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Q: NAME 5 BOOKS THAT YOU HAVE READ AND THAT HAVE IMPACTED YOUR ENTREPRENEURIAL JOURNEY.

A:

- A) "EAT THAT FROG" – BRIAN TRACY
- B) "THE MONK WHO SOLD HIS FERRARI" – ROBIN SHARMA
- C) "DISCIPLINED ENTREPRENEURSHIP" – BILL AULET
- D) "THE MILLIONAIRE MASTER PLAN" – ROGER JAMES HAMILTON

E) "MUHAMMAD II LEADERSHIP QUALITIES THAT CHANGED THE WORLD" – NABEEL AL AZAMI

Q: LIST 5 TOOLS THAT HAVE HELPED YOU IN BUSINESS?

A:

- A) CANVA
- B) ZOHO
- C) MONDAY.COM
- D) HUBSPOT
- E) CALENDLY

Q: WHEN YOU HAVE FREE TIME, HOW DO YOU LIKE TO SPEND IT?

A: FINE DINING, THEATRE, AND LEISURELY WALKS IN NATURE, ESPECIALLY ALONG THE OCEAN.

Q: WHICH ENTREPRENEUR DO YOU LOOK UP TO IN BUSINESS AND WHY?

A: I LOOK UP TO SO MANY, BUT FOR ME, IT IS RIHANNA. I LOVE HOW SHE QUIETLY LEADS FROM THE BACK; THAT'S WHO I ASPIRE TO BE.

Q: WHAT MADE YOU GO INTO A FIELD THAT WAS PREDOMINANTLY MALE-DOMINATED, AND WHAT ARE THE CHALLENGES THAT YOU FACE?

A: I STUMBLED INTO A MALE-DOMINATED FIELD, BUT I AM VERY GRATEFUL FOR THE OPPORTUNITY TO NOW BE ABLE TO HELP OTHERS THRIVE IN THE GLOBAL TECH ECONOMY.





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YOU'RE NEVER TOO YOUNG TO START FIGHTING FACIAL AGING - DR SHERYL SMITHIES

LIKE IT OR NOT, THE AGEING PROCESS BEGINS MUCH EARLIER THAN WE THINK, FROM AS EARLY AS OUR TWENTIES, AND THE EFFECTS ARE USUALLY MOST VISIBLE ON OUR FACE. FOR MOST OF US, WRINKLES, DROOPING EYELIDS, AND A LOSS OF SKIN ELASTICITY ARE THE SIGNS OF GETTING OLDER, AND WISER. HOWEVER, OTHER LESS NOTICEABLE CHANGES HAPPENING BENEATH THE SURFACE ALSO GREATLY IMPACT THE OVERALL LOOK AND FEEL OF OUR FACES.

DR SHERYL SMITHIES, A TOP CAPE TOWN BASED AESTHETIC DENTAL SURGEON AND FACIAL AESTHETIC PRACTITIONER SHARES SOME LIGHT ON VARIOUS OPTIONS AVAILABLE ON THE MARKET TO HELP COMBAT FACIAL AGING.

1. FIXING YOUR JAW WILL FIX YOUR FACE.

ONE OFTEN OVERLOOKED ASPECT OF FACIAL AGING IS THE GRADUAL DECREASE IN THE SIZE OF THE JAWBONE, WHICH LEADS TO SHIFTING OF TEETH TO ACCOMMODATE THE DIMINISHING SPACE IN OUR MOUTHS. OVER THE YEARS, THIS CAN RESULT IN TEETH BECOMING CROOKED AND MISALIGNED, AFFECTING THE OVERALL HARMONY OF THE FACE.

ADDED TO THIS, IS THE GRADUAL WEARING DOWN OF THE SURFACE OF OUR TEETH DUE TO NATURAL WEAR AND TEAR CAUSED BY EATING, GRINDING, AND CLENCHING. THIS CAUSES OUR TEETH TO BECOME SHORTER, CHIPPED, AND WORN. NOT A GOOD LOOK AT ANY AGE!

DR. SHERYL SMITHIES EXPLAINS THAT REJUVENATING TEETH BONDING, OR VENEERS, CAN EFFECTIVELY REBUILD THE WORN-OFF AREAS OF TEETH, RESTORING THEIR YOUTHFUL APPEARANCE AND BY ADDING A TOOTH WHITENING TREATMENT, YOUR SMILE CAN BE ELEVATED TO A LEVEL THAT IS BOTH APPEALING AND BRIGHTER.

“WITH ADVANCEMENTS IN TECHNOLOGY, TREATMENTS LIKE THIS CAN BE ENTIRELY NON-INVASIVE, BONDING DIRECTLY TO THE NATURAL TOOTH STRUCTURE WITHOUT CAUSING ANY DAMAGE,” SHE SAYS.

DR. SMITHIES EMPHASISES THAT THESE DENTAL ISSUES CAN CONTRIBUTE TO OLDER FACES APPEARING MISERABLE, TIRED, SAD, OR UNHAPPY, CONVEYING A RANGE OF NEGATIVE EMOTIONS THAT DO NOT REFLECT AN INDIVIDUAL'S TRUE FEELINGS. GENETICS, ALONG WITH FACTORS LIKE SUN EXPOSURE, SMOKING, DIET, EXERCISE, AND STRESS, CAN ALSO NEGATIVELY AFFECT THE RATE AT WHICH WE AGE.

2. IT'S NEVER TOO LATE TO ALIGN YOUR TEETH.

TO PREVENT A SAGGING AND OLDER-LOOKING FACE, DR. SHERYL SMITHIES ADVISES INDIVIDUALS TO CONSIDER CLEAR ALIGNER THERAPY AS A PREVENTIVE MEASURE.

