



Self-Care in COVID-19 Times Women's Month Webinar

Moderator: Ms Landeka Diamond - Principal: Westlake Primary School & National Teacher Award winner for Excellence in Primary School Leadership

- 11:00 - 11:05** **Opening and welcome remark:** Ms Debbie Schäfer – Provincial Minister for Education, Western Cape
- 11:05 – 11:10** **Address by Head of Education, WCED:** Mr Brian Schreuder
- 11:10 – 11:40** **Key note address: FORGIVENESS, Self Love and Leadership:** Ms Karina Andersen - Depth Coach & Self Care Expert.
- 11:40 – 12:10** **Surviving COVID-19: Self-care and support for colleagues:** Ms Life Ndlovu – Teacher, Ukhanyo Primary School
- 12:10 – 12:40** **Leadership, strategising hospital responses and maintaining work-life balance during the COVID-19 pandemic:** Dr Arifa Parker - Infectious Diseases Specialist, Tygerberg Hospital
- 12:40 – 13:10** **Laughing at ourselves - Using humour as a way to ease anxiety during Covid-19:** Ms Mel Jones – Comedian extraordinaire
- 13:10 – 13:15** **Closing comments from speakers**
- 13:15 – 13:20** **Vote of thanks:** Ms Landeka Diamond



**Moderator:
Landeka Diamond**

Ms Landeka Diamond Principal of Westlake Primary School in Cape Town WC, National winner for National Teaching Awards category: Excellence in primary school leadership. A provincial nominee for Commonwealth Education awards 2021. Servers as National Deputy president of Education Management Association of South Africa (EMASA). Holds a Masters degree in education administration, planning and social policy from UCT. Bed Hons in education management, law and systems from North West Uni. Undergrad studies in Port Elizabeth. I am very passionate about solution driven approaches, best interest of the child and serving in previously and currently disadvantaged areas.



Karina Anderson

Karina Andersen is a highly Intuitive Executive Coach and published Author with 12+ years experience in the field of Leadership Development. She is well respected as a Teacher and Trainer who is especially recognized for her capacity both in depth work and in integrating (and simplifying) often complex business concepts into the client process. She offers a unique approach to unlocking and awakening the individual. Her work takes her from Maximum Prisons to the Boardrooms as well as to high schools in our high-risk communities where

she is currently implementing SmilingOne's PARTNERS IN EDUCATION School Initiative.

Together with her team of SmilingOne Change Agents (all ex-offenders) she is on a mission of activating South Africa's full potential. POINT OF VIEW (POV): "I am NOT what happens to me." SmilingOne provides enabling platforms in South African HIGH RISK communities (prisons & schools), a team of SmilingOne Change Agents and our unique personal values-based leadership approach THE RESPONSIBLE INDIVIDUAL™ (TRI) so that you CAN champion your change and awaken the leader within.

Karina is the Founder of SmilingOne and has developed hugely impactful programs/ evidence based approaches such as: The Responsible Individual™ (TRI) ; Circles of Change™ (COC) Academy - An Educational Platform for Coaches & Change Agents; Awaken Leader Within Level 1 + 2 .



Life Ndlovu

Life Ndlovu is very passionate about education and changing lives. She has been in the education sector for 19 years. Out of the 19 years, 4 years were administration, then 15 years active teaching. She worked as a Librarian at a High School for one year, then doubled as a School Clerk and Bursar at another High School for 3 years before enrolling for her teacher training Qualification.

The first 4 years of her teaching qualification were with the Ministry of Education and Culture, in Zimbabwe. The other 11 years of her teaching career took place in Cape Town, initially at Kleinberg Primary in Ocean

View, then Ukhanyo Primary School is Masiphumelele where she is teaching at the moment. She is the Head for the Sciences; she leads the Schools' Disaster Management Team and she is also the CEO of Precious Lives Matter (an NGO servicing the impoverished community of Masiphumelele) In 2010 she scooped the False Bay Echo' Mzantsi Primary Schools teacher award. In 2014 she won the prize for being the Most Inclusive Educator.

Qualifications

BED Hons Education Management – CPUT
Advanced Certificate in Education – CPUT
Diploma in Education - University of Zimbabwe
Systems Change and Social Impact - UCT GSB
Leading Innovation for Partnerships in Extended Education - UCT GSB
MBChB, MMed Internal Medicine, FCP (SA), Cert ID (SA)



Dr. Arifa Parker

Dr. Arifa Parker is a general physician and infectious diseases specialist working at Tygerberg Hospital in Cape Town, South Africa. She is a senior lecturer in the Divisions of Internal Medicine and Infectious Diseases at the Faculty of Medicine and Health Sciences at Stellenbosch University. She completed her undergraduate and postgraduate degrees at Stellenbosch University, and was awarded a Discovery Foundation subspecialist award to complete her training in Infectious Diseases. She is actively involved in the hospital's COVID-19 response while being a mom to her 3 year-old twins.



Mel Jones

Mel Jones is a single mother, an award winning comedian, an award nominated producer and presenter and an energetic MC. You may have heard her on the radio when she co-presented the very popular KFM Breakfast show, seen her on SABC3's Comedy Showcase, the Phat Joe show, the King Size Comedy Tour, the Blacks Only Comedy Show, Mind The Gap, The Heavyweight Comedy Jam, Kings & Queens of Comedy, the critically acclaimed comedy & sketch show, Bitches, Comedy Central, the Vodacom Funny Festival, where she was their very first female host, the Jo'burg International Comedy Festival, the Cape Town International Comedy Festival, as a celebrity contestant on the local TV gameshow, Noot Vir Noot and she is hugely popular as a corporate comedian and MC.

The comedy shows, 'Doing It for the Money', 'Still Doing It' and her solo show, Just Me with an "L", have been met with great reviews in Cape Town.

Mel takes laughter and hilarity very seriously and as one of only a few female comedians in the country, she is part of a very exclusive club.