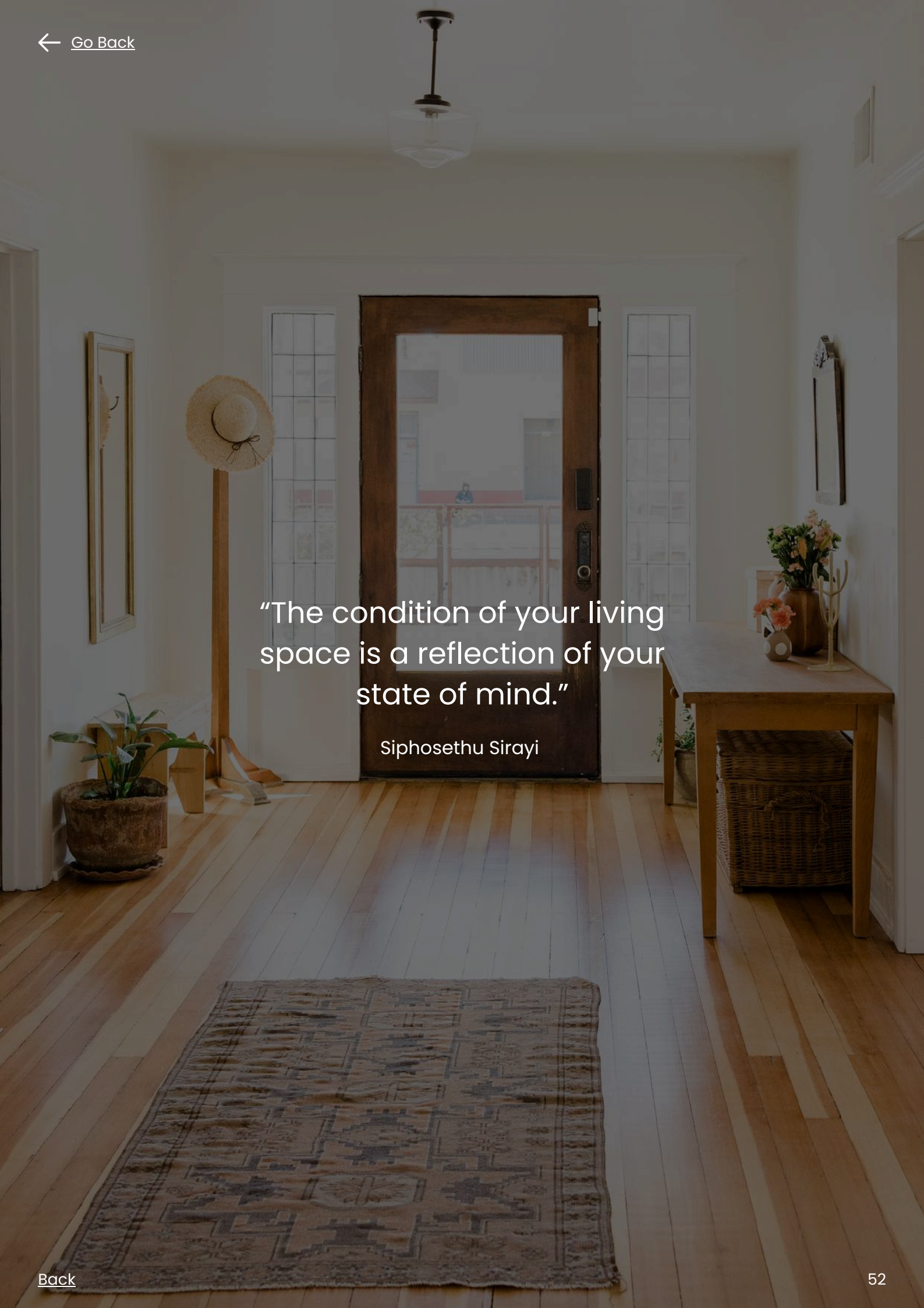
Your Space

Siphosethu Sirayi

Her journey began with a vision to enhance the beauty of everyday life through interior design. With a keen eye for detail and profound understanding of aesthetics, she has steered HBS Interiors to new heights. With a heart full of dreams and hands ready to create, she is not just improving homes but enriching lives with spaces that resonate with comfort and style.

Sethu shares her love for homes on her social media platforms with a combined following of over 150k followers across all platforms. Sethu loves travelling, and exploring the beautiful architectures and cultures of different countries. With Kenya and Tanzania as her next stops.

siphosethusirayi1602@gmail.com



"The condition of your living space is a reflection of your state of mind."

Siphosethu Sirayi

Easy and practical tips for an organised space



Ease of access



Active and passive areas



Deattachment systems

In her Youtube video Sethu discusses these three key organisatio tips which are applicable anywhere in your home (or office) for a more peaceful space.



The KonMari Method™

The KonMari Method is a simple but effective tidying method, ensuring you will never again relapse to clutter. It uses a unique selection criterion – choosing what sparks joy! You are not choosing what to discard but rather choosing to keep only the items that speak to your heart. Through tidying, you can reset your life and spend the rest of your life surrounded by the people and things that you love the most.



About the KonMari Method – KonMari | The Official Website of Marie Kondo

Shop now and split your payments over time with Klarna. Free Shipping over \$150 – U.S. Mainland.

 KonMari



marketplace for preloved fashion

Yaga is an online selling and shopping platform for new and preloved fashion. Buy preloved clothing safely or open your own shop and sell. Find unique second hand clothes, earn extra money and help save the...

 Yaga

**“Only keep what you actually use or what sparks joy.
Donate or sell the things that you no longer need or want.”**

“Every aspect of your life is anchored energetically in your living space, so clearing clutter can completely transform your entire existence.”