“BY ALIGNING TEETH AT VARIOUS INTERVALS THROUGHOUT YOUR LIFE, YOU CAN MAINTAIN THE PROPER POSITIONING OF TEETH WITHIN THE FACE AND POTENTIALLY REVERSE THE AGING PROCESS ON THE BONE STRUCTURE, PROMOTING BETTER QUALITY BONES AND TEETH. IT CAN ALSO IMPROVE A CHANGING SMILE BY REVERSING THE EFFECTS OF AGING AND PLACING THE TEETH IN A MORE YOUTHFUL POSITION,” EXPLAINS DR. SMITHIES.







WHO SUGGESTS CONSIDERING ANTI-AGING DENTAL ALIGNMENTS AT ANY AGE, ESPECIALLY IF TEETH ARE SHIFTING OR IN A NARROWED OR CROWDED POSITION.

3. DON'T DISCOUNT OTHER OPTIONS

IN ADDITION TO TEETH ALIGNMENT, THERE ARE OTHER OPTIONS AVAILABLE TO REDUCE THE EFFECTS OF FACIAL AGING, SUCH AS FACE SCULPTING WITH FILLERS. THIS TECHNIQUE HELPS RESTORE LOST FACIAL VOLUME, PROVIDING SUBTLE AND TASTEFUL RESULTS THAT GO UNNOTICED.

THE USE OF THREADS AND OTHER BIOSTIMULATORS HAVE ALSO GAINED POPULARITY IN RETRO-AGING TREATMENTS. THESE PRODUCTS STIMULATE THE BODY'S COLLAGEN PRODUCTION, CONDITIONING AND SUPPORTING AGING SKIN.

CONSISTENT USE CAN LEAD TO THICKER AND STRONGER SKIN, EFFECTIVELY REVERSING THE AGING PROCESS. THREADS ALSO HAVE THE ADDED BENEFIT OF LIFTING SAGGING SKIN AND PROMOTING THE GROWTH OF LARGER COLLAGEN THREADS BENEATH THE SKIN.

4. FINALLY, DON'T BE TOO LATE TO THE PARTY

NEGLECTING DENTAL AND FACIAL CARE AS WE AGE CAN LEAD TO SEVERE ISSUES SUCH AS TOOTH CROWDING, DIFFICULTY MAINTAINING ORAL HYGIENE, TEMPOROMANDIBULAR JOINT (TMJ) DAMAGE, TOOTH DECAY, AND GUM DISEASE. DR. SHERYL SMITHIES ADVISES INDIVIDUALS TO HAVE THEIR DENTIST ASSESS THE POSITION OF THEIR TEETH AS THEY GROW OLDER.

FINALLY, DR. SMITHIES WARNS THAT ALLOWING THE NATURAL AGING PROCESS TO PROCEED WITHOUT INTERVENTION CAN REACH A POINT WHERE IT BECOMES CHALLENGING TO REVERSE THE EFFECTS WITH LESS INVASIVE TREATMENTS.

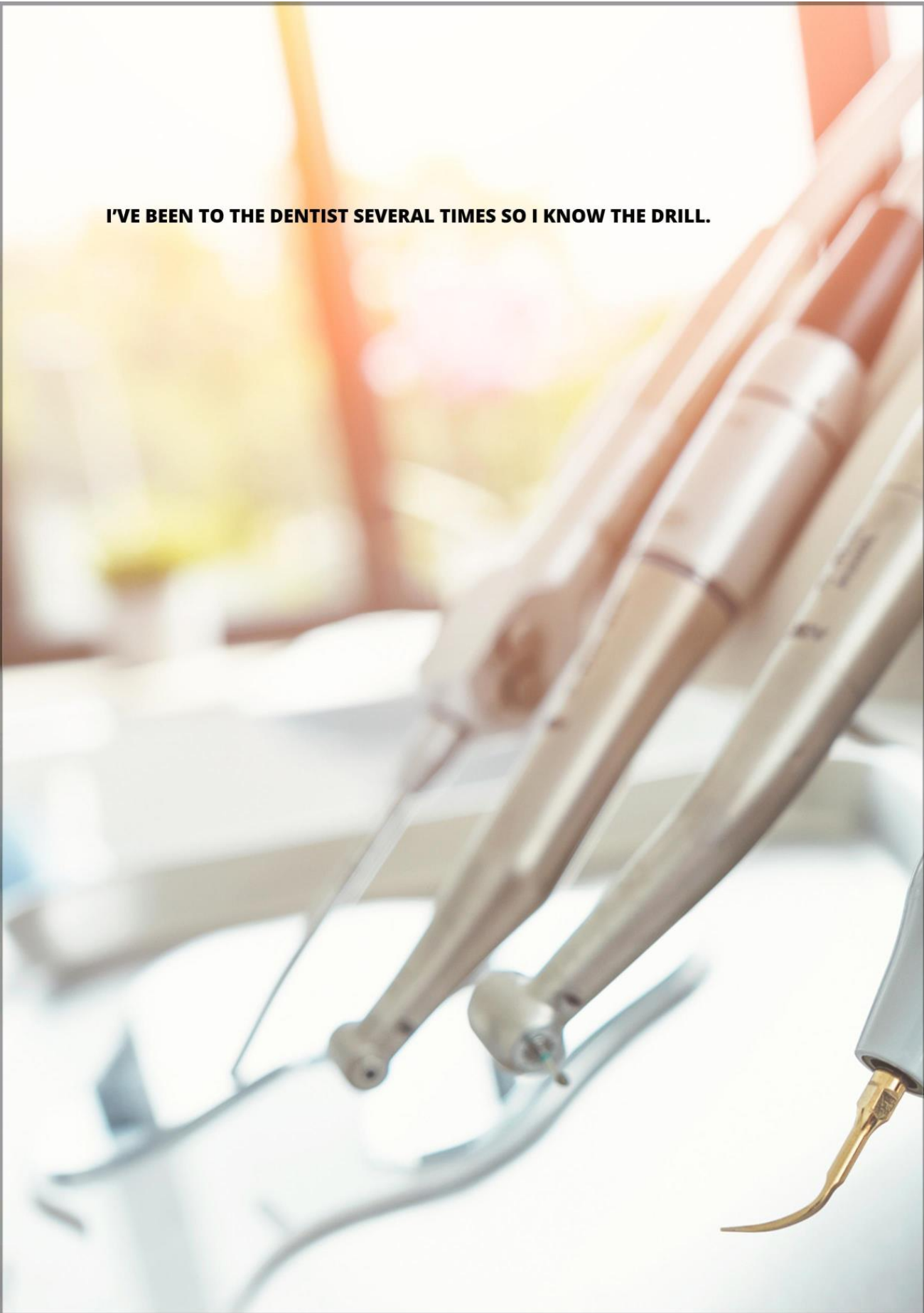
"TO MAINTAIN ONE'S APPEARANCE AS MUCH AS POSSIBLE, IT IS CRUCIAL TO TAKE PROACTIVE STEPS BEFORE IT BECOMES TOO LATE TO ACHIEVE DESIRABLE RESULTS EASILY," SHE CONCLUDES.

