

## THE YEAR OF THE YOUTH!

### LEARN:

SOFT SKILLS THAT  
WILL DEFINE YOUR  
CAREER IN 2025

### DISCOVER:

FAMILY-FRIENDLY  
FINANCIAL WISDOM

### EXPLORE:

LIFESTYLE PICKS FOR  
BALANCE, GROWTH &  
WELLBEING

## START YOUR DAY LIKE A CEO

### MEET:

ROSHGOLD'S  
TRAILBLAZING YOUNG  
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## FROM THE EDITOR

### Our youth is our future!

This issue focuses on the achievements and the strides young talent is making in their development as future leaders and business successes.

Our team has put together meaningful content that serves as inspiration. It reinforces the belief that there is a dynamic element and energy in the younger generation.

I was particularly impressed by the steady strides participants from Roshgold's Young Business Achiever Awards have made since the awards. Their impressive stories showcase their endurance, hard work, and dedication to making their businesses successful and sustainable. The proof is in the pudding! It makes a case for the recommencement of the Roshgold Young Business Achiever Awards, whether in a new or original format. We owe it to the youth to nurture a new generation of young entrepreneurs. It will also help showcase the success of businesses that started and operated as a side hustle.

The world is changing very fast through technology. The People Power and Soft skills required for the workplace could not have come as a timely reminder. Artificial intelligence is affecting the way we work. It calls for our investment in soft skills and becoming tech-savvy in our workplaces.

Do you think you have a flair for creative writing and have the knowledge and skills to submit an article? If so, please email your idea to our team at [marketing@roshgold.co.za](mailto:marketing@roshgold.co.za), it offers you an excellent way to develop your soft skills.

**Haroun Pochee**  
**CA(SA)**



# RISING STARS:

## CATCHING UP WITH OUR TRAILBLAZING YOUNG BUSINESS ACHIEVERS

By Shaakira Rahiman

Youth entrepreneurship is no longer just about big dreams—it's about making them happen. The Roshgold Young Business Achiever Awards (YBAA) have showcased remarkable stories of young entrepreneurs who, between 2017 and 2020, faced challenges, took risks and built successful businesses. These individuals have grown, learned and persevered. Now, in 2025 we reconnect with a few of them to see where they are today. Their journeys offer valuable insights for aspiring business owners and prove that with determination and passion, success is within reach.

### But Where Are They Now?

We caught up with nine of our Young Business Achievers to discover what they've accomplished in 2025. Here are their inspiring stories. Each one a testament to growth, resilience, and future ambitions.

#### From Three Players to 400: Nishaan Ansary's Football Academy Expansion

What started as a small coaching project for three eager players has transformed into a football academy with over 400 players across six branches. Nishaan Ansary, the driving force behind Hola Skoko Group, reflects on how persistence fueled this growth. "It wasn't easy. We had to rebuild after COVID-19 setbacks and deal with lots of criticism along the way. But passion always kept us going," he shares.



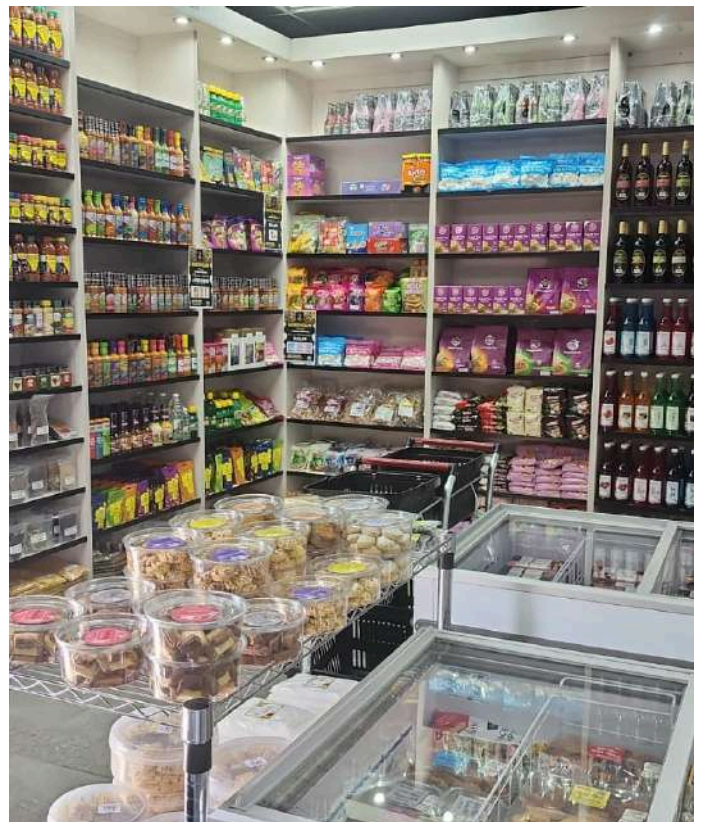
By Shaakira Rahiman

Under Nishaan's leadership, the academy has not only expanded nationally but has also created opportunities for young athletes to train overseas. Members of the Academy have been overseas over seven times. He now defines success not by money, but by freedom: "Success is having the liberty to do what you love and spend time with my kids without asking anyone for leave." His advice to newcomers? "Passion first. Money comes after. Surround yourself with people whose eyes light up when they see you." Nishaan has his sights on growing the club by opening branches in Cape Town and Durban. Watch this space!

## Innovation Amidst Challenges: Huzayfah Navlakhi's Grand Butcher Shoppe

Running a successful butchery isn't just about selling quality meat; it's about evolving with the market. Huzayfah Navlakhi, founder of Grand Butcher Shoppe, knows this all too well. Since he was featured in the YBAA, he's expanded his operations in Robertsham, adding a new branch in Northcliff and diversifying services. However, challenges such as load-shedding caused major setbacks. "Stock losses and equipment failures hit hard, but perseverance got us through," he says. Huzayfah also emphasises the value of staff being your greatest asset.

