

# ELLE

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SEPTEMBER 2017

*New  
you*  
ISSUE

## NATALIE PORTMAN

'THERE ARE NO  
RULES FOR HOW  
TO BE A MOTHER  
OR A FEMINIST'

**SPRING SHIFT**  
new beauty  
techniques

Supercharge  
your life for  
**MORE ME TIME**

SEPTEMBER 2017  
R31.90 (VAT INCL.)  
N\$31.90 NAMIBIA



## NEW SEASON STYLE UPDATE

FLIRTY DRESSES, LONG PENDANTS,  
HELLO, YELLOW! + RETRO STYLE REVISITED



# HACK YOUR LIFE

We cut out the fluff and get down to  
real-life simplifying stuff

By **MODUPE OLORUNTOBA**



## EFFORTLESS ENTERTAINING KNOW-HOW

**Want to pull out all the stops for your friends and family in just 30 minutes?**

No problem, says Precious Thamaga, the Joburg event planner extraordinaire behind Bonang Matheba's 30<sup>th</sup> birthday blowout.

**1. Choose your space.** Will you be hosting your guests in your dining room or on your patio? The space you choose dictates the direction of the night. Consider which space can be easily adapted for your evening, as you won't have time to move furniture or hire it. This is a step that won't take much time, but, which will save you a lot of it if done early.

**2. Lock down a guest list and send out invites ASAP.** Since there's no time for traditional invites, consider using

an e-vite tool. (Canva.com is home to easy-to-use software with professional, graphic-designer results.)

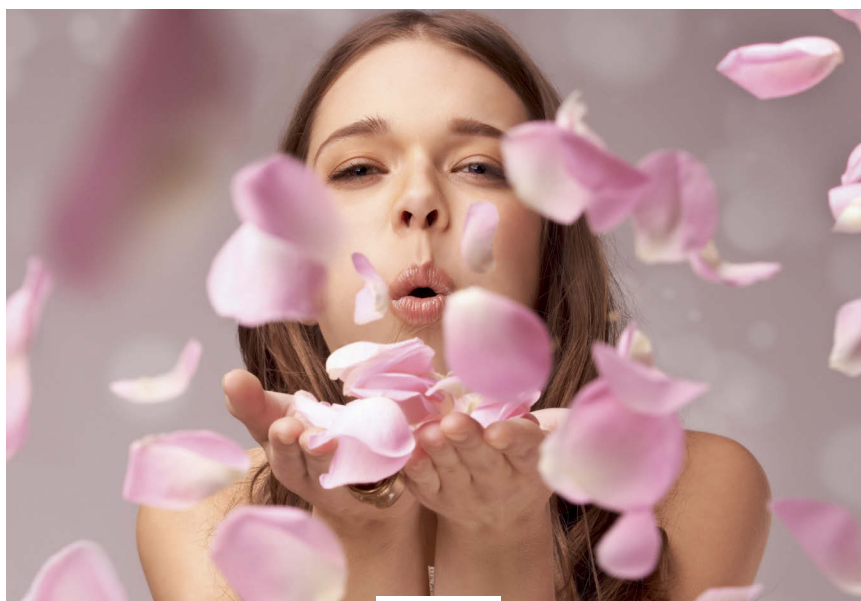
**3. For your menu.** Choose fast, familiar favourites you know will go over well with the crowd you've invited. Don't forget to select drinks to serve.

**4. Run a few errands as close to home as possible.** Pick up any ingredients that aren't already in your fridge and pantry, along with some flowers to liven up your chosen space (you can save even more time by ordering flowers on your lunch break). Once the bulk of your meal preparation is under way, press 'play' on your favourite playlist to set the evening's mood before guests start to arrive, prepare a few welcome drinks and snacks, and enjoy your evening.

## STAY INFORMED

As news events unfold at a rapid pace, are you struggling to find time to stay connected? Stay on top of what's going on in our world with tips from eNCA *Morning News Today* anchor, Uveka Rangappa

- When you can't read everything in front of you, focus on the latest developments in politics and the economy, as both will always have a direct and lasting impact on your quality of life.
- For busy moms, the best time to read news is right after the kids fall asleep at night. Spend a few minutes catching up, but not in bed – it's a habit that will keep you up later than you need to be.
- While Twitter headlines may not be enough, they're a start. For a mix of local and international stories, follow your favourite news channels on social media.



