

# QUEENS

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WHEN CONFIDENCE  
**CRACKS**  
IN THE PURPOSE JORNEY

**CAYLEE**  
DAWN WEBER  
A WARRIOR IN A  
QUEEN'S CROWN

**4** SMME QUEENS  
TRANSFORMING THE  
LOCAL ECONOMY

ISSUE 11

JULY 2025



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Dear Queens,

Welcome to this powerful edition of Queens of Influence Magazine, where every page is crafted to remind you of your influence—not just in your circle, but in culture, business, healing, and legacy-building.

This month's issue is a tapestry of purpose, protection, passion, and profit. We celebrate the multi-dimensional woman she who dares to lead, love, create, and build wealth unapologetically.

We begin with a bold truth: your first home can be the gateway to your fortune. In "From First Home to Fortune", we shift our perspective from ownership as a milestone to real estate as a strategy.

Whether you're renting out a room or purchasing land, this piece empowers you to see your property not just as shelter but as leverage.

Then, we invite you to go inward. "The Ache That Speaks" unpacks how emotional wounds can echo through the body, showing up as chronic pain, fatigue, or stress-related illness. In a world that often celebrates the external hustle, we choose to honor the internal healing. Because the most influential queens aren't those who suppress pain, but those who listen, release, and rise with softness and strength.

Next, we get intentional about boundaries.

In "Contracts Over Conversations", we explore how too many women enter business agreements based on trust, friendship, or vague conversations. But handshakes and DMs don't hold up in court. This article is your empowerment toolkit to protect your gifts, time, and income, because your talent deserves paperwork, not promises.

And finally, we turn to prosperity. In "Reign Over Your Revenue", we challenge the old myth that doing what you love means sacrificing financial freedom. Here, we break down how to package your purpose, set fair prices, build systems, and create multiple streams of income from one deep passion. Whether you're just getting started or scaling to new heights, this is your invitation to own your crown and your coin.

Across these pages, one truth shines clear: Queens don't just influence they build, they protect, they heal, and they lead with intention.

This issue is a mirror and a map. A reflection of how far you've come, and a reminder of how much further you're destined to go. So let these words stir something in you because this is your era to rise, and your legacy to define.

With all my love, admiration, and unwavering belief in you,

*Queen Tsakani*

Editor-in-Chief | Queens of Influence Magazine

# QUEENS

OF INFLUENCE



”

YOU DON'T NEED A THRONE  
*To be royal, just the courage to rise.*



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**QUEENS OF INFLUENCE | PAGE 6**

MAKE ME PROUD:  
*A Daughter's Promise,  
A Queen's Purpose.*  
CAY-LEE DAWN WEBER



*You are not too  
broken, too  
late, or too far  
gone. You are  
becoming.*

*And becoming  
is beautiful.*

*Queen Cay-Lee*



***In the quiet town of Kokstad, where life moved slowly and childhood meant scraped knees and endless outdoor play, Cay-Lee Dawn Weber grew up surrounded by the kind of simplicity that builds character. With no malls or cinemas to distract her, she learned early on to find joy in the real and the raw.***

Her parents divorced while she was still young but she recalls it with surprising peace. "I always knew they were better off apart," she reflects. It was her mother, a nurse, who raised her with structure and strength. "If I forgot something, she couldn't leave work to bring it. So I had to be responsible. I had to be prepared." Those lessons shaped the foundation of the woman she is today.

Sport, especially swimming, became her sanctuary. It gave her discipline, confidence, and the opportunity to earn a scholarship to a private school, where she sharpened her values of integrity and excellence. But life would soon test those values beyond the comfort of a swimming lane.

### **Loss, Faith & A Father's Legacy**

In July 2024, Cay-Lee's world shifted when she lost her beloved father. "He always said, 'Make me proud.' That's my mission now," she shares. His passing strengthened her faith and grounded her in a purpose greater than herself.

***"I was always Daddy's Princess," she says with emotion, "but I'm Mum's Warrior."***

A line that speaks to the duality of her journey grief and growth, softness and strength, heartbreak and healing.

### **The Psychology of Empowerment**

Fascinated by the workings of the human mind, Cay-Lee studied psychology and criminology, a path that has helped her both understand herself and guide others. "What I've learned is that you can't give people the answers, but you can help them find their own," she explains.

As she works with young girls and women, she's seen firsthand how societal expectations, filtered beauty standards, and internalized shame hold too many back. "We grew up with princesses, then Barbie, and now we're measuring ourselves against Instagram. But we forget we were made from Adam's rib, the bone that protects the most vital organs. That says something about who we are."

### **From GBV Survivor to Voice for the Voiceless**

Cay-Lee bravely shares that she is a survivor of gender-based violence. For three years, she endured emotional degradation, manipulation, and fear. "It made me crawl into my shell," she says. "Many tried to help, but I had to choose to walk away for myself. And I did."