To stay ahead, Huzayfah emphasized the importance of constant innovation. "You've got to keep up with trends or you'll be left behind," he explains. "Always punch above your weight" – This wise lesson was shared by a friend of Huzayfah's father and applying it allowed him to grow beyond his capabilities. His entrepreneurial journey has been marked by hard lessons, including financial struggles that tested his resilience. "At one point, I was over R2 million in debt. But giving up was never an option," he shares. Present day, success looks a little different for Huzayfah: "When you are young you think success is being rich and able to afford expensive gifts and holidays. As I get older, I realised true success is in the ability of helping others achieve their goals and being in the service of others."





## Fatema Chahwala: Building Dreams with Mehndi Art

Entrepreneurship is a blend of art and business for Fatema Chahwala of Mehndi by Fatema SA. Operating in Port Elizabeth, she built her business from the ground up through hard work and creativity. However, Fatema acknowledges the importance of capital and patience. “Never lose hope. Work hard quietly and let your success make the noise,” she advises.

Despite market challenges, Fatema’s passion for mehndi art has endured and her business continues to grow. Her message to young entrepreneurs is simple: “Don’t fear failure. Be strong and determined. Keep pushing forward.”

## Crafting Success: Fatima’s Journey with Felt & Tutu



Fatima’s journey with her brand, Felt & Tutu, is a testament to the power of patience and focus. While she has built a stable business, growth hasn’t come without hurdles. “Space and time restrictions have been major obstacles,” she explains. Still, she’s learned to embrace the importance of customer satisfaction. “Stick to what your customers love. Why reinvent the wheel when it’s already perfect?”

Fatima also emphasizes the need for delegation and balance. “Outsource tasks when possible so you can focus your energy on what only you can do,” she advises. Her journey highlights that success isn’t about rushing but about making steady progress.

### A few prudent pointers shared:

- If you don’t have capital, start small to test the water.
- Some ideas don’t work, don’t quit altogether. Troubleshoot to see what you can use.
- Don’t compare your business growth to others.

## Sabihah Docrat: Empowering Through Fashion and Community & Rising through Grief

For Sabihah Docrat, founder of Bling Happiness, entrepreneurship is deeply personal. After launching her modest fashion brand, she faced a tragic loss when her son passed away. Yet, through this grief, Sabihah found strength in her mission. “The brand has become a support structure for the community,” she explains.

In addition to fashion, Bling Happiness now offers empowerment programs addressing health, relationships, and self-improvement. Sabihah has learned to adapt to market pressures and competitors such as Shein and Temu by introducing unique, locally crafted pieces. “Success is about more than just sales. It’s about creating impact and uplifting others,” she says.

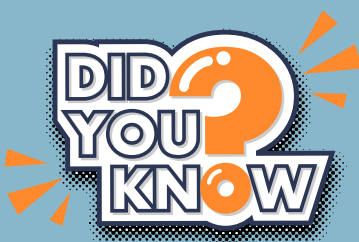


Life throws you challenges and Sabihah has had to navigate a very difficult loss: “It’s been a difficult two years navigating the grief of losing my seven year old son and managing a business but the show must go on no matter what. This taught me that I’m more resilient and stronger than I believed and all the hiccups and curve balls that I endured through life was ultimately preparing me for dealing with the loss of my child and keeping everything afloat without drowning in the grief.”

## Farah Diba Kadwa: From Nursery Decor to Modest Fashion

When Farah Diba Kadwa founded Pretty Pearl SA, she focused on mum and baby accessories. But as her business grew, so did her vision. “Customers wanted stylish, modest fashion for women and girls, so I expanded our range,” she recalls. This adaptability helped Pretty Pearl SA become a household name.

She has also transcended to two additional businesses: A sewing academy for kids and a young innovators market during the school holidays.



Young entrepreneurs are **twice** as likely to start businesses today than a decade ago.

Farah credits much of her success to listening to her customers while staying true to her vision. “Start small, but dream big. Trust the process and learn as you go,” she advises. Now, she aims to empower women through both her products and mentorship opportunities.

Farah has come a long way and her mindset has shifted in the definition of success: “When I first started, I thought success meant selling a lot of products and growing quickly. But over time, I realized that true success is about impact, fulfillment, and sustainability.”

In the early days of Pretty Pearl SA, I was focused on just getting sales and building a name. But as my brand grew, so did my perspective. Now, success means: “Creating products with purpose, designing modest fashion that makes women and girls feel confident and comfortable.”



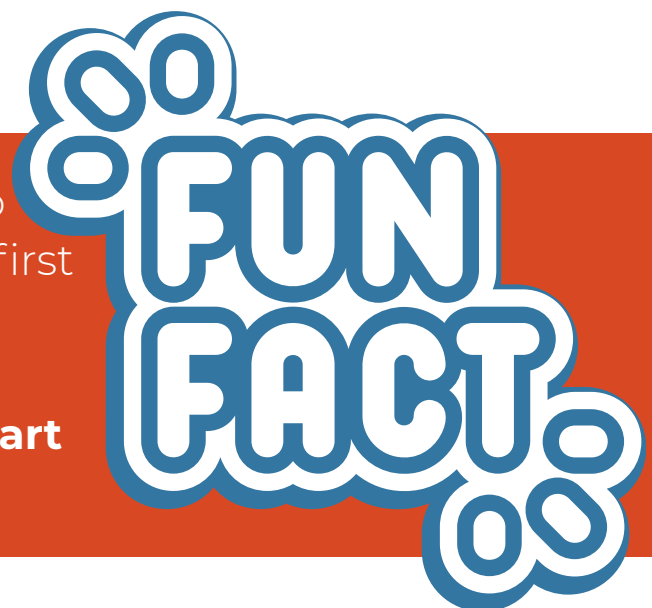
## Desserts and Determination: Safiyyah Wadee’s Sertastic

Safiyyah Wadee’s dessert brand, Sertastic, has seen both sweet successes and tough moments. Yet, Safiyyah never loses her sense of humor. “When things get rough, cry it out—but then eat ice cream and move forward,” she jokes.