TO READ MORE ABOUT RECAPTURING YOUR YOUTHFUL APPEARANCE WITH BIOSTIMULATOR AND OTHER TREATMENTS VISIT WWW.DRSHERYLSMITHIES.CO.ZA, FOLLOW HER @SHERYL_SMILEDR OR MESSAGE - WHATSAPP NUMBER: +27 (0) 71 534 5859 FOR PERSONAL ADVICE.





I'VE BEEN TO THE DENTIST SEVERAL TIMES SO I KNOW THE DRILL.





**NAME OF BUSINESS: CHARMAINE'S
DENTAL STUDIO
AREA: 90 BEKKER ROAD, VORNA
VALLEY, 1686
PHONE NUMBER: 0799529685
EMAIL ADDRESS:
INFO@CHARMAINEDENTALSTUDIO.
CO.ZA
WEBSITE:
HTTPS://WWW.CHARMAINEDENTA
LSTUDIO.CO.ZA**



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ABOUT DR. CHARMAINE MBOWENI

MOST PEOPLE I MEET ASK ME WHY DENTISTRY? I ALWAYS LAUGH BECAUSE IT'S NOT WEIRD FOR ME AT ALL. I LOVE WHAT I DO. I KNEW FROM EARLY ON I WANTED TO HELP PEOPLE. DENTISTRY IS THE TYPE OF PROFESSION WHERE YOU EITHER BELONG OR NOT AT ALL. I LOVE THE FACT THAT IT ALLOWS ME TO HELP PEOPLE IN PAIN, GIVE THEM CONFIDENCE TO SMILE AND I ABSOLUTELY LOVE HOW ART AND SCIENCE COME TOGETHER TO CREATE BEAUTIFUL AND FUNCTIONAL TEETH.

DR. CHARMAINE MBOWENI FINISHED HER BACHELOR OF DENTAL SURGERY IN 2020 AT SEFAKO MAKGATHO HEALTH SCIENCES UNIVERSITY FORMERLY KNOWN AS MEDUNSA. SHE IS PASSIONATE ABOUT CHANGING THE WAY PEOPLE VIEW DENTISTS AND HOW THEY EXPERIENCE THEIR DENTAL TREATMENT. SHE IS DEDICATED TO PATIENT CARE AND HAS REAL PASSION FOR DENTISTRY.

WHEN NOT PRACTICING DENTISTRY, YOU WILL OFTEN FIND HER IN THE COMPANY OF FAMILY AND FRIENDS, HIKING OR WATCHING COOKING PROGRAMMES TO LEARN NEW COOKING TECHNIQUES AND LEARN ABOUT NEW DISHES TO MAKE.





Be true to your teeth and they
won't be false to you!





Entrepreneur Name: Vishantha Rathakrishnan

Business Name: Cosmetic Dental Designs

Area: Bryanston, Gauteng

Phone Number: 011 700 6644 or 011 700 6665

Cell Number: 0767185556

Email Address: vratha@nhcltd.com

website: www.cosmeticdentaldesigns.co.za



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Dr Vishantha Rathakrishnan is a Cosmetic and Family dentist at CDD. She enjoys working with people, and is the reason why she chose to study Dentistry. Passionate about helping patients feel more confident in their smiles, she prides herself on her holistic treatment plans with the aim of helping patients overcome their fear of dentists, while delivering high quality dental treatments.

Dr Vishantha graduated from the University of Limpopo in 2008, where she received an award in Periodontology. She went on further to complete a Postgraduate Diploma in Aesthetic Dentistry through UWC in 2012.

In her spare time she enjoys spending time in nature and she practices meditation and breathwork.

FOR THERE WAS NEVER YET PHILOSOPHER, THAT COULD ENDURE THE TOOTHACHE PATIENTLY. ~WILLIAM SHAKESPEARE, MUCH ADO ABOUT NOTHING.





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STUTTERING AND CLUTTERING ARE TWO TYPES OF FLUENCY DISORDERS THAT IMPACT A PERSON'S ABILITY TO PRODUCE FLUENT SPEECH. CLUTTERING IS A SPEECH DISORDER CHARACTERIZED BY RAPID OR IRREGULAR SPEAKING CONSISTING OF ATYPICAL PAUSES, REPETITIONS, AND DISFLUENCIES RESULTING IN A BREAKDOWN IN SPEECH CLARITY AND ORGANIZATION. IN CONTRAST, STUTTERING IS A CHARACTERIZED BY THE REPETITION OF SOUNDS OR WORDS AND DISRUPTIONS IN THE FLOW OF SPEECH. WHILE THEY SHARE SOME COMMON SIGNS AND SYMPTOMS, THE CAUSES AND TREATMENT APPROACHES FOR EACH ARE UNIQUE.