## ME TIME

Setting aside time to refuel is difficult, but necessary. Convenience services make it even easier. Here are a few we love:

### Mowana Spa in Sandton

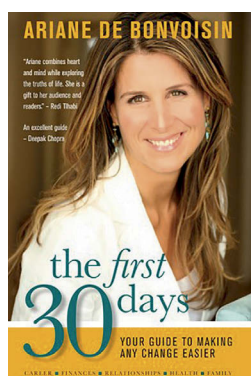
This is a convenient mobile spa service that offers mini-massages on the move for groups. Propose this idea to your colleagues, then bring a spa day right to your desk.

### Foxbox Nail Service

Along with corporate and party packages, they offer solo appointments. Kill two birds with one stone by visiting one of their Woolworths express bars on your next trip to the mall.

### The Om Revolution

This brings the peaceful meditation of yoga to your office and home with tailored, private classes. Schedule an individual session or join a group class in Cape Town or Johannesburg.



## LIFE UP

Looking to upgrade your quality of life? Embrace change. As the author of *The First 30 Days*, an acclaimed guide book to navigating change, Ariane de Bonvoisin knows how

When faced with a big change, start by finding your 'change support team'. It's one of our biggest flaws as human beings to feel and think that we should know how to navigate life, and all the changes that show up, alone.

Your change team is often not your family and closest friends though, as many of them want you to stay the same and may project their own fears onto you. So find someone who has been through the change you are currently going through. Asking for help is a sign of real strength during times of change.

Remember to take care of yourself. Your health is usually the first thing to go out the window during times of change. Do what you can to keep yourself strong, grounded and healthy, even if it's just following the 'SEED' of change: Sleeping, Eating well, Exercising and Drinking water. Understand that the sooner you accept the change that's here, coming or forced upon you, the sooner life will start flowing again. When you argue with reality, you lose. Drop the resistance and stop fighting against the change. Get in the river and let the change flow now. Ask yourself: 'What do I need to accept now?'



INNER SPACE PEACE

Rearranging your space is sometimes all the change we need. Enter feng shui practitioner Elaine Hosiassohn, who is all about maximising the energies that surround us

‘There is energy flowing all over and we are affected by this energy positively or negatively,’ says Elaine Hosiassohn, a local, 20-year practitioner. She’s travelled the world and learned the practice’s most traditional form from Master Joseph Yu. She now works across home and office spaces, using centuries-old calculations and methods to optimally balance passive yin energy and active yang energy. She minimises the negative energies that can exacerbate things like illness and maximises the energies that support things like wealth and healthy relationships.

#### **[Yin] In your bedroom: Get better sleep by balancing your room**

Your bed should always be against a solid wall and never in line with a door. ‘It’s so important to sleep well, this comes before anything else – bedrooms are vital. If there’s no space to put a bed other than in line with a door, then the door must be closed. Beds against windows are also no good,’ Hosiassohn says.

Stay away from fiery, strong, vibrant colours as yang energy won’t promote good sleep. Use a gentle palette that makes you feel at peace. Further promote a peaceful atmosphere (yin energy) by keeping clutter to a minimum.

#### **[Yinyang] At your desk: Improve your productivity**

Open-plan layouts are common in modern work spaces, however they pose a problem by forcing you into a structure that is ideal for collaboration, but not much else. ‘If you are able to, sit with your back against a wall or a screen. This will give you a command position as you feel protected with something behind you.’

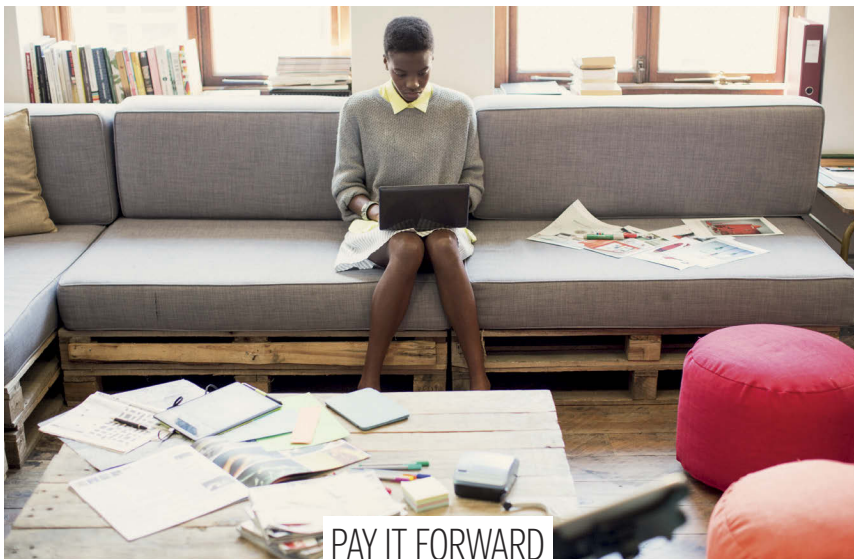
We’ve heard this before, but it’s true: keep your desk clear of clutter. ‘A cluttered desk is a cluttered headspace – it just doesn’t work,’ she says. Everyone works better in an organised space.