Karen Kingston

Imagine waking up every morning in a home that feels like a peaceful haven, where every object and space is thoughtfully arranged to promote calmness and serenity. Feng Shui (an ancient Chinese practice) is all about harnessing the energy, or “chi,” that flows through your home to create a harmonious and soothing environment.

Feng Shui

Tips for creating balance in life and at home

Feng shui is the practice of arranging pieces in living spaces to create balance with the natural world. This is what it means to feng shui your home. The goal is to harness energy forces and establish harmony between an individual and their environment.

Feng Shui for Your Bedroom

- 1 **Bed in Commanding Position**
- 2 **Get a Headboard**
- 3 **Minimize Electronics**
- 4 **Create Symmetry**
- 5 **Incorporate Soothing Colors**
- 6 **Consider Your Bed Size**
- 7 **Not Too Many Houseplants**
- 8 **Minimize Books**



10 Feng Shui Rules to Follow for a Serene Home

1. Declutter Regularly

Clutter can block the flow of chi and create a sense of chaos, especially in the bedroom where it can make it difficult to achieve peaceful sleep.

2. Use Soft Colours

Soft colors promote relaxation and peacefulness.

3. Mirrors Matter a Lot

Mirrors enlarge the space you own and bring more light into it. Mirrors can energise a room, so they are better for the dining room than the bedroom where you need calmness for rest.

4. Use Lighting Strategically

By positioning lamps in areas where you need them the most, and using dimmer switches to control the brightness, you can create a warm and inviting atmosphere that promotes relaxation.

5. Create a Focal Point

Choosing a central element in each room, such as a piece of art or a beautiful piece of furniture acts as an anchor helping you create a space that makes you feel grounded. environment connecting you with nature.

6. Choose Comfortable Furniture

By investing in furniture that promotes relaxation and comfort, you can create a space that feels inviting and nurturing.

7. Incorporate Water Elements

The gentle trickle of a fountain or the soothing sound of an aquarium can promote a sense of calmness. Water is associated with wealth, prosperity and the flow of life.

8. Bring in Plants

Adding living lush greenery to your home, can improve the quality of the air, create a more harmonious

9. Add Natural Textures

Incorporating materials such as wood, stone and wool into your decor can enhance the ambiance of your home, promoting balance. These textures bring a touch of the outdoors inside.

10. Remove Negative Symbolism

There are a lot of things we associate with particular events, memories or thoughts, and not all of them are positive. We should discard objects that symbolise challenges we've faced and instead, add the things we would like to attract in our life.

“Clutter suggests energetically, that you don’t have space for anything new in your life.”




Your Finances

Caroline Marwisa

With over 20 years of experience in the financial sector, I am a Chief Learning Strategist, Chartered Accountant, and Personal Finance Author, currently leading the Learning Function at Old Mutual Ltd, a top Pan-African Financial Services Organization. I am dedicated to empowering individuals across Africa, enhancing their professional and financial growth.

My experience covers Finance, Risk Management, Internal Audit, Operational Roles, and People Development, which has sharpened my leadership, analytical, and strategic skills, and deepened my insight into individuals' financial challenges and opportunities. As a Chief Learning Strategist, I am passionate about promoting success through essential mindsets, knowledge, skills, and behaviors. Beyond work, I explore the link between financial progress, faith, and relationships, driven by a belief in the powerful role of leadership in achieving positive outcomes for individuals and communities.

cmarwisa@gmail.com



“Money is neutral. It’s not good nor is it evil. It takes the shape of the heart holding it in his/her hand.”

CHECK IN QUESTIONS

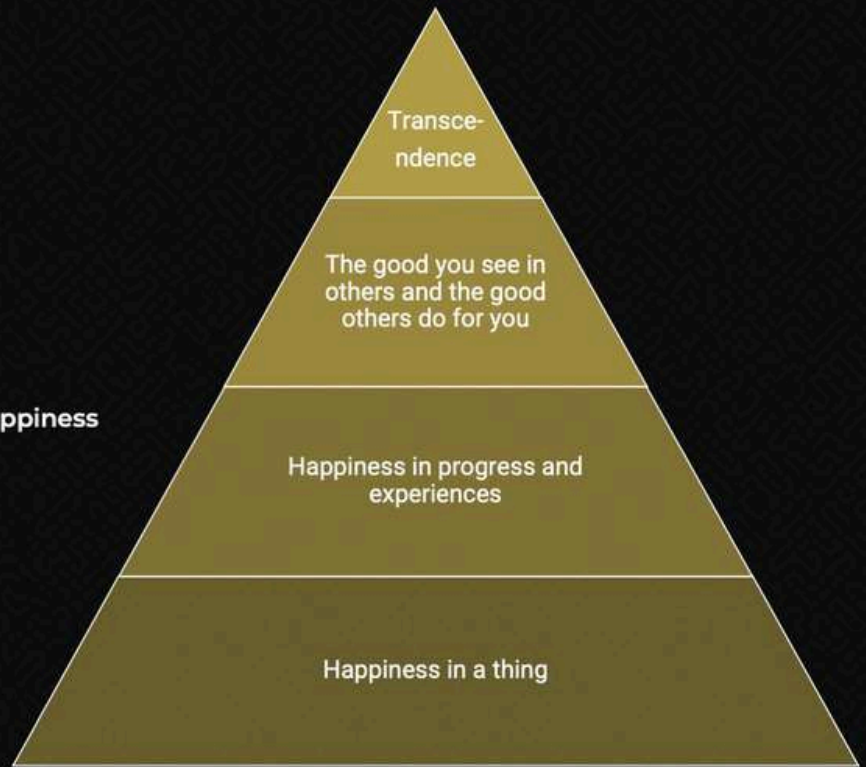
1. What does financial freedom and an abundant life mean to you?
2. What would happen if your paycheck stopped?