ANNUALLY, ON THE 22ND OF OCTOBER IS INTERNATIONAL STUTTERING AWARENESS DAY. STUTTERING EFFECTS MORE PEOPLE THAT ONE MAY EXPECT. APPROXIMATELY, ONE PERCENT OF THE POPULATION ACROSS ALL NATIONALITIES, RACES AND RELIGION STUTTER. BOYS ARE FOUR TIMES MORE LIKELY THAN GIRLS TO STUTTER. BETWEEN THE AGES OF TWO TO FIVE YEARS, EVERY CHILD EXPERIENCES A PERIOD OF NORMAL DYSFLUENCY. MOST CHILDREN (APPROXIMATELY 85%) OUT-GROW THIS DYSFLUENCY, HOWEVER SOME CHILDREN DO NOT AND MAY DEVELOP A STUTTER.

STUTTERING IS AN ENIGMA WHICH HAS BEEN REPORTED FOR CENTURIES BY PEOPLE FROM ALL AREAS OF THE WORLD SPANNING ALL PERSONALITY TYPES, SOCIAL CLASSES AND ETHNIC GROUPS FROM THE BEGINNING OF TIME. IN THE BIBLE, WE ARE TAUGHT THAT MOSES STUTTERED. WINSTON CHURCHILL, ISAAC NEWTON, CARLY SIMON, JAMES EARLS JONES, BRUCE WILLIS, KING GEORGE VI, ED SHEERAN AND JO BIDEN ARE A FEW OTHER EXAMPLES OF FAMOUS PEOPLE WHO STUTTER / HAVE STUTTERED ACROSS TIME

STUTTERING IS HIGHLY VARIABLE AND USUALLY EFFECTS INDIVIDUALS IN DIFFERENT WAYS WITH VARYING DEGREES OF SEVERITY. STUTTERING IS CHARACTERIZED BY DISRUPTIONS IN THE FORWARD FLOW OF SPEECH SUCH AS REPETITIONS OF PARTS OF WORDS ("MI-MI-MI-MISS"), PROLONGATIONS OF SOUNDS ("SSSSSEVEN") AND/OR COMPLETE BLOCKAGES OF SOUND (AT TIMES NO SOUND IS EMITTED OR ONLY A STRAINED/STRANGLERED SOUND EMERGES). SPEECH DYSFLUENCIES MAY BE ACCOMPANIED BY PHYSICAL TENSION OR STRUGGLE. ASSOCIATED BEHAVIOURS MAY INCLUDE BLINKING, GRIMACING, AVOIDING EYE-CONTACT, AVOIDING TALKING AND FOOT TAPPING.

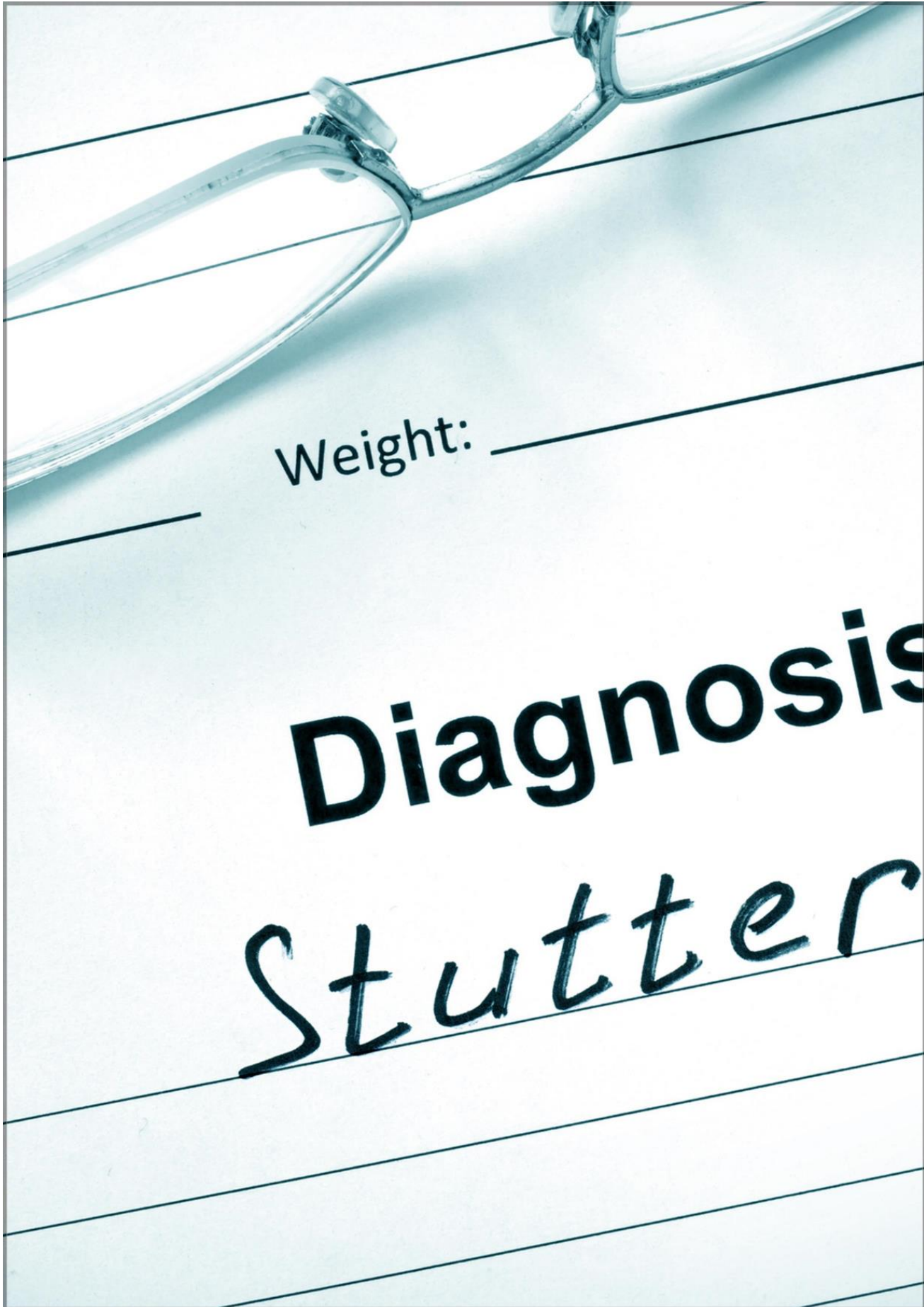
ALMOST ALL PEOPLE WHO STUTTER EXPERIENCE PERIODS OF RELATIVE OR TOTAL FLUENCY, THUS STUTTERING IS CYCLICAL. MOST PEOPLE WHO STUTTER SPEAK FLUENTLY WHEN THEY ARE ALONE, WHEN THEY SPEAK IN UNISON, WHEN THEY WHISPER AND WHEN THEY SING.