One of her biggest lessons is prioritizing health and setting boundaries. Safiyyah keeps her advice short and sweet: “You can’t pour from an empty cup. Take care of yourself first,” she advises. Safiyyah’s story is a reminder that resilience and self-care go hand in hand.

The average age of a successful startup founder is **just 31**—but many get their first big idea in their **teens**!

**So don’t wait for the “right time”—start where you are, with what you have.**





# Greening South Africa: Nazeer Jamal's Environmental Vision

Nazeer Jamal of Khweza Consulting has built a thriving environmental consultancy despite challenges like COVID-19 and economic instability. His company has rehabilitated over 15 hectares of protected land and provided opportunities for young graduates.

"Success in this industry is built on relationships and trust," Nazeer explains. His advice to entrepreneurs? "Stay true to your values. Lead with integrity, and focus on long-term impact." Khweza Consulting continues to dream big and hopes to be providing additional specialised services in the near future as well as opening their first Zero Waste Coffee Shop

## Waseem Sirkhot's Ice Cream Empire

Waseem Sirkhot, founder of Iceburg, has expanded his ice cream business to eight stores nationwide despite soaring costs and supply constraints. "Processes are key. You need to work not just in your business but on your business," he emphasizes.

Networking and mentorship have been vital to his growth. "Never stop giving and helping others. Listen to your employees; they often have the best ideas," he advises. Waseem's journey underscores the importance of building a strong team and a resilient business model.

I think as one matures, the definition of success will always change as our wants and needs change, I think the big word to use is contentment , if you are content, you are successful , regardless of how others perceive what your success to be.

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These stories showcase the power of perseverance, creativity, and vision. Each entrepreneur faced unique challenges but emerged stronger, armed with invaluable lessons. As Farah Diba Kadwa puts it, "Start before you're ready, and learn as you go." Let their experiences inspire you to take that first step and create your own path to success.

We salute the above individuals for sharing their story encourage you to learn from them, follow and support them. Why don't you pen a letter to our team on your fears, your dream of starting your own business or any idea on entrepreneurship and your million rand idea. Email: [info@roshgold.co.za](mailto:info@roshgold.co.za)

# JUMPING OFF THE CORPORATE LADDER TO BECOME A SMALL BUSINESS OWNER

By Mariam Mahomed

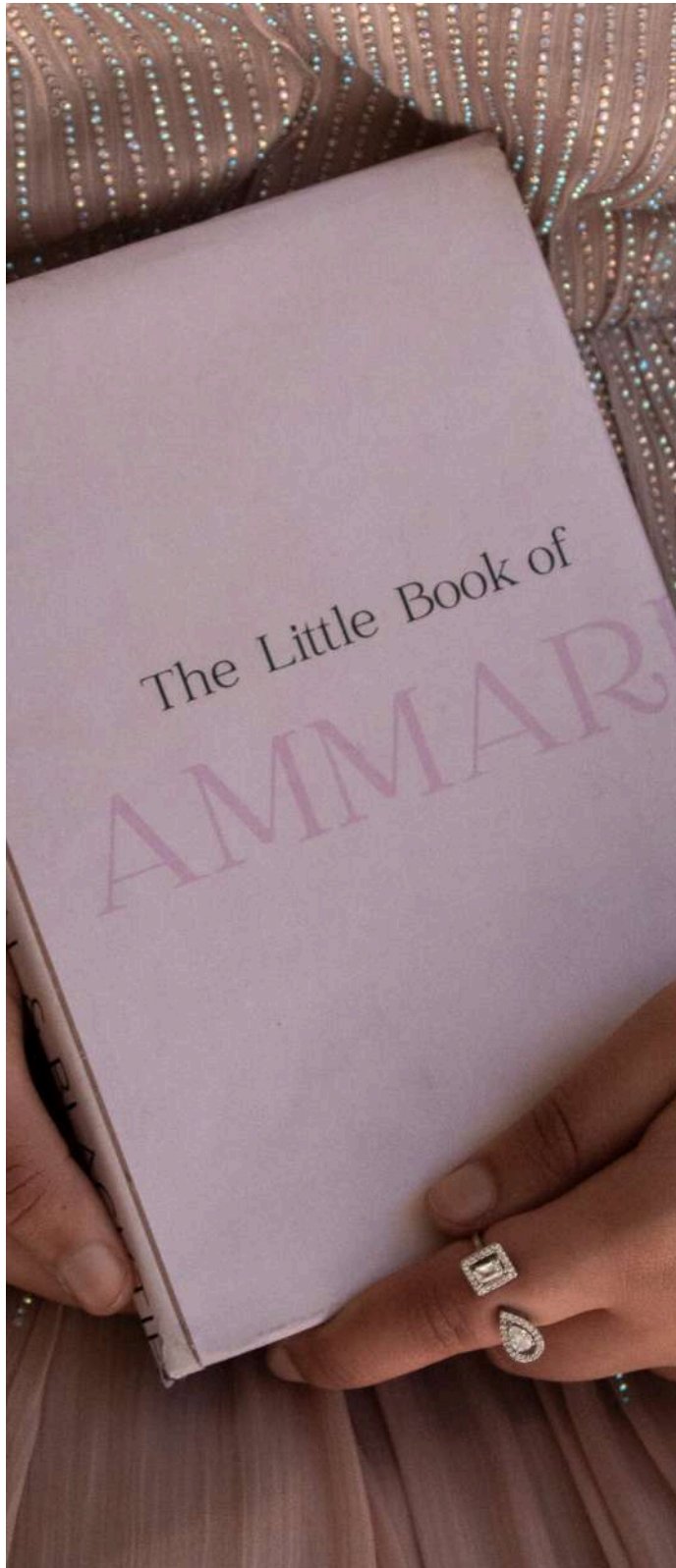
A wise person once said, "Do something every day that scares you." So, one random day a few months ago, I did the scariest thing I could ever fathom—I quit my corporate career of almost 10 years, packed my bags, and booked a one-way flight from Dubai back to South Africa with nothing but faith and an idea.