Her experience fuels her passion for empowering other women. "I see their pain sometimes like I know it. So I make it a point to compliment them, to show kindness. It can change everything."

***She emphasizes that healing isn't linear but it is possible. "You are not too broken, too far gone, or too late. You are becoming. And that is beautiful."***

## HER FAITH IS HER FIRE & FOCUS.

Fueled by both faith and fire, Cay-Lee recently took a bold leap and launched her own company a platform dedicated to removing the stigma surrounding GBV survivors and helping women rediscover their power.

**"It's something I've wanted to do for so long. After being overworked and threatened in my job.**

I stepped back and realized God didn't bring me through all of that for nothing. He was preparing me to help others."

Her work is not just personal it's spiritual. It's a mission.



# ADVICE TO YOUNG QUEENS STILL FIGURING IT OUT

Cay-Lee has this to say:

***“Enjoy the journey. Things will fall into place. You are a survivor, even as you're still learning and growing.”***

She believes deeply in the power of knowledge, continuous growth, and healing. “Life is like a chess game. The Queen moves where she wants not to dominate, but to protect, to lead.”

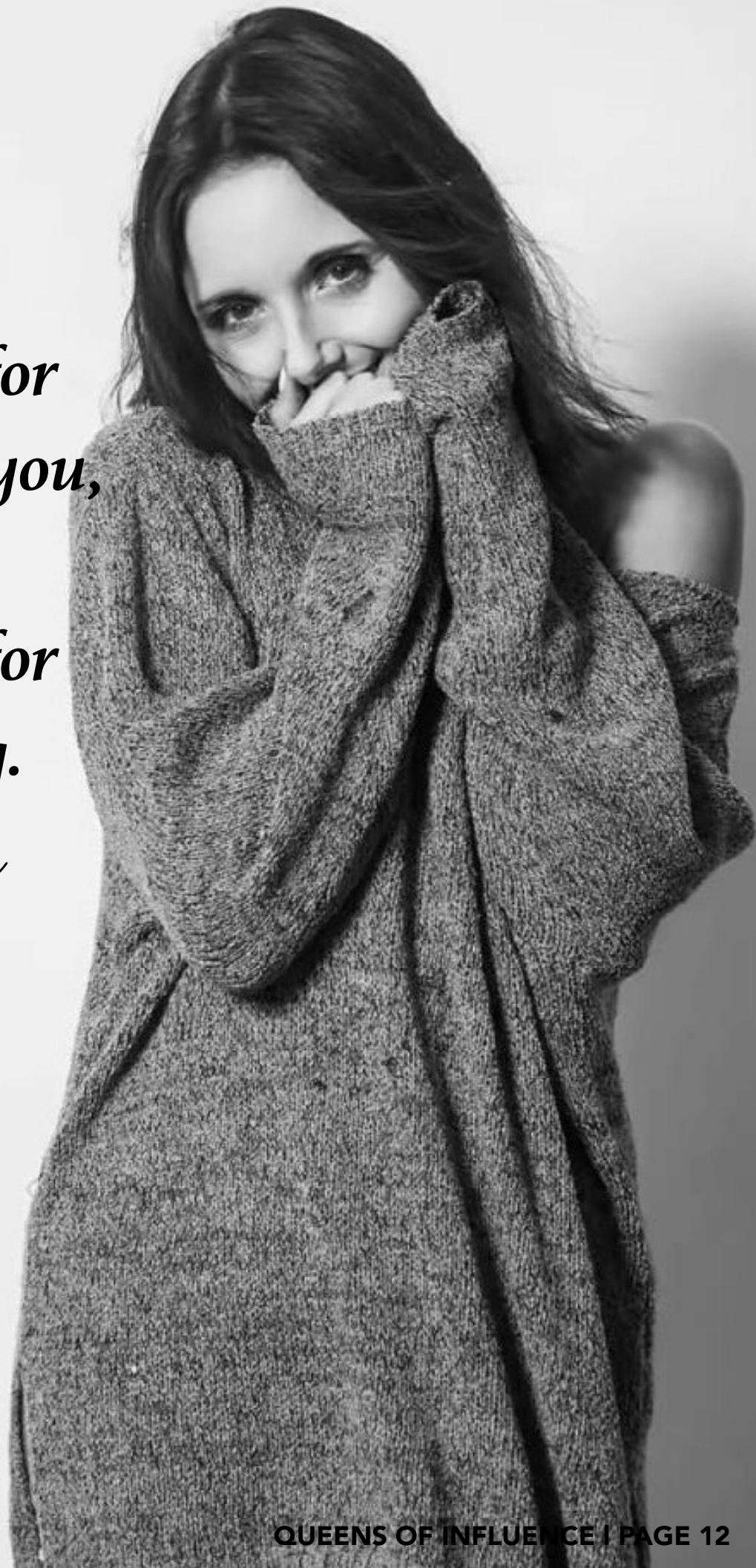
## ***What Being a Queen of Influence Means to Her***

