



'I've embraced wonderful new opportunities'

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'It feels as if I've been through a series of tsunamis in the last few years, each of which has shaken my foundations. First, my father died in 2006, which changed my perception of who I was. Next was the upheaval of moving house and anxiety about one of my children who was ill for four months. I was completing my diploma in coaching and setting up a new business at the same time, so all my reserves were running close to empty. And then, in January this year, we were robbed at home in Cape Town, which left us all traumatised.

Looking back, I'm amazed by the love and support I received from people. They reminded me who I am and what I'm capable of. Being able to draw on that strong network really helped me through it all. I've formed an exciting new business, Kessels and Smit: The Learning Company, with Dutch and South African colleagues who have a similar work philosophy and with whom I'll custom-make development programmes in collaboration with corporate and civil society clients. Although I'll never give up my Ugandan roots, I'm also celebrating getting South African citizenship after living and working in this country for 15 years. I'm writing poetry, doing art and I've joined a singing group – we call it "the Kwaya". I find that creativity and prayer are wonderful sources of growth.

So although I feel as if I've been shaken to the core, I'm celebrating the new identity that has emerged out of a rearranging of the old. I now have a new nationality, a new job and new possibilities. My life has changed fundamentally but I'm still here and I'm still me.' □