Age Analysis

Name	Age Now	Age In 10 Years	Age In 20 Years	Age In 35 Years

Meaning Outcomes

Father Robert Spitzer - Four Levels of Happiness



What is the meaning and the role of money in all this?



Mathematics

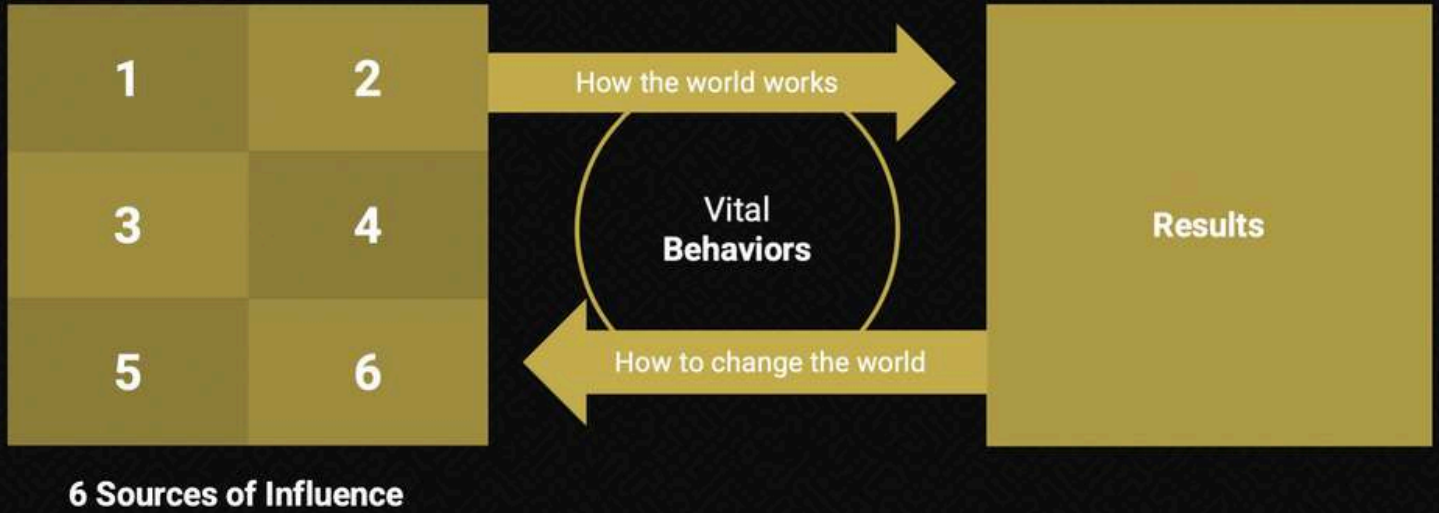


Psychology



Faith

Crucial Influence Model



6 Sources of Influence

	Motivation	Ability
Personal	1.	1.
	2.	2.
	3.	3.
Social	1.	1.
	2.	2.
	3.	3.
Structural	1.	1.
	2.	2.
	3.	3.

Money Outcomes: 3 – 9 – 3 Master Your Finances System™

Over a 10 year period:



10 x Current Income



Eradicate Consumer and
Lifestyle Debt



Build enough wealth to meet current lifestyle
15X to 25X Annual Expenses/Financial Needs.