***“It means more than just wearing a crown,” Cay-Lee says. “It means being a Queen that fixes every other Queen’s crown. It means using your voice for the stuck, the scared, the silent. It means showing women that they will make it through and they are strong.”***



*You are not  
responsible for  
what broke you,  
but you are  
responsible for  
your healing.*

*-Queen Cay-Lee*



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# CELEBRATING SMME QUEENS

“

*Queens in SMMEs are not just building businesses, they're building legacies, creating jobs, and turning local business into global empires.*

# *Queen*

**MURENDENI  
MUKWEVHO**

*Redefining Power,  
Purpose, and  
Profit in South  
Africa's Emerging  
Economy.*



***In South Africa's dynamic entrepreneurial landscape, Queen Murendeni Mukwevho stands out as a commanding figure a leader whose cross-sector influence is matched by her deep commitment to sustainable development and social innovation.***

Hailing from Thohoyandou in Limpopo, Queen Murendeni brings technical precision to every venture she touches. With a formal background in electrical engineering, she made a calculated entry into the business world, quickly establishing MDT (Pty) Ltd, a company with active interests in both construction and food services. Her work reflects not only a strong entrepreneurial vision but also a sharp understanding of infrastructure and essential service delivery—areas key to long-term economic growth.

Beyond business, Queen Murendeni has strategically diversified her portfolio. As a certified bee farmer, she operates in a niche agricultural space that addresses both environmental sustainability and economic inclusion.

Her work contributes to the broader conversation on climate-resilient farming and food security in Southern Africa—positioning her at the intersection of innovation and impact.

Her leadership extends into the social development sector through her role as an Activate Change Driver, a recognized network of young South African leaders committed to transformation and equity.

Here, Queen Murendeni is leveraging her influence to drive conversations around community upliftment and sustainable change.

Simultaneously, she has cultivated a strong personal brand as a life coach, influencer, model, and brand ambassador—expanding her influence into media, mentorship, and lifestyle leadership. Her ability to bridge boardroom strategy with public engagement has made her a sought-after voice for empowerment, especially among women navigating traditionally male-dominated industries.

What distinguishes Queen Murendeni is her capacity to align diverse pursuits with a unified purpose: long-term impact. Whether she's managing construction projects, cultivating bees, or coaching aspiring leaders, her work is defined by clarity of vision, operational excellence, and strategic growth.

In an era that demands multidimensional leadership, Queen Murendeni Mukwevho is setting a precedent—proving that innovation, influence, and integrity are not mutually exclusive. She is not only shaping sectors—she is shaping the future.

*Queen*  
**NELILE  
LUKHELE**

*Bottling African  
Identity into a  
Luxury  
Fragrance  
Brand.*



**Queen Nelile Lukhele: In the evolving world of African entrepreneurship, few names carry the elegance, intention, and cultural depth of Queen Nelile Lukhele. As the Founder and Director of NEL Creations Scents, this Eswatini-born business leader is leveraging the power of fragrance to tell Africa's story—one scent at a time.**

Raised in Embelebeleni in Eswatini's Manzini region, Queen Nelile's journey began not in boardrooms, but along the dirt roads of her childhood where the scent of wildflowers collected during long walks from school sparked a deep and lasting fascination with the olfactory. Years later, that early curiosity would evolve into a fragrance house rooted not just in beauty, but in cultural preservation and empowerment.

### **Building an African Luxury Brand with Purpose**

Under her leadership, NEL Creations Scents has emerged as a brand that stands apart in a competitive fragrance industry. Each product is more than a luxury item—it's an intentional piece of African heritage. The brand's portfolio includes 12 signature scents: six for men and six for women, each named in siSwati to evoke emotion, memory, and identity.

### **Grounded in Faith, Driven by Legacy**

Queen Nelile attributes her resilience and clarity of purpose to her deep faith and strong family foundation. These pillars have supported her as she scales her business while maintaining a sharp focus on authenticity and impact.

Beyond the business, she has carved a significant role in youth and women empowerment, using her platform to mentor the next generation of African leaders. Her initiatives promote self-worth, cultural confidence, and entrepreneurial thinking particularly among young women and girls.

### **Scaling with Vision**

With a new fragrance range on the horizon, Queen Nelile continues to expand NEL Creations' footprint while staying firmly anchored in her mission. The upcoming launch promises to deepen the brand's storytelling and cultural resonance, reinforcing its place in the continent's growing luxury market.