ALTHOUGH RESEARCH INTO THE CAUSE AND CURE OF STUTTERING IS ON-GOING, NO DEFINITIVE ANSWERS HAVE YET BEEN ESTABLISHED. WHAT IS KNOWN IS THAT THE CAUSES, LIKE SPEECH ITSELF, ARE COMPLEX.

RESEARCH SUGGESTS THAT A COMPLICATED INTERPLAY OF A COMBINATION OF FACTORS INCLUDING GENETICS (APPROXIMATELY 60% OF THOSE WHO STUTTER HAVE A FAMILY MEMBER WHO ALSO STUTTERS), CHILD DEVELOPMENT, NEUROPHYSIOLOGY AND FAMILY DYNAMICS CONTRIBUTE TO THE DEVELOPMENT OF STUTTERING.

STUTTERING IS NO TRIVIAL COMPLAINT AND FOR THOSE INSUFFICIENTLY EQUIPPED TO COPE, THE CONSEQUENCES CAN BE TRAGIC. AT SCHOOL, STUTTERING CAN CONCEAL A LEARNER'S INTELLIGENCE,







IMPEDE PROGRESS AND EXPOSE A CHILD TO RIDICULE AND SOCIAL ISOLATION. SCHOOL CAN BE STRESSFUL AT TIMES FOR ANY CHILD. FOR ONE WHO IS AFRAID TO READ ALOUD, SPEAK, GIVE AN ANSWER, ACT IN A PLAY OR EVEN TO TALK AT BREAK, THE STRESSES AND ANXIETIES ARE EVEN MORE ACUTE/SIGNIFICANTLY EXACERBATED. IT IS IMPORTANT TO REALISE THAT STUTTERING DOES NOT AFFECT ANY PARTICULAR SOCIAL GROUP. IT DOES NOT STRIKE ONLY AT THE EXCEPTIONALLY GIFTED OR THE ACADEMICALLY CHALLENGED. ALL EVIDENCE AND RESEARCH SUGGEST THAT PEOPLE WHO STUTTER ARE, AS A GROUP, NO LESS INTELLECTUALLY, ACADEMICALLY OR EMOTIONALLY WELL-FUNCTIONING THAN THEIR PEERS. THEY ARE NOT, BY DEFINITION, NERVOUS, ANXIOUS, UNHAPPY OR ANYTHING OTHER THAN PEOPLE WHO MAY DISPLAY DIFFICULT SPEAKING.

HOWEVER, STUTTERING MAY CAUSE ANXIETIES. FOR SOME INDIVIDUALS, THESE FEARS AND ANXIETIES ARE MORE DISABLING THAN THEIR PHYSICAL STUTTERING. FEELINGS THAT ADULTS WHO STUTTER DESCRIBE INCLUDE FRUSTRATION, EMBARRASSMENT, HELPLESSNESS AND ISOLATION. STUTTERING MAY AFFECT THE PERSON'S -DAY-TO-DAY LIFE AS IT MAY DICTATE ONE'S CHOICE OF CAREER AND MAY CAUSE ONE TO AVOID USING THE TELEPHONE, MEETING / TALKING TO NEW PEOPLE OR EVEN ORDERING FOOD AT A RESTAURANT

THERE ARE NO INSTANT OR 'MAGICAL' CURES FOR STUTTERING. SPEECH THERAPY DOES NOT PRODUCE OVERNIGHT RESULTS. A THERAPIST WITH A SPECIAL INTEREST IN STUTTERING CAN HELP CHILDREN, TEENAGERS, YOUNG ADULTS AND EVEN OLDER ADULTS MAKE SIGNIFICANT PROGRESS TOWARDS FLUENCY. IT IS NEVER TOO LATE FOR INTERVENTION!

HOWEVER, EARLY INTERVENTION, FOR A CHILD WHO IS DYSFLUENT AND WHOM A PARENT IS CONCERNED ABOUT, IS RECOMMENDED. THERE ARE A VARIETY OF SUCCESSFUL APPROACHES FOR TREATING BOTH CHILDREN AND ADULTS WHO STUTTER BUT THE MOST APPROPRIATE APPROACH WILL DEPEND ON THE NATURE OF THE PERSON'S STUTTER. EVERY PERSON WHO STUTTERS IS UNIQUE AND THUS THERAPY NEEDS TO BE TAILORED TO HIS/HER SPECIFIC NEEDS.