Results

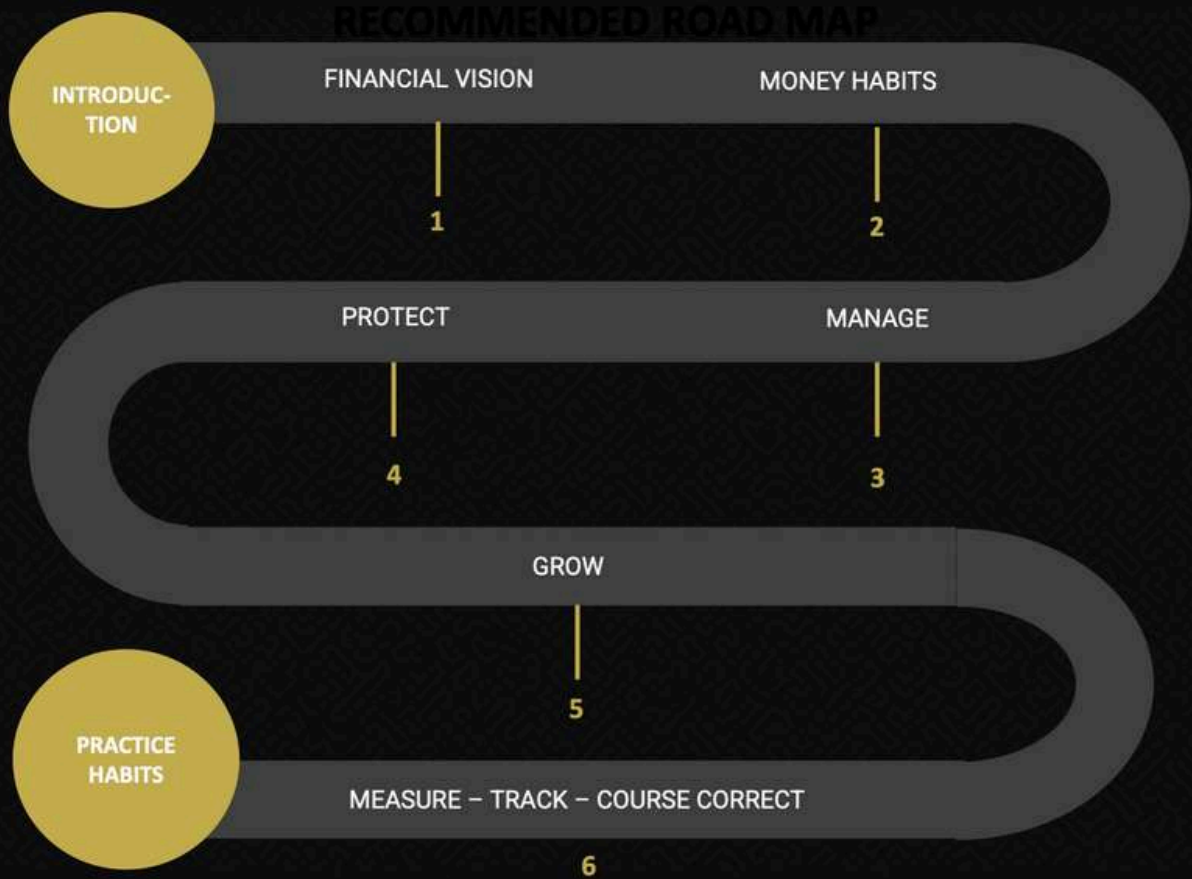
Financial Vision

Manage

Grow

Protect

Master your money habits™



Your Ultimate Financial Vision Number: Scenario

Your Desired Income into your Financial Vision Asset Number

Bottom Scenario $R35\ 000 \times 12 \times 15 = R6\ 300\ 000$

Mid Scenario $R35\ 000 \times 12 \times 25 = R10\ 500\ 000$

Top Scenario $R35\ 000 \times 12 \times 25 \times 2 = R21\ 000\ 000$

Take careful note of your feelings when you saw this number..

Financial Vision Table

USING 25 X ANNUAL EXPENSES									
FV INCOME	35,000	50,000	80,000	100,000	150,000	200,000	250,000	300,000	400,000
FV ASSETS (MILLIONS)	R10,5M	R15,0M	R24,0M	R30,0M	45,0M	R60,0M	R75,0M	R90,0M	R120,0M

Net Worth Calculation

	Amount Owed	Value of Asset
Assets (Current value of car, home, property, business)		
Investments (Include retirement fund, non-retirement including business— all investments)		
Savings		
Debt (Student loans, credit card debt, mortgage)		

Measuring stages in financial independence



Adapted from Moneywise article by Richard Glunt

Goal Setting: Three Measures

	INCOME (increase)	DEBT (reduce)	NET WORTH (grow)
2024			
2025			
2026			
2027			
2028			
2029			
2030			
2031			
2032			
2033			



Where your money goes below the line

Intentionally tell it where to go

Use the spending formula

70:20:10



Defining Debt

Debt is when individuals use someone else's money right now for a promise to pay back the money with or without interest at a future date or over a period of time. Understanding how debt links in with your wealth creation plan is critical.

Timing of benefit and obligation!

Three Categories

1

Consumer

2

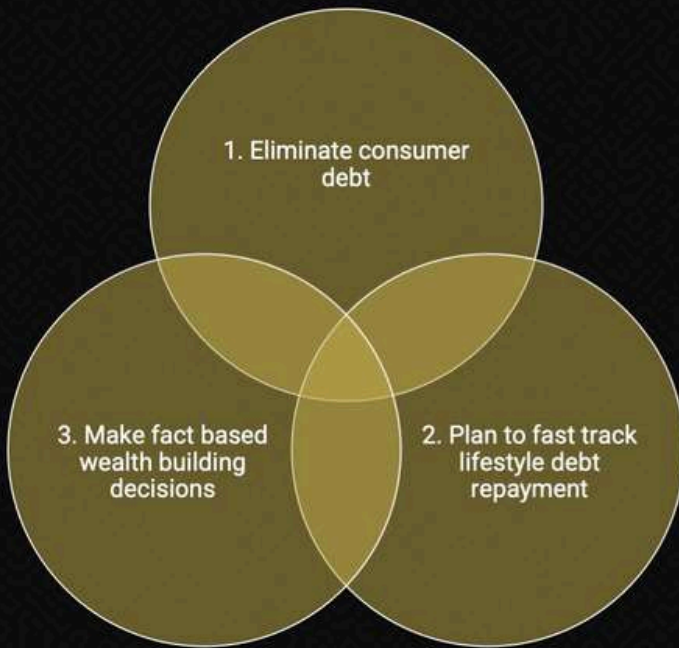
Lifestyle

3

Wealth Building Debt

Owing to the risk attached to running business ventures or initiatives, the most important recommendation is to separate the business from the person as far as possible.

Three Categories



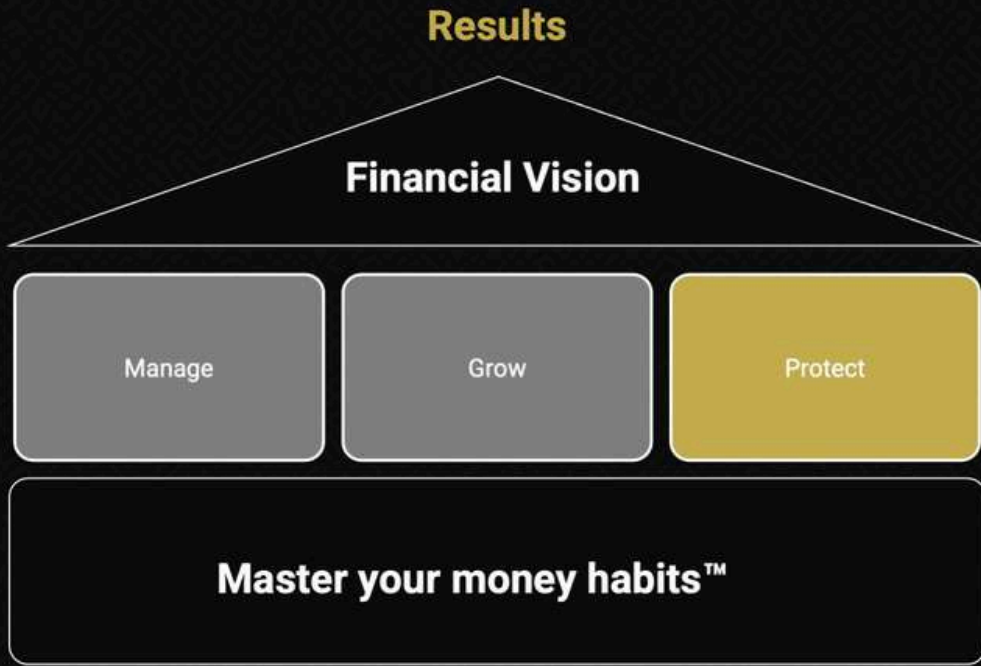
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Reduce risk and maximize wealth building potential