I started my career in buying and brand management in 2015 as a graduate trainee at Edcon, and since then, my journey has taken me through some of the largest companies in South Africa and eventually to Dubai. The experiences I gained were incredible—I traveled the world, met established brand managers and CEOs in cities like Milan and London, and worked in an industry I was passionate about.



Many people asked me why I would leave behind such a promising career and step into the unknown. My answer was simple: "It was a dream come true—until it wasn't."

There comes a time in everyone's life when they realize they have nothing more to gain from the path they are on. The things that once excited them become mundane, and they no longer feel aligned with their purpose. For me, that moment had arrived. I knew that if I didn't leave and try something new, I would always regret it. And so, my journey into entrepreneurship began.



As a Muslim woman who wears the hijab, I struggled to find modest eveningwear that was well-made, exclusive, and didn't require additional alterations—like adding sleeves or closing slits. With my experience in the industry and my personal understanding of the customer (because I am the customer), I knew this was the perfect business for me to embark on.

The first step was transforming my idea into a structured business plan. I tapped into every resource I had—consulting former colleagues, speaking to family members and friends in various fields, and ensuring I was well-equipped with the necessary knowledge. Once I had everything mapped out, it was time to bring my idea to life. That's how Ammari was born.

There were two key elements to launching Ammari: the range and the brand. I meticulously designed every aspect of my branding—from customized tissue paper for online orders to traveling between Dubai and Turkey to source the perfect pieces. Once I had my product and brand identity in place, I focused on setting up my website ([ammari.modestwear.com](http://ammari.modestwear.com)) and marketing, both of which I could handle myself thanks to my corporate experience.

Now, seven months in, Ammari is still in its early stages, but the lessons I've learned along the way have been invaluable.



One of the first things I realized was the need to expand my product offering. My initial range was niche and event-focused, which meant sales were not as frequent as I needed. This led to the creation of my Salah Essentials and Gifting range—products that could sell more regularly.

I also faced financial challenges, as investing in marketing and expanding my product range was costly. Since I wanted to maintain full control as a self-funded brand, I needed an additional income stream to sustain Ammari. This led me to offer freelance consulting and marketing services to small businesses. Not only did this provide me with extra income, but it also allowed me to bring my corporate expertise to smaller businesses at an affordable rate.

Looking back, taking this leap of faith was the most daunting yet rewarding decision I have ever made.

Through this journey, I have learned five invaluable lessons:

### **1. Clarity of Purpose is Key:**

Before making a drastic career change, take time to understand why you are doing it. Passion alone isn't enough; you need a clear vision of what you want to achieve.

### **2. Planning is Essential, But Flexibility is Crucial**

Having a business plan is important, but be prepared to pivot when things don't go as expected. Adaptability is what keeps a business afloat.

### **3. Financial Preparedness is a Game Changer**

Entrepreneurship comes with financial uncertainties. Having savings or a secondary income stream can ease the pressure and allow you to make strategic decisions rather than desperate ones.

### **4. Leverage Your Network**

The people around you—colleagues, mentors, family, and friends—can provide invaluable insights and support. Don't hesitate to ask for help or advice.

### **5. Resilience is Everything**

The road to building something of your own is filled with challenges, but perseverance and a problem-solving mindset will carry you through.

For anyone considering making a similar leap, my advice is this: trust yourself, be prepared for the highs and lows, and remember that every great journey starts with a single step. The fear of the unknown is real, but so is the possibility of creating something truly meaningful. If you feel like you're at a crossroads, maybe it's time to bet on yourself—you might just be surprised at how far you can go.

Follow on @ammari\_modestwear\_ and for consulting and marketing services email: mariam.mahomed1@gmail.com.

# PROFILING IRFAAN MANGERA

By Raashida Khan  
(Freelance Journalist and Copywriter)

In a country where youth face staggering challenges—including a 45.5% unemployment rate—Irfaan Mangera stands out as a dynamic voice for change. An activist, organiser, and human rights educator, Irfaan is committed to building a just and equal world where all people can live with dignity.