ATTENDANCE AT A SELF HELP GROUP FOR PEOPLE WHO STUTTER CAN ALSO BE BENEFICIAL AND IS RECOMMENDED. SPEAKEASY IS SUCH A SUPPORT GROUP FOR PEOPLE WHO STUTTER, THEIR FAMILY





NAME OF ENTREPRENEUR: DINA LILLIAN
CELL: 082 820 6225
AREA: JOHANNESBURG
EMAIL: DINA.LILLIAN@GMAIL.COM
WEBSITE: SPEAKEASY.ORG.ZA
DINALILLIAN.WEEBLY.COM

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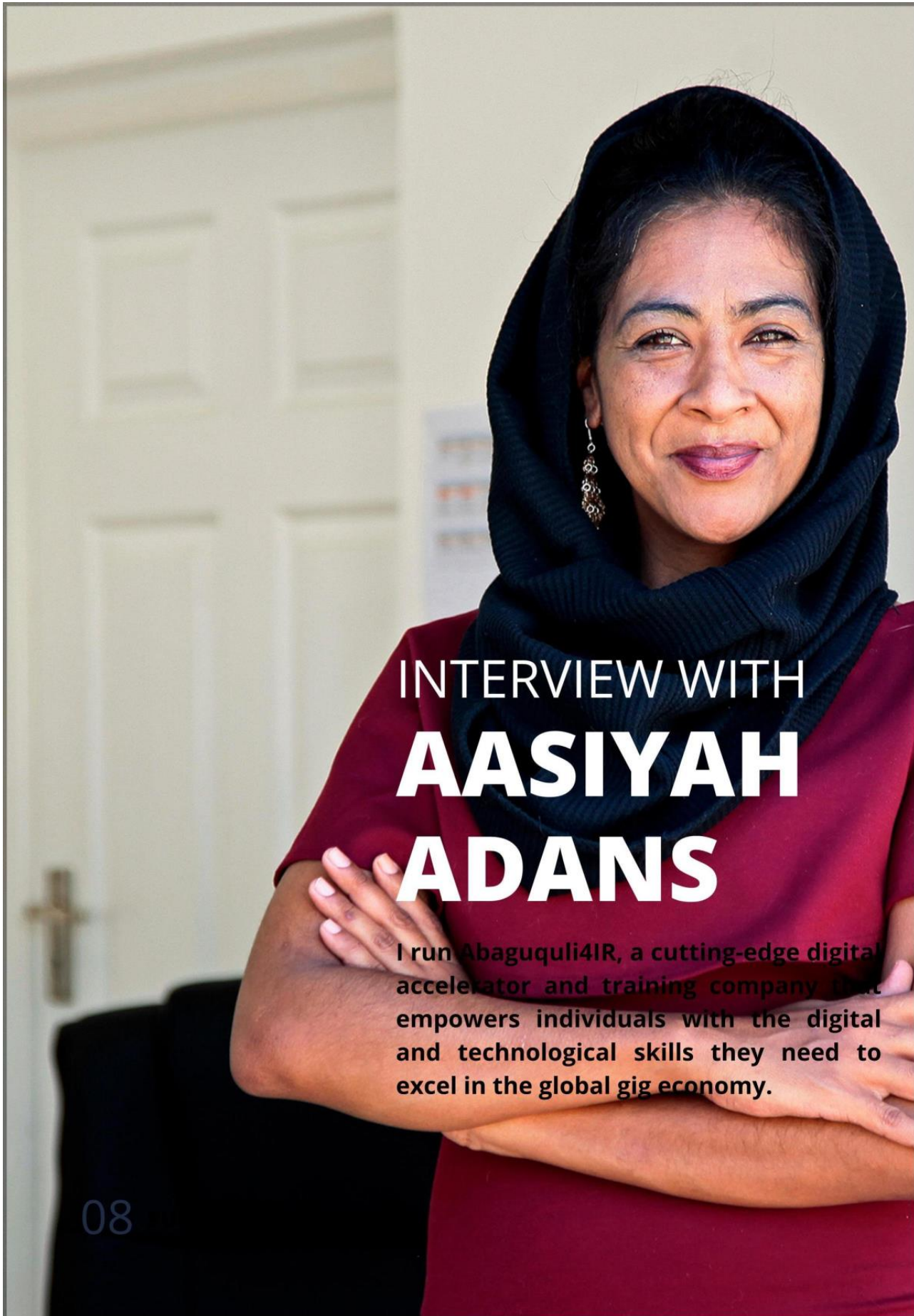
DINA LILLIAN QUALIFIED AS A SPEECH THERAPIST AND AUDIOLOGIST CUM LAUDE IN 2002 AT THE UNIVERSITY OF THE WITWATERSRAND IN JOHANNESBURG, SOUTH AFRICA AND SUBSEQUENTLY COMPLETED A MASTERS DEGREE IN SPEECH THERAPY CUM LAUDE IN 2005. SHE HAS A SPECIAL INTEREST IN STUTTERING AND HAS WORKED IN AUSTRALIA AND SOUTH AFRICA. MOST OF HER CLIENTS ARE PEOPLE WHO STUTTER OF ALL AGES. SHE WAS THE HEAD OF THE SPEECH THERAPY DEPARTMENT AT SOUTH RAND HOSPITAL FOR NINE YEARS AND SIMULTANEOUSLY OPENED THE STUTTERING CLINIC AT DONALD GORDON MEDICAL CENTRE IN 2007. DINA RE-ESTABLISHED SPEAKEASY WWW.SPEAKEASY.ORG.ZA, THE SELF HELP GROUP FOR PEOPLE WHO STUTTER, IN 2001 AND IS THE SOUTH AFRICAN REPRESENTATIVE FOR THE ISA (INTERNATIONAL STUTTERING ASSOCIATION) WWW.ISASTUTTER.ORG AND ICA (INTERNATIONAL CLUTTERING ASSOCIATION). DINA WAS ELECTED ON THE ISA BOARD IN 2019 AND IS CURRENTLY THE VICE CHAIR OF THE ISA BOARD.