How To Manage My Cashflow

- Budgeting is key - there is always 22/7
- Set up an emergency savings fund
 - At least 25% of Monthly Expenses
 - Build up to two years of expenses
- Meet short term goals like fund my business activities, save for a trip or take advantage of opportunities when they arise.





Protect Your Wealth





Increase your income
Multiple income streams



Build



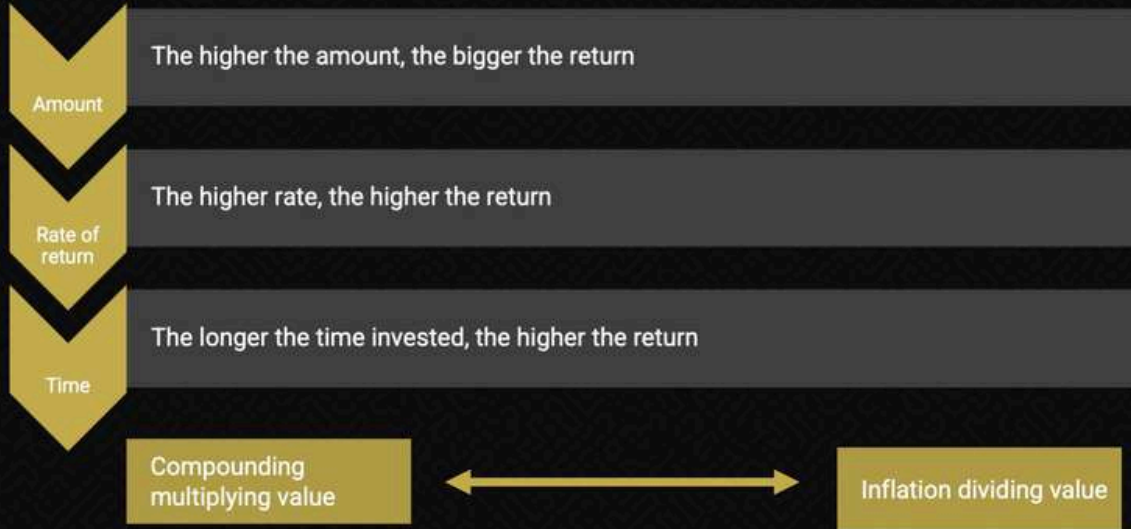
Farm



Hunt

Growing your wealth Grow by farming formula

$$\text{Fund Value} = \text{Amount} \times \text{Rate of return} \times \text{Time}$$



Growing by Farming Wallets

Type of fund	Purpose	Ideal account	Amount
Long term	Employer Pension/Provident Fund	Based on employer (options)	Fund rules - % of Income
Long term	Retirement Annuity Fund	Retirement Annuity Account	Goal specific
Long term	Tax free savings account	Licenced institutions	Affordability and maximum limits
Long term	Discretionary Savings Account	Various	Goal and affordability based

The order is important to maximise tax benefits but consider income restrictions

Financial Asset Allocation Pyramid



Steps

1. Introduction to the 3 – 9 – 3 System to Master Your Finances™
2. Craft Your Financial Vision
3. Master Your Money Habits™
4. Manage Your Wealth
5. Protect Your Wealth
6. Grow Your Wealth
7. Measure – Track – Course Correct



3-9-3

Master Your Finances System™

Our signature digital coaching program builds individuals' confidence in managing, growing and protecting their wealth. We follow the 3 – 9 – 3 Master Your Finances System™ that embeds learning and behaviour change for better financial outcomes. This approach follows three priorities, nine focus areas to develop goals and three trackers to measure progress in managing, growing and protecting wealth. The course will transform how you think about, feel about and what you do with your money.

Learn and enhance your knowledge on handling finances in the comfort of your own home or office.

<https://www.masteryourfinances.net>

“Money may not be the most important thing in life, but it affects everything that is important”

- Unknown Author



Your Side Hustle

Anita Du Toit

Anita du Toit is the Founder and Franchise Development Consultant at Franchise Fundi. She has more than 25 years of franchise consulting experience across the telecommunications, automotive, restaurant and retail industries. During her years in the industry, she has served on the council of the Franchise Association of South Africa (FASA) and spoken at numerous events on franchising. Working as a Franchise Consultant at Deloitte, Anita was involved in the development of franchise innovations, including the Franchise Systems Audit and the E-Test, a psychometric test for improved franchisee selection. She also worked as a Franchise Specialist at First National Bank, where she was instrumental in introducing the Franchise Think Tank and the X2in5, an initiative aimed at doubling the franchise sector within five years.