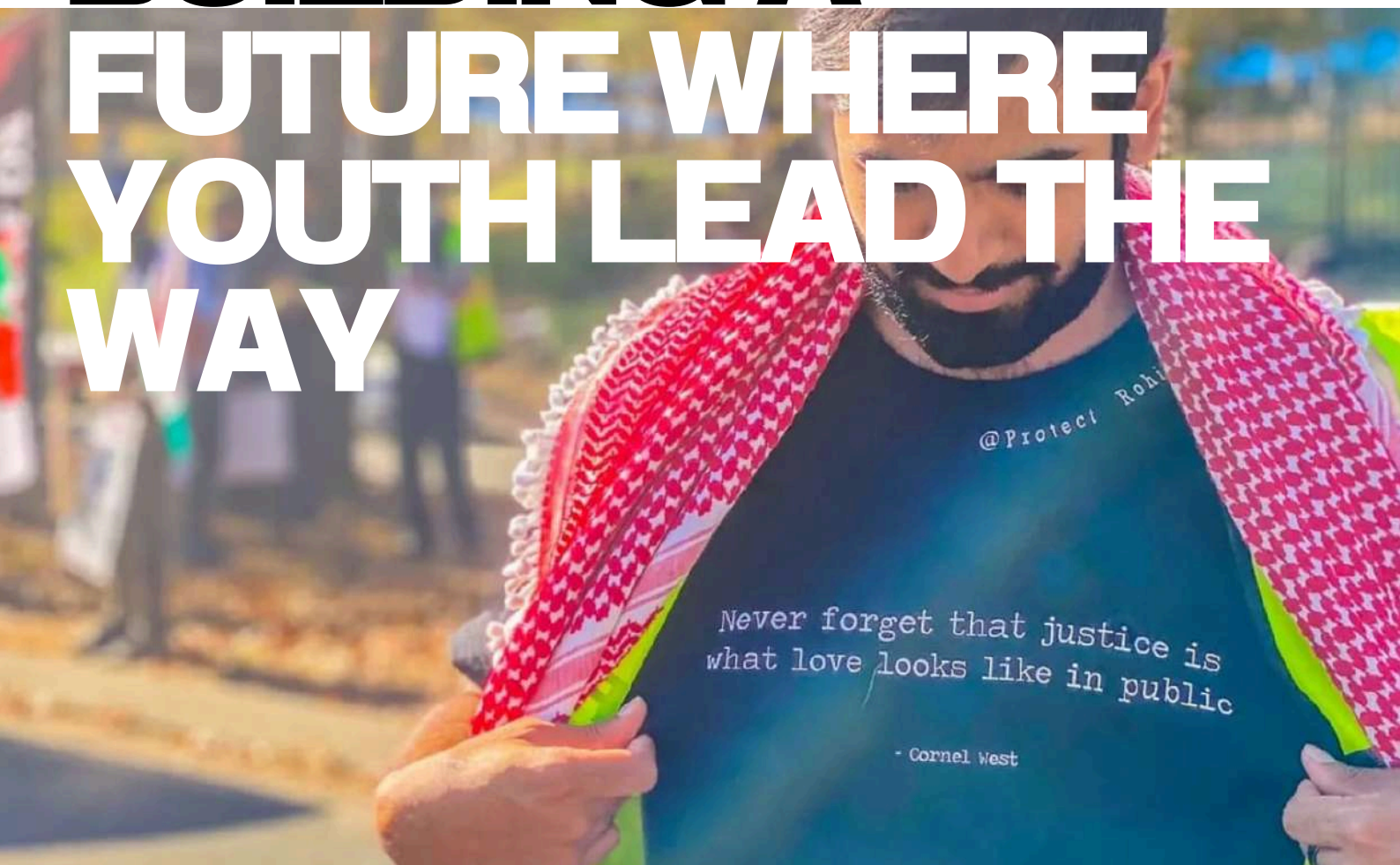
“I want to live in a world where young people are not just seen, but heard and empowered.”

## Rooted in Community, Driven by Purpose

Raised in a working-class family in Lenasia, Irfaan's early involvement in community service—through school drives, Ramadan programmes, and organisations like Al-Imdaad and SANZAF—instilled in him a deep sense of social responsibility.

At 16, he became the youngest leader of the Crescents Cricket Club and began working with Madressa Islamiya. Later, his political awareness deepened through his leadership in the Ahmed Kathrada Foundation and the PSAYL (Progressive South African Youth Leadership) programme.

# BUILDING A FUTURE WHERE YOUTH LEAD THE WAY



## From Student to Changemaker

While Irfaan originally dreamt of becoming a chef or farmer, his calling led him to education and activism. The #FeesMustFall movement became a turning point, shifting his focus from charity to systemic reform. At university, he held leadership roles in both the Education Students Council and the Union of Muslim Students Associations.

“University shaped the leader I am today. It taught me that transformation goes beyond intention—it requires structure and bold action.”

# RETHINKING YOUTH DEVELOPMENT IN SOUTH AFRICA

## Challenges Facing Youth Today:

- High unemployment
- Limited access to skills training
- Food insecurity
- Addiction and poor mental health support
- Lack of safe recreation spaces

These reflect a system in need of urgent transformation.

## What Must Change?

### Education Reform:

- Align school and university curricula with labour market demands
- Introduce soft skills and entrepreneurial training
- Expand vocational and technical pathways

### Economic Inclusion:

- Incentivise youth employment
- Support SMEs and green/tech industries
- Prioritise infrastructure development and digital inclusion

### Access & Equity:

- Financial support for startups and skills development
- Universal access to digital learning in under-resourced areas





# The Role of Youth in Shaping the Future

Young people, Irfaan believes, must embrace their role as changemakers by:

- Pursuing lifelong learning and mentorship
- Starting purpose-driven businesses
- Leading civic, environmental, and digital advocacy
- Becoming informed, active citizens and thought leaders

“Youth bring energy, innovation, and fresh ideas. We are not tomorrow’s leaders—we are today’s solution.”

## On What’s Next...

Having spoken on global platforms like the UN Human Rights Council and being considered for a board seat at the NYDA, Irfaan reflects:

“My most defining moment is being able to serve the youth and communities I come from. That’s what keeps me going.”



### About the Author:

Raashida Khan is a writer, editor, and award-winning author with a passion for storytelling and social change. With a background in Economic History and a career spanning banking, NGOs, and marketing, she brings deep insight and empathy to her writing. Raashida is the author of several acclaimed books, including *Mirror Cracked*, *Fragrance of Forgiveness*, and *The Cursed Touch*.

When not writing, she mentors aspiring writers, facilitates creative workshops, and volunteers with youth and literacy initiatives. She believes in the power of stories to inspire, heal, and drive transformation.

Follow her on social media:

Instagram: @im\_raashidakhan | TikTok: @im.raashidakhan | Facebook: Raashida Khan

# HOW TO TEACH YOUR CHILD ABOUT FINANCIAL LITERACY



## Important Financial Literacy Lessons for Every Age

Financial literacy is a lifelong journey that begins in early childhood. Tailoring financial education to a child's developmental stage can foster responsible money habits. Here's a guide to age-appropriate financial lessons:

### Ages 3 to 5: Introducing Money Concepts

- **Identify Currency:** Teach children to recognize different coins and bills.
- **Understanding Transactions:** Use play-based activities to demonstrate how money is used to purchase items.
- **Digital Awareness:** Introduce the concept of digital money through simple apps or games.