DINA CHOSE THE CAREER AS A SPEECH THERAPIST AS SHE STUTTERED SINCE CHILDHOOD. SHE ATTENDED THERAPY WITH NUMEROUS SPEECH THERAPISTS UNTIL SHE WAS GIVEN THE TOOLS TO MANAGE HER STUTTER AT APPROXIMATELY EIGHTEEN YEARS OLD. DINA WANTED TO SHARE HER KNOWLEDGE AND SKILLS ACQUIRED OVER THE YEARS AND THEREFORE DECIDED TO EMBARK ON THE CAREER OF SPEECH THERAPY.

THANKS TO HER EXPERIENCE WITH STUTTERING AND SUBSEQUENT CAREER AS A SPEECH THERAPIST, SHE HAS BEEN FORTUNATE TO ATTEND AND BEEN INVITED TO SPEAK AT NUMEROUS INTERNATIONAL AND NATIONAL CONFERENCES AND WORKSHOPS. DINA ALSO CONTRIBUTES TO RADIO AND TELEVISION SHOWS ON THE TOPIC OF FLUENCY AND HAS WRITTEN A NUMBER OF ARTICLES ABOUT STUTTERING. SHE ALSO LECTURED AT THE UNIVERSITY OF THE WITWATERSRAND ON THE TOPIC OF FLUENCY DISORDERS AND CURRENTLY PROVIDES CLINICAL SUPERVISION TO UNDERGRADUATES. DINA CONSULTED PART-TIME AT THE WITS DONALD GORDON MEDICAL CENTRE FOR SEVENTEEN YEARS. SHE CURRENTLY HAS A PRIVATE PRACTICE BASED AT THE NORWOOD THERAPY CENTRE.

IN HER SPARE TIME, DINA ENJOYS THE OUTDOORS, SWIMMING, GYM, LISTENING TO MUSIC AND SPENDING TIME WITH FAMILY AND FRIENDS.





INTERVIEW WITH **AASIYAH ADANS**

I run Abaguquli4IR, a cutting-edge digital accelerator and training company that empowers individuals with the digital and technological skills they need to excel in the global gig economy.

08





Q: WHAT TYPE OF BUSINESS DO YOU RUN?

A: I RUN ABAGUQULI4IR, A CUTTING-EDGE DIGITAL ACCELERATOR AND TRAINING COMPANY THAT EMPOWERS INDIVIDUALS WITH THE DIGITAL AND TECHNOLOGICAL SKILLS THEY NEED TO EXCEL IN THE GLOBAL GIG ECONOMY.

Q: HOW LONG HAS YOUR BUSINESS BEEN RUNNING?

A: ABAGUQULI4IR HAS BEEN RUNNING SUCCESSFULLY FOR ALMOST 3 YEARS.

Q: WHAT MOTIVATED YOU TO START YOUR OWN BUSINESS?

A: I WAS MOTIVATED TO START ABAGUQULI4IR BY THE OVERWHELMING UNEMPLOYMENT CRISIS IN SOUTH AFRICA. I WANTED TO HELP MORE SOUTH AFRICANS THRIVE IN THE CHANGING GLOBAL ECONOMY. I BELIEVE THAT THE FOURTH INDUSTRIAL REVOLUTION (4IR) CAN BE A FORCE FOR GOOD, BUT ONLY IF IT IS INCLUSIVE AND ACCESSIBLE TO EVERYONE. I WANT TO HELP PEOPLE IMPROVE THEIR LIVES BY PROVIDING THEM WITH THE SKILLS AND KNOWLEDGE THEY NEED TO SUCCEED IN THE 4IR ECONOMY.

Q: WHAT STEPS DID YOU TAKE TO GET YOU GOING?

A: THE ESTABLISHMENT OF ABAGUQULI4IR WAS BORN OUT OF MY AMBITION TO ENHANCE INCLUSIVITY AND ACCESSIBILITY IN THE RAPIDLY GROWING GLOBAL TECH ECONOMY. MY EXTENSIVE BACKGROUND IN HUMAN RESOURCES, SKILLS DEVELOPMENT, CORPORATE SOCIAL INVESTMENT, AND BLACK ECONOMIC EMPOWERMENT COMPLIANCE EQUIPPED ME WITH THE EXPERTISE AND PERSPECTIVES CRUCIAL FOR DRIVING SIGNIFICANT TRANSFORMATIONS WITHIN OUR ECONOMIC LANDSCAPE. THIS FOUNDATION ALSO FURTHER IGNITED A PROFOUND PASSION FOR ADVANCING ECONOMIC DEVELOPMENT.

OUR JOURNEY COMMENCED WITH PROVIDING TRAINING FOR THE REMOTE PILOT LICENSE (RPL), RECOGNIZING ITS HIGH DEMAND WITHIN THE TECHNOLOGY INDUSTRY. THE SUCCESS OF THE RPL PROJECT PROPELLED US TO BROADEN OUR OFFERINGS, ENCOMPASSING A RANGE OF OTHER ESSENTIAL 4IR SKILLS.

Q: WHAT WOULD YOU SAY IS THE MOST EFFECTIVE WAY TO RAISE AWARENESS OF YOUR BUSINESS AND BRING IN NEW CLIENTS?