After her role in commercial banking, Anita joined a consulting firm, and worked there as Managing Partner for 10 years. She founded Franchise Fundi in 2020. Anita is an authority on social franchising with extensive experience and papers published on the subject and led the world's first Social Franchise Accelerator project in partnership with the University of Cape Town's Graduate School of Business (The Bertha Centre) and the International Centre For Social Franchising (ICSF), a project that The Rockefeller Foundation funded. She currently consults on social and micro franchising both locally and internationally and is an associate advisor at Spring Impact (UK) and Stage Six Consulting (USA). Anita holds an MCom Masters degree in Marketing Management (Cum Laude) from the University of Pretoria.

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“There is no such thing as
being “a family” in business.”

Anita du Toit



The Entrepreneur

Sara Blakely's turning points
Founder of SPANX

Exploring the turning points in Sara's entrepreneurial journey that took her from selling fax machines at Dank to becoming the world's youngest billionaire and owner of Spanx.

Turning point one:

Take a leap of faith but no matter how great your idea is, you've got to do your research.

Turning point two:

Sometimes determination trumps credibility but don't count on it always.

Turning point three:

If you don't believe in your idea or product, don't expect anyone else to.

Turning point four:

Never try to do it all yourself if you don't need to. Understand your strengths and limitations otherwise it will limit the growth of your business.

Always invest in the right people to move your brand forward

“Selling hours won’t create wealth.
You need to add products, annuity
income, or another hustle.”

Anita du Toit



What is a Portfolio Career & How to Build One?

A portfolio career is essentially a collection of the different ways you make money. In the past, this has been called “multihyphenate”, “multi passionate”, and “slashers”.

A portfolio career involves monetizing your skills in a variety of ways that generate multiple income streams. These could be different and separate jobs, or they could be the different income streams within a business that you operate.

Unlike a traditional single-focused job, a portfolio career allows you to explore your passions and interests on multiple fronts. This variety can lead to a more satisfying and meaningful career experience.

The Business Model Canvas










Designed for:


Designed by:

Date:

Version:

Key Partnerships 	Key Activities 	Value Propositions 	Customer Relationships 	Customer Segments 
	Key Resources 		Channels 	
Cost Structure 		Revenue Streams 		

Key Partnerships 	Key Activities 	Value Propositions 	Customer Relationships 	Customer Segments 
	Key Resources 		Channels 	
Cost Structure 		Revenue Streams 		

7 Who will help you?	5 How do you do it?	1 What do you do? 	3 How do you interact?	2 Who do you help?
	6 What do you need?		4 How do you reach them?	
8 What will it cost?		9 How much will you make?		

-  Infrastructure
-  Customers
-  Offering
-  Financials

Your Side Hustle Canvas

1. The value proposition

Who is the target market?
What is their job to be done?
What are their aspirations? What is their lifestage/lifestyle?
What is my product/service? What are the unique product features?

2. The market

Who are the competitors?
How will I differentiate from competitors? Better quality or better price? Where will I find customers? Where do they live/play/work? How do they buy? How do I reach them?
How will I sell to them? Online or in a shop? National or not? How do I interact with customers? – How to get them interested and build a relationship with them (Customer retention)

THE END
GAME

3. The infrastructure

How will I do it- what are my key activities to be in business? (Eg consulting, manufacturing, distribution)
Who will help me – Key partnerships for core and non-core activities: to sell, to distribute
What do I need to do it? – Key resources including people, tools, assets, systems

4. The financials

What will it cost? What is the selling price?
How much money do I need to break even? Can I sell enough to break even AND make a profit? What are the profit/sales levers? What can I do to increase sales or minimise costs?


Remember that you need an overdraft (and back-up savings) so apply for it when your finances are good.

Complete the questions for each quadrant, starting with number 1.

1. Your product/service could be something that solves a common problem, prevents a loss or gives the end customer a gain.
2. If you don't know the answer to a question, make notes of the type of research needed and where you could possibly source information.
3. Your hobbies or passion projects may be a good place to start.
4. There are no right or wrong answers.



“Use quiet times to rest,
rethink and recharge.”

A photograph of a stone path leading to an arched doorway in a garden. The path is made of large, flat stones and is flanked by various green plants and shrubs. The doorway is made of stone and has a wooden door. The background shows more trees and a clear sky.

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.”

Eleanor Brown

Brookdale

HEALTH HYDRO

LET US HELP YOU MAXIMISE YOUR GREATEST ASSET



Brookdale Health Hydro is a safe haven for anyone who feels thrown off balance. Their steady foundations are as strong as ever and we are waiting to help you find your balance through, mindful eating, regular exercise and stress management. Guests may each take home something different from a stay at Brookdale, as there are many aspects to wellness and we all have different weak points and priorities. However, whichever elements of the Brookdale Lifestyle find a way into yours, you will be much better for it.

In the quaint village of Nottingham Road in the scenic KwaZulu-Natal Midlands. Retreat to the tranquility of Brookdale, a haven bordered by forest and farmland with a meandering stream.



Brookdale is committed to creating memorable experiences for their guests and focuses on providing an escape from the stresses of everyday life. They offer a quiet place where physical health and mental well-being can be restored to their balance.



AS A PLACE

Brookdale provides the necessary environment for time-out, which is what most of us need in order to initiate change. Settled in our peaceful surrounds, guests are afforded the time for self-reflection and for contemplation of positive lifestyle change.



AS AN ESTABLISHMENT

Supported by a vast array of health professionals and wellness experts, Brookdale provides the facilitation for change. Through lectures, cooking demos and shared success stories over the years, we provide both factual insights as to why certain lifestyle changes are necessary, as well as practical advice on how to incorporate such changes into our everyday life.