### Ages 6 to 9: Earning and Saving

- **Chores for Allowance:** Assign age-appropriate tasks to earn money, instilling the value of work.
- **Saving Habits:** Encourage the use of piggy banks or savings jars to differentiate between spending and saving.
- **Making Choices:** Discuss the concept of limited resources and the importance of making thoughtful spending decisions.

## Ages 10 to 13: Budgeting and Goal Setting

- **Basic Budgeting:** Introduce simple budgeting techniques to manage allowance or gift money.
- **Setting Financial Goals:** Help children set short-term savings goals for desired items.
- **Understanding Value:** Teach comparison shopping to make informed purchasing decisions.

## Ages 14 to 18: Advanced Financial Concepts

- **Banking Basics:** Open a joint bank account to teach account management and responsibility.
- **Credit Awareness:** Discuss the fundamentals of credit, interest rates, and the implications of debt.
- **Long-Term Planning:** Introduce concepts like investing, retirement savings, and financial planning for future education or careers.

# TALK MONEY @ THE DINNER TABLE

## Breaking the Silence on Family Finances

Money shouldn't be a taboo topic—especially not at home. Here's how to open up the conversation across generations:

- **Keep it Simple:** Use real-life examples like budgeting for groceries or saving for holidays.
- **Set a Routine:** Pick one dinner a week to discuss a money topic, from investments to saving goals.
- **Let Kids Participate:** Encourage kids to budget their allowance or save for something special.
- **Be Honest About Mistakes:** Share lessons from your financial wins and losses.

## CONVERSATION STARTERS

1. What does wealth mean to you?
2. What's one money mistake you learned from?
3. If we had R1000 to invest together, what would we do with it?

Adapted from Ramsey Solutions, Investopedia & family finance resources from NerdWallet

By progressively building financial knowledge at each developmental stage, young individuals can develop a strong foundation for financial independence and responsibility.

*Adapted from "How to Teach Your Child About Financial Literacy" by Angie Basiouny, Knowledge at Wharton, April 15, 2025.*

# BIG Dreams

A little invested today can mean big opportunities tomorrow!

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# 8 MUST-HAVE SOFT SKILLS FOR JOB SUCCESS

**By Mohammed Dadoo**

In a world where AI, automation, and digital transformation are rewriting the rules of work, one truth remains unchanged, people power still matters. While technical expertise can get your foot in the door, it's your soft skills that will determine how far you go. Employers are actively seeking individuals who can adapt, lead, and collaborate in an ever-evolving workplace.

Whether you're a young professional entering the job market or a seasoned worker looking to stay ahead, mastering these eight soft skills will be the game-changer for your career in 2025 and beyond.

## 1. Adaptability – Embracing Change with Confidence

The only constant in the modern workplace is change. Industries are shifting, job roles are evolving, and new technologies are emerging daily. Employees who can stay calm under pressure, quickly learn new skills, and pivot when needed will remain indispensable. Those who resist change? They'll struggle to keep up.

**Pro Tip:**

Develop a growth mindset, treat every challenge as an opportunity to learn.

## 2. Emotional Intelligence – Reading the Room, Responding Wisely

Understanding emotions, both yours and others', is a superpower. Emotional intelligence (EQ) enables you to navigate workplace dynamics, build strong relationships, and respond thoughtfully instead of reactively. In an era where remote work and digital communication can sometimes lead to misunderstandings, EQ is the key to fostering positive interactions.

**Pro Tip:**

Practice active listening, tune into both words and emotions.

## 3. Creativity – Solving Problems in Unexpected Ways

As AI takes over repetitive tasks, the most valuable employees will be those who bring originality, innovation, and problem-solving prowess to the table. Creativity isn't just for artists, it's for anyone who can look at a challenge and think, how can we do this better?

**Pro Tip:**

Challenge assumptions. Ask "What if?" and explore unconventional solutions.

## 4. Collaboration – Thriving in a Team-Driven World

Forget lone-wolf success stories, 2025 belongs to those who work well with others. Whether you're part of an in-office team, a global remote workforce, or an industry-wide network, being able to cooperate, compromise, and contribute is non-negotiable.

**Pro Tip:**

Focus on team wins over personal credit, employers notice those who elevate others.

## 5. Conflict Resolution – Navigating Workplace Tensions with Maturity

Disagreements happen. The real test? How you handle them. Employees who can manage conflicts professionally, without drama or emotional outbursts—will be invaluable. Leaders aren't looking for those who avoid tough conversations but rather those who approach them with solutions in mind.

**Pro Tip:**

Instead of arguing, ask, "How can we resolve this together?"

## 6. Communication – Speaking and Writing with Impact

The ability to express ideas clearly, concisely, and persuasively is a game-changer. Whether you're leading a presentation, drafting an email, or explaining a complex idea, strong communication skills set you apart. Miscommunication leads to delays, confusion, and lost opportunities, something no company can afford.

**Pro Tip:**

Always tailor your message to your audience, clarity is king.



## 7. Time Management – Mastering the Clock

With distractions everywhere and demands piling up, prioritization and efficiency are crucial. Employers value individuals who can meet deadlines, manage workloads, and avoid burnout by working smart, not just hard.

### Pro Tip:

Use time-blocking techniques, allocate dedicated slots for deep work and avoid multitasking.

## 5. Leadership – Inspiring Others, Regardless of Your Title

You don't need a manager's title to be a leader. Leadership is about influencing, inspiring, and setting an example others want to follow. In 2025, companies will prioritize individuals who take initiative, solve problems proactively, and uplift their teams.

### Pro Tip:

Lead by action, not just words, integrity builds influence.

## Final Thoughts: The Future is Human

The job market is changing fast, but one thing is clear: robots may handle the data, but humans bring the magic. Soft skills are no longer optional—they're essential. Whether you are stepping into your first job or aiming for the next level in your career, developing these skills will set you apart in 2025 and beyond.

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# START YOUR DAY LIKE A CEO

## #5 Morning Habits for Success

1.

### Wake Up Early - But Not Extreme

Most successful people rise between **5:30 AM and 7:00 AM**, giving themselves quiet time before the day begins.

2.

### Avoid Screens First Thing

Rather than diving into emails or social media, CEOs often spend the first **15–30 minutes tech-free**—opting for reflection, prayer, journaling, or simply enjoying their coffee mindfully.

3.

### Move Your Body

A brisk walk, light stretching, or even a 10-minute home workout gets the blood flowing and boosts **energy and focus**.

4.

### Plan Your Day with Intention

Using a planner or digital app, they identify **3 top priorities** for the day. This keeps the focus on what really matters.

5.

### Eat a Nourishing Breakfast

Think **simple and balanced**: oats, eggs, smoothies, or toast with healthy toppings—something that fuels both body and mind.



# BREAKFAST OF A CEO:

## POWER MEALS TO FUEL YOUR DAY

You don't need a private chef or a fancy blender to eat like a high-performer. Here are four easy, nutrient-packed breakfasts that successful individuals promise to boost energy, focus, and productivity.

*Recipes adapted from Harvard Nutrition, Healthline & Mayo Clinic Wellness Guides*

### Power Oats Bowl

#### Why CEOs love it?

Sustained energy + fiber = fuel for a productive morning.



#### Ingredients:

- ½ cup rolled oats
- 1 cup milk or water
- 1 tbsp chia seeds or flaxseeds
- ½ banana, sliced
- Handful of berries (fresh or frozen)
- Drizzle of honey or maple syrup

#### Method:

1. Combine oats and milk in a pot or microwave-safe bowl.
2. Cook for 3-5 minutes until soft.
3. Stir in chia seeds, top with banana, berries, and a light drizzle of honey.

**Pro Tip:**  
Make it overnight for grab-and-go convenience.



# BREAKFAST OF A CEO:

## (CONTINUED)

### Protein-Packed Scrambled Eggs on Toast

#### Why CEOs love it?

Keeps you full and focused—ideal for busy mornings.

#### Ingredients:

- 2 eggs
- Splash of milk
- Salt & pepper
- 1 slice of wholegrain or rye bread

**Optional:** chopped spinach, cheese, or cherry tomatoes

#### Method:

1. Whisk eggs with milk, salt, and pepper.
2. Pour into a hot, greased pan and stir gently until cooked.
3. Serve over toast, top with your favorite extras.



### Banana Peanut Butter Smoothie

#### Why CEOs love it?

Quick, tasty, and full of good fats and natural energy.

#### Ingredients:

- 1 banana
- 1 tbsp peanut butter
- 1 cup milk or almond milk
- 1 tsp honey or dates (optional)
- Ice cubes

#### Method:

1. Blend all ingredients until smooth.
2. Pour into a glass and go conquer your day.



#### Upgrade It:

Add a scoop of protein powder or a handful of oats for extra fuel.





# BREAKFAST OF A CEO:

(CONTINUED)

## Avocado Toast with a Twist

### Why CEOs love it?

Healthy fats + fiber = brain food.



### Ingredients:

- 1 slice of sourdough or wholegrain bread
- ½ avocado
- Squeeze of lemon
- Pinch of salt, pepper, and chili flakes

**Optional:** poached egg on top

### Method:

1. Toast bread, mash avocado with lemon juice and seasoning.
2. Spread on toast, top with optional egg or microgreens.



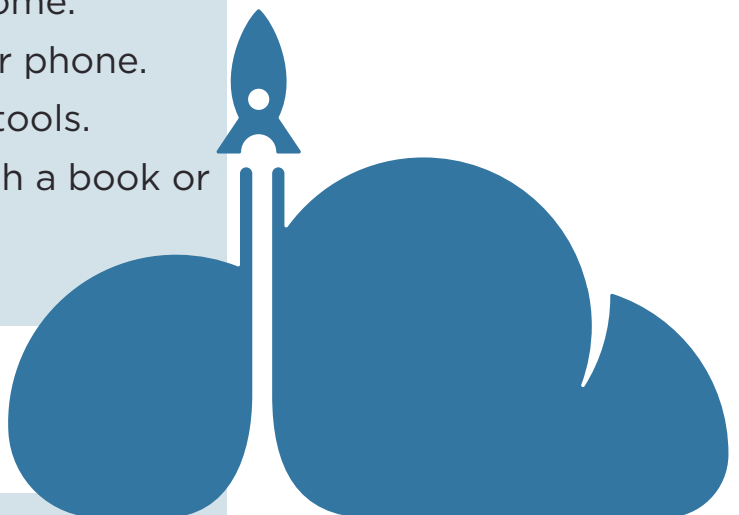
## DIGITAL DETOX TIPS

### Reclaim Your Focus

- Turn off notifications for non-essential apps.
- Designate "phone-free" zones at home.
- Use an actual alarm clock—not your phone.
- Set screen time limits with built-in tools.
- Replace 30 minutes of scrolling with a book or walk.

### TRY THIS:

Create a tech-free wind-down routine 1 hour before bed. Better sleep, better mornings.





# HAJJ TIPS

## YOU WON'T GET AT HAJJ CLASSES

*Adapted from Jamiat.org.za – advice by Moulana Abdur Rahmaan Laily*

Most Hajj classes focus on the stations of the pilgrimage, but seasoned Hajj guide Moulana Abdur Rahmaan Laily shares deeper, often overlooked insights from personal experience:

### 1. Start Your Journey at the Masjid

Rasulullah ﷺ and the Sahabah would visit the masjid before travel. Revive this Sunnah by making your final stop the masjid and performing two rakaats before departure.

### 2. Akhlaaq at the Airport

Your behaviour at check-in and interactions with officials matter. As Allah says, "Whatever good you do, Allah knows it." Represent Islam with dignity and good character—these small acts build global respect for the faith.