Her vision is to establish NEL Creations Scents as Africa's leading luxury fragrance house—one that fuses elegance with heritage, commerce with culture, and beauty with purpose.

In a global market increasingly searching for authenticity, Queen Nelile Lukhele is delivering it: bottled, branded, and born of Africa. Through her leadership, NEL Creations isn't just selling fragrance; it's scaling identity, shaping narrative, and setting a new standard for what African luxury truly means.



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*Queen*  
**NOMONDE  
MSIKINYA**  
*The Pastry  
Queen Bringing  
Gourmet to  
Ekasi*



**In the center of South Africa's townships, where innovation meets culture and resilience stirs daily hustle, Queen Nomonde Msikinya is crafting a legacy one exquisite pastry at a time. As the founder of Nene\_Oona and a qualified pastry chef, Queen Nomonde is not just baking cakes; she's rewriting the recipe for township entrepreneurship with sugar, soul, and sophistication.**

What began as a simple love for food blossomed into an all-consuming passion for patisserie. "I studied culinary arts because I was a foodie," she reflects, "but somewhere along the journey, the colors and creativity of pastry captured my heart."

From then on, the sweet side of cuisine became her canvas and baking, her love language.

With over a decade of experience, Queen Nomonde has turned that passion into purpose. Through Nene\_Oona, she's providing handcrafted cakes for birthdays, anniversaries, and special moments, each infused with artistry and care.

But beyond the layers of ganache and sponge lies a deeper mission: to bring exquisite, high-quality pastries to ekasi, and to do so at prices that remain accessible.

***"I want to make someone's day extra special," she shares. "That warmth you get from a good slice of cake that's why I say baking is cheaper than therapy."***

But beyond the layers of ganache and sponge lies a deeper mission: to bring exquisite, high-quality pastries to ekasi, and to do so at prices that remain accessible.

Her journey from culinary student to business founder stands as a testament to the transformative power of purpose.

And though Nene\_Oona is still a small business, Queen Nomonde dreams boldly of growth, growth that not only expands her enterprise but inspires other township queens to rise and reign in their own right.

With each swirl of buttercream and every handcrafted detail, Queen Nomonde Msikinya isn't just decorating cakes she's decorating dreams, creating joy, and proving that sometimes, the sweetest success stories rise from the most humble ovens.

*Queen*  
**SENDRA  
LEKALA**

*From Vision to  
Venture with  
LadiesHub.*



**In our current world, commerce often overlooks the real heartbeat of women's needs, Queen Sendra Lekala has carved out a space that is both personal and powerful.**

As the founder and CEO of LadiesHub, a proudly South African brand launched in 2021, she's created more than a business—she's built a movement rooted in femininity, accessibility, and entrepreneurial purpose.

Raised in South Africa and deeply connected to the everyday woman's journey, Queen Sendra envisioned LadiesHub as a trusted destination a true "hub" where women could find products that not only meet their beauty and lifestyle needs but reflect their worth.

From roll-on perfumes and hand lotions to lip glosses, socks, and scent essentials, LadiesHub curates quality with care, making self-care both stylish and affordable.

But make no mistake: this empire is about more than lip gloss and lotion. Queen Sendra's impact goes beyond the shelf.

As a qualified assessor, facilitator, and entrepreneur, she brings a powerful blend of skills that positions her brand as both a product supplier and a platform for empowerment.

Through strategic support for resellers many of whom are women starting from the ground up LadiesHub is a launchpad for small-scale enterprise, giving women tools to earn, grow, and build independence.

"Ladies" in the brand name represents every woman, bold, hardworking, and deserving of quality. The "Hub" reflects a central space where value, opportunity, and style meet. This vision has redefined beauty to be more than aesthetic it's about confidence, identity, and financial agency.

Now a growing female-led brand, LadiesHub thrives not only through product sales but through purpose.

At the helm, Queen Sendra leads as a mentor, speaker, and visionary proving that true beauty lies in building others while building yourself.

In a market cluttered with products, Queen Sendra Lekala stands out by offering possibility. Because for her, empowering women isn't just good business It's her royal duty.

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# QUEEN CATHRINE PHIRI: WEAVING WORLDS, ONE STORY AT TIME



# *AUTHOR, DREAMER & QUEEN OF LITERARY INFLUENCE.*

Readers are always on a search of stories that stir the soul and ignite the imagination, one queen has answered that call with grace, grit, and an undeniable gift for storytelling , Cathrine Phiri.

Author, visionary, and founder of Talking Books with Catt, Cathrine has emerged as a force in the literary space, penning emotionally rich and thought-provoking novels that continue to captivate readers across the globe. With titles like *His Destroyer*, *Married at 16*, *Bestowed by the