AS AN EXPERIENCE

Brookdale simulates a way of life that reduces stress, enhances sleep, and fuels the mind and body for general wellbeing. Far from dramatic or extreme in approach the Brookdale Lifestyle encourages subtle, yet clearly defined practices of health, including short morning walks; unprocessed whole foods, served at regular intervals and in controlled portions; and technology-free time spent in nature, in real conversation, or simply in peace and quiet.



WELLNESS ASSESSMENTS

In order to offer the most suitable health and fitness program, it is vital that we first establish your current health status, so we assess basic indicators, such as:

- BMI (Body Mass Index)
- Blood Pressure

OPTIONAL EXTRAS:

- Biokinetics Consultations
- Nutrition Consultations
- Glucose
- Cholesterol
- Cooking Demonstration



INFORMATIVE TALKS

An integral part of your time at Brookdale includes talks, where guests are encouraged to set realistic goals towards maintaining a healthier lifestyle once they plunge back into the pressures of every day living. Talks include:

- Nutrition
- Stress & Coping
- Supplementation
- Exercise is Medicine
- Make-Up Demonstration
- Cooking Demonstration



OUTDOOR FACILITIES / ACTIVITIES

- Swimming pool
- Sun decks
- Extensive gardens with stream frontage
- Quiet relaxation areas
- Outdoor quiet lounge
- Outdoor dining
- Reflexology path
- Labyrinth
- Country walks on neighbouring farms
- Bring your bike along and cycle country roads & trails with stunning berg views
- Don't forget your golf clubs. Discounted green fees at neighbouring Gowrie golf course.
- Trout Fishing



INDOOR FACILITIES

- Indoor heated ozonated (chlorine free) pool
- Steam room | Jacuzzi | Sauna
- Private mosaic steam room
- Treatment rooms
- Showers
- Hydrotherapy baths
- Gym
- Studio for Yoga, Pilates & Guided relaxation
- Quiet relaxation areas
- Indoor dining room
- Cosy lounges
- Lecture room
- Health & Beauty shop
- Juice bar
- Wi-Fi hotspot



DNA ANALYSIS

The highly trained healthcare practitioners at Brookdale use a range of DNA tests to gain a greater understanding about possible lifestyle, supplement and nutritional interventions that will assist you in optimising health outcomes.

“So many people spend their health
gaining wealth and then have to spend
their wealth to regain their health.”

A.J. Reb Materi



Invest in your Health and Wellbeing at Hoogland Health Hydro.

Hoogland Health Hydro is an allopathic medical center, specialising in the prevention and treatment of lifestyle diseases so that those special, productive people can keep a balance between health and wealth and in doing so can keep investing in their communities for a long time to come.

<https://hoogland.co.za>



- 🍃 Full use of all Hydro Facilities such as saunas, steam rooms, steam cabinets, jacuzzis, swimming pools, sitzbaths etc.
- 🍃 Health monitoring and advice from nurses and biokineticists
- 🍃 Medically guided and supervised water-fasting of up to 3 days for those who choose to fast
- 🍃 Unlimited Mineral Water and Herbal Teas with Coffee and Ceylon Tea on request

- 🍃 Balanced Health Buffet from 08:00 – 21:00 & 24 Hours a Day Fresh Fruit and Salad Bar
- 🍃 Access to large Private Game Reserve with Two Guided Nature Walks daily
- 🍃 Three daily Exercise Classes (Pilates, Yoga, Dance Stretch and Aqua Aerobics)
- 🍃 Daily Guided Meditation
- 🍃 Breathing Training Class
- 🍃 Talks, Workshops and Demonstrations on Health and Wellbeing

"A walk in nature walks the
soul back home."

Mary Davi



UITSIG SAFARI LODGE

UITSIG LODGE

Experience a unique bush adventure by booking Uitsig Lodge for a group of 10 family members or 10 executives, this lodge comprises of 4 private sleeping units. All units are open plan with their own private deck for early morning coffee and game viewing. You will have access to your own game ranger who will take you on 2 game drives of your choice everyday, this is a once-in-a-lifetime opportunity. Situated just a two-and-a-half-hour drive from Johannesburg in the Malaria-Free, Bela-Bela in the Limpopo Province, within Mabula Game Reserve.

Explore the rich biodiversity with mammal species, 100 plant types, and a plethora of reptiles and insects. The diverse landscapes, from grassland plains to rocky formations, provide an ideal environment for a range of wild animals. Encounter the elusive cheetah, mischievous honey badger, and playful warthog families during your game drive.



Own game vehicle and game ranger

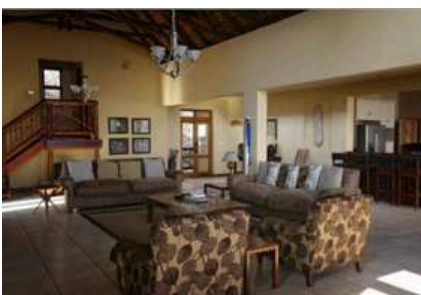
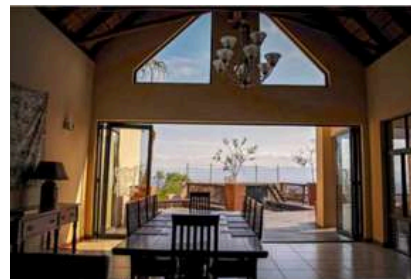
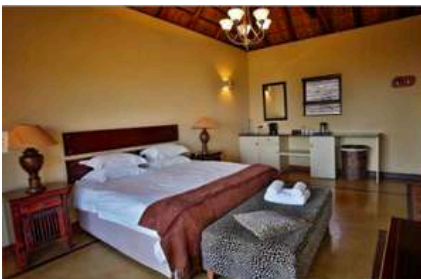


Restaurants and entertainment for children



Adventure activities at Mabula

trudie.de-bruyn@actom.co.za





“Earning the freedom to build what we love,
in a way that makes a difference.”

The Think Leverage Team



PURPOSE LED: RISING LEADERS' PLAYGROUND

Think Tomorrow is a unique marketing industry initiative created by Think Leverage, where 10% of our time and revenue are invested in supporting and growing rising talent, NPO's and Social Entrepreneurs.

From executive marketing coaching to hosting unique retreats, training sessions, workshops and team builds. We invest in energising and inspiring the leaders who will shape tomorrow.

Think Tomorrow Is Part of the Think Leverage Group:



DATA LED – INTELLIGENCE THAT LEADS TO FRESH PERSPECTIVES

Think Intelligence is a new specialised division incorporating the latest in data science, MarTech and gained experience to give our clients a fresh perspective and to enable them to unlock new leverage.

From unconventional customer research, to global benchmarking to street smart insights, we identify actionable insights that lay the foundation of strategy and future smarter decisions.



STRATEGY LED – UNCONVENTIONAL SOLUTIONS THAT CONNECT YOU TO YOUR MARKET SMARTER, FASTER

Think Leverage sits at the center of the group driving strategic thinking that enable exec's, marketing teams and agencies to come up with unconventional marketing solutions.

From brand, to communication to channel and digital strategy, we co-create solutions from the inside out.



DESIGN LED – GETTING THE MARKET TO RE-IMAGINE THE VALUE YOU BRING TO THEIR LIVES

Think Creative is the design and conceptual division of the group. Ensuring that unconventional ideas, iconic brands and the right marketing solutions are brought to life. From conceptualisation right through to implementation management.

Think Creative offers a full suit of creative services including conceptualisation, design, production and implementation management.

“Education is the most powerful
weapon which you can use to
change the world.”

Nelson Mandela

EDUCATION AFRICA'S KEY PROJECTS



"I am grateful to Education Africa for their tireless efforts, and the countless hours they have invested in me, their student. Their passion, dedication and unwavering commitment to ensure they make a difference in the lives of both practitioners and the learners we encounter, is truly commendable. Thank you, Education Africa, for shaping minds, nurturing talents, and building a Brighter future for all." Nazneem Vries,

ECD student

Early Childhood Development (ECD) Project

Our Train the Teacher programme addresses the desperate need for qualified ECD teachers and provides training, resources and ultimately SAQA (South African Qualifications Authority) accredited NQF Level 4 ECD Qualification to our students from disadvantaged areas. In addition, we run a Trainer Internship programme to meet the evergrowing need for qualified trainers, and we offer mentorship to interns as well as past and present students through our Mentorship Programme. Our ECD Project addresses the need to improve school readiness among preschoolers and importantly, the need to empower women. The majority of our students come from black-owned, women-owned enterprises.



Marimba Project

A five-dimensional project comprising Marimba Hubs; the Education Africa International Marimba & Steelpan Festival; the Sounds of Celebration Concert; International Arts & Culture tours; and the Alumni Internship Programme. Essential skills necessary for successful learning are acquired through learning to play the marimbas – an African xylophone. This project facilitates marimba training workshops as well as the provision of equipment for our Marimba Hubs and our Preschool Marimba Hubs. School bands are selected to participate in international tours giving them an opportunity to experience new cultures, and we play host to a growing number of musicians who compete annually in our Festival and our Concert.



Masibambane College

Founded by Education Africa and partnered with St John's College, this school has established itself as a centre of educational excellence and is a prime example of how quality educational institutions can be built and run effectively in poor communities. We are proud of Masibambane's excellent academic standards, superb matric results and the fact that we are contributing to the development of young leaders in our country.



"Education Africa has done an impeccable job and brought change on my perspective in terms of the teachings and development of children. It has been an incredible journey of growth and discovery equipping me with the necessary skills and hands-on knowledge that has made me the confident ECD teacher I am today." Butikie Shado Buthelezi,

ECD student

OUR IMPACT

Since formally registering Education Africa in 1992, we have awarded more than **3 650 scholarships** through the Walter Sisulu Scholarship Fund; founded **Masibambane College** and sourced almost 100% of the funding for the construction of the primary school in 1996 and the high school in 2009 – impacting the lives of over **1 200 learners** registered at the school each year; partnered with universities to build **20 preschools** in South Africa through our Social Architecture project; established **35 Marimba Hubs** throughout Gauteng, Mpumalanga, The Northern Cape and Northwest; arranged **15 International Arts & Culture tours** for disadvantaged learners; achieved social cohesion at our **13 International Festivals** and **10 Sounds of Celebration concerts**; trained **274 caregivers** through our ECD Skills Development Programme and an additional **255 educators** in our nationally accredited training programme and are currently up-skilling **5 interns** to become ECD trainers, through our Trainer Internship programme.



EDUCATION
A F R I C A

POVERTY ALLEVIATION THROUGH EDUCATION

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**There is still so much more work to be done, but we need your help.
Donate to Education Africa now by scanning the QR code.**

Alternatively, please contact us to discuss project specific funding options.



EDUCATION AFRICA IS PROUDLY POWERED BY



Mother Nature Wants A Word...



She wants to remind you
how over-stretched you are
how exhausted you are
how much you need a rest.

She knows you see that
and she wants you to keep it close
now life is getting busy again.

No more using stress, tiredness
and lack of time
as badges of honour
you know that life doesn't have to be a race
you know what value lies
in the silence and the peace
you met yourself again
and she wants you to hold on tight.

Most of all she wants you to remember that
the world won't stop if you do.

Only Mother Nature can stop the world.

Take it slowly child of the universe
you're not here to burn out
you're here to burn brightly.

Protect that precious light of yours
you only get one.

by Donna Ashworth

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