### 3. Come with a Gift

When visiting someone beloved, we take a gift. When visiting Madinah and the Prophet ﷺ, reciting Surah Al-Kawthar is your spiritual offering. Reflect on its meaning of divine abundance.

### 4. Sending Salaam with Meaning

Madinah is the land of Durood. Rather than just asking others to send salaam on your behalf, increase your own recitation of Salawaat—it's the truest form of conveying salaam.

### 5. Three Days in One

Arab culture often operates at night, while South Africans are used to day-time routines. To optimise your time, divide your 24-hour day into three parts: worship, rest, and nourishment. Aim to arrive at the Haram an hour before each salaah—this allows time for extra ibaadah or Quran recitation.

### 6. Don't Rush Out of the Haram

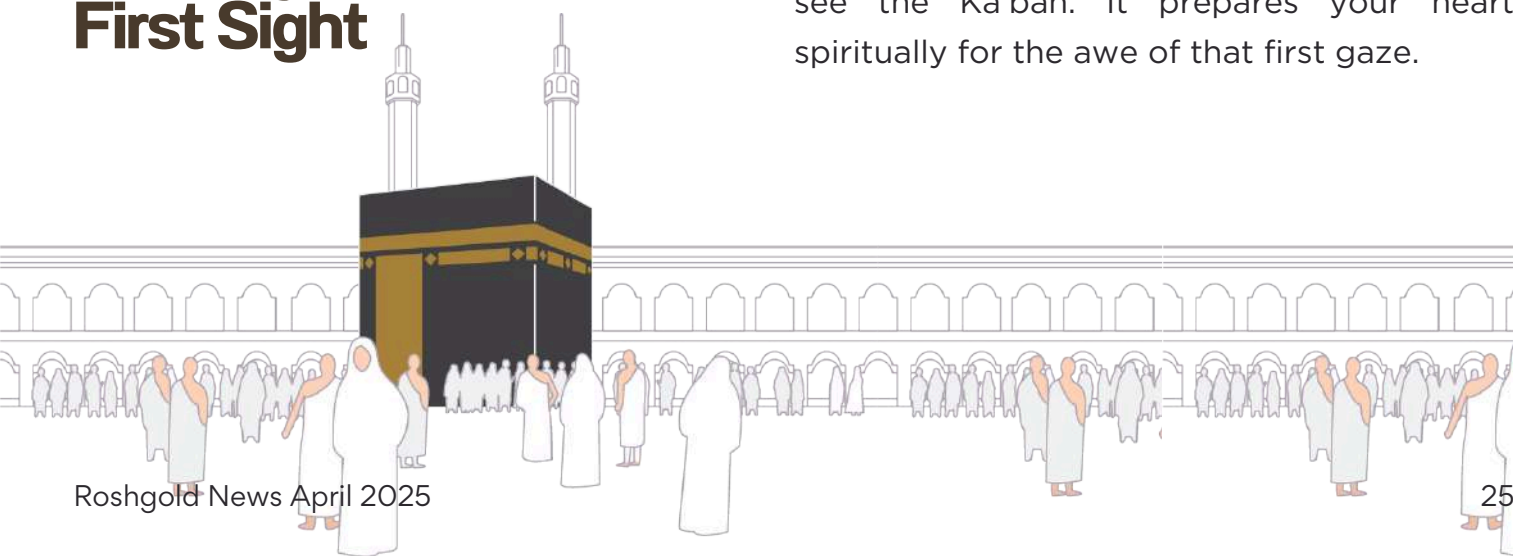
Remain a while after fardh salaah to continue reciting Quraan or Salawaat. This steady practice can help you complete a full khatam during your stay in Madinah.

### 7. Ziyaraat is Worship

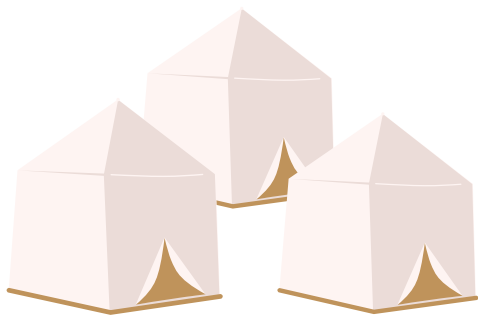
Visiting historical sites connects you to Islam's legacy. These moments are more than sightseeing—they're lessons preserved by Allah for reflection.

### 8. Talbiyah and the First Sight

Recite the Talbiyah from Madinah until you see the Ka'bah. It prepares your heart spiritually for the awe of that first gaze.







# لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ

## 9. Come with a Gift

Makkah is the land of Tawheed. Tap into its energy by reciting the first and second Kalimahs throughout your time there.

## 10. Use Aziziyah Wisely

The 10 days of Dhul Hijjah are spiritually powerful. If you've completed a khatam in Makkah and Madinah, use this less-structured time for another. This prepares you for the peak days of Hajj.

## 11. Don't Skip Mina

Many opt for Aziziyah for comfort, but Mina holds immense virtue. Staying there after Arafah, as per Sunnah, should not be lightly forfeited.

## 12. Stay Present in Arafah

The time after the collective du'aa is still part of Arafah. Remain engaged in du'aa, even in traffic delays. Muzdalifah's night should be spent in worship.

## 13. After Hajj: Stay Humble and Reflective

Make abundant istighfaar for any shortcomings during the journey—whether in action or intention.

## 14. You Are an Ambassador

As a Haji, you represent South Africa's Muslim community to the world. Carry yourself with humility, purpose, and dedication to da'wah. According to Hadith, the Hujjaaj and those visiting the Ka'bah are Allah's delegates—act with the consciousness that you carry the hopes of your Ummah.

This journey is a divine calling—let your every moment reflect gratitude, purpose, and presence.





# TO ALL OUR HUJJAAJ

## **As you embark on this spiritual journey:**

May your Hajj be accepted, your journey safe  
and your heart filled with peace and purpose.  
May you return enriched, renewed, and  
spiritually uplifted.

أُمِّيْنَ



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