A: NETWORKING HAS BEEN INSTRUMENTAL IN THE SUCCESS OF MY BUSINESS. THIS ENTAILED CONNECTING WITH MY PROFESSIONAL CONTACTS AND ACTIVELY ENGAGING IN RELEVANT INDUSTRY EVENTS.

FURTHERMORE, A DEAR FRIEND UNDERScoreD THE SIGNIFICANCE OF ENHANCING MY COMPANY'S VISIBILITY, PROMPTING US TO INVEST IN PUBLIC RELATIONS AND VARIOUS MARKETING INITIATIVES.

Q: WHAT CHALLENGES DID YOU FACE IN YOUR BUSINESS AND HOW DID YOU OVERCOME THEM?

A: AS A BUSINESS OWNER, I'VE HAD TO LEARN TO HANDLE VARIOUS CHALLENGING RESPONSIBILITIES. I HAD TO MASTER THE ART OF MANAGING OPERATIONS, FINANCE, SALES, MARKETING, CUSTOMER SERVICE, LEGAL COMPLIANCE, INNOVATION, PROBLEM-SOLVING, AND LEADERSHIP. IT WAS CHALLENGING TO RELY PRIMARILY ON MYSELF FOR ALL THESE SKILLS, BUT I EVENTUALLY GOT THE HANG OF IT.







Q: DO YOU HAVE HABITS/THINGS THAT YOU DO THAT SET YOU UP FOR SUCCESS?

A: IT'S IMPORTANT TO CHOOSE YOUR COMPANY WISELY. SOME TIME AGO, I CAME ACROSS A VIDEO THAT SUGGESTED SPENDING TIME WITH SUCCESSFUL PEOPLE OR THOSE YOU ADMIRE AT LEAST ONCE A MONTH. SO, I STARTED ATTENDING CONFERENCES, BREAKFAST MEETINGS, AND ONLINE WEBINARS TO MEET NEW PEOPLE. IT'S NOT NECESSARY TO CHOOSE SOMEONE FROM THE SAME INDUSTRY, BUT RATHER PEOPLE WHO INSPIRE YOU. BEING AROUND POSITIVE, SUPPORTIVE, AND INSPIRING PEOPLE CAN MAKE A BIG DIFFERENCE.

FINALLY, I BELIEVE IN SELF-CARE. THIS COULD MEAN TREATING MYSELF TO A FACIAL OR ENJOYING A SLICE OF CARROT CAKE — ANYTHING THAT HELPS ME UNWIND AND DE-STRESS.

Q: HOW DO YOU FACE A CHALLENGE?

A: I ACTIVELY SEEK INPUT FROM MENTORS AND INDUSTRY EXPERTS, RELYING ON DATA-DRIVEN INSIGHTS TO CREATE EFFICIENT AND EFFECTIVE SOLUTIONS.

Q: WHAT WAS THE MOST COURAGEOUS THING YOU HAVE DONE AS AN ENTREPRENEUR?

A: LAUNCHING ABAGUQULI4IR AS A SINGLE MOTHER, IN A CHALLENGING ECONOMY. IT REQUIRED TAKING RISKS AND STEPPING OUT OF MY COMFORT ZONE.

Q: WHAT WAS THE BEST ADVICE YOU HAVE EVER BEEN GIVEN?

A: "DO YOUR BEST AND LET GOD DO THE REST."

Q: WHAT DOES YOUR TYPICAL DAY LOOK LIKE?

A: MY TYPICAL DAY STARTS WITH CHECKING IN WITH MY COLLEAGUES TO FIND OUT IF THEY NEED ANYTHING AND IF WHAT THEY ARE DOING IS ADDING VALUE. A BUSINESS IS ONLY AS EFFECTIVE AS ITS PEOPLE. THEN I CHECK MY TO-DO LIST, DEADLINES ON PROPOSALS, AND OTHER ADMINISTRATIVE TASKS. NEXT, I ENJOY MY UMPTEENTH CUP OF COFFEE AND I LOOK AT STRATEGIC PARTNERSHIPS THAT WILL HELP US GROW.

IN SUMMARY: MY DAY MAINLY CONSISTS OF COACHING AND MENTORING, STRATEGIC MANAGEMENT, AND ADMINISTRATIVE WORK.

Q: WHEN THINGS GET TOUGH, WHO DO YOU RELY ON FOR HELP OR SUPPORT?

A: I DRAW STRENGTH FROM NATURE, CHERISH MOMENTS OF TRANQUILLITY IN MY PERSONAL SPACE, AND VALUE THE INSIGHTS OF MY CLOSE FRIENDS WHO SERVE AS MY SOUNDING BOARDS. ABOVE ALL, I SEEK GUIDANCE FROM MY CREATOR, RECOGNIZING HIS IMPORTANCE IN MY LIFE.

Q: WHAT WAS THE BIGGEST LESSON YOU LEARNED AS AN ENTREPRENEUR AND WHY?

A: INVEST IN FINDING SOMEONE WHO CAN HELP YOU COMPILER NOT ONLY A GOAL AND STRATEGY - BUT ALSO A FINANCIAL STRATEGY. THIS WAY, YOU CAN SEE IF YOUR IDEA IS PIE IN THE SKY OR IF YOU ARE ONTO SOMETHING.

Q: IF YOU COULD GO BACK IN TIME TO WHEN YOU STARTED, WHAT WOULD YOU TELL YOURSELF?

A: "STOP TALKING ABOUT IT, JUST DO IT. ANYONE CAN BE AN ENTREPRENEUR."

Q: WHAT IS YOUR FAVOURITE MANTRA OR QUOTE TO GET YOU THROUGH HARD TIMES OR WHEN THINGS ARE NOT GOING AS PLANNED?

A: "IF IT WAS MEANT FOR ME, IT WILL REACH ME."