Bring living energy into the space with a small desk plant. It will help maintain your balance once you find it. Rose quartz will also improve the energy at your desk.

#### **[Yang] In your living space: Optimise your social space for joy and vibrance**

Identify what’s coming through your front door: ‘The most important energy is [that which is] coming in the main entrance. That we call the most Yang side... there’s lots of activity.’ If it’s good, welcome it into the space by leaving it open when you can. If it’s bad, try to use a layout that leaves the door as far out of the equation as possible.





## PAY IT FORWARD

What better way to push your career forward than to learn from the women who have pulled this off?

'I prayed for people to see me and the value of my work. I had a clear strategy. Acting was the goal and I took a TV opportunity with EbonyLife TV to attain the exposure I needed to get my foot into Nollywood. Laser focus and a good supporting tribe of loved ones are key to getting, sustaining and keeping a successful career.' – **Zainab Balogun, actress**

'I set clear goals and put in the hours. I often seek out opportunities for personal and career development because I believe that if I am empowered, I will be able to empower others. I have my parents to thank for teaching me to be independent, to take responsibility for my life and my future and for being extremely supportive and making it possible for me to pursue what I love.' – **Candice Thikeson, art historian at the University of the Free State**

'A lot of perseverance, focus and patience. Success is not a destination; it is an ongoing process that requires constant commitment and re-commitment, especially if you are trying to build something authentic and durable. Compassion is very important. Being able to relate to the struggles of others makes you better able to understand the needs people have. Those insights are critical in business.' – **Bethlehem Alemu, entrepreneur and brand builder**

'I resigned from corporate HR and started my steel engineering and manufacturing business. I realised that not many women were tapping into this male-dominated field, yet there are huge growth opportunities. The Mining Charter has opened the door for female entrepreneurs to participate in the mining supply value chain.' – **Tebogo Mashego, entrepreneur**



## LISTEN TO THESE

Subscribe to these podcasts for some soul-fulfilling inspiration

For personal, fun and inspiring interviews with women finding fulfilment by answering their life's call, listen to *The Call*, hosted by former political strategist Erica Williams Simon for [manrepeller.com](http://manrepeller.com).

Janine Jellars and Tshogo Senne host *Frank with J&T*, discussing feminism and pop culture through the lens of the South African woman.

Combining inspiration and discovery, the *Visceral Podcast* explores interesting topics through host Michelle Roseborough's conversations with African women working in STEM (science, technology, engineering and mathematics).

*Sound Africa*, playing creative non-fiction work from across the continent is not your average podcast. Listen in for unique, documentary-style storytelling.

## No time to kick back and read? Update your audio books collection



Poet and author **Rupi Kaur** has released an audio edition of her best-selling debut poetry collection, *Milk and Honey*. Read by the author herself, it is a series of artful short works on the joy, pain and complexity of the feminine existence.

Written by surrealist painter **Leonora Carrington**, *The Hearing Trumpet* is the apocalyptic fairy tale quest of nonagenarian **Marian Leatherby**, who becomes a spy determined to uncover the dark goings on at the nursing home to which her son plans to send her.

New York Times best-selling author **Jen Hatmaker** wants to ease your mind about encountering struggle, confusion and failure and remind you to find joy, celebrate your courage and walk in grace in her new book, *Of Mess and Moxie: Wrangling Delight Out of this Wild and Glorious Life*.

Set in New York City's gilded age during a wave of the Spanish Influenza, **Lydia Kang's** *A Beautiful Poison* tells the story of a young socialite hunting down a killer who is hiding behind the outbreak and poisoning her friends, one by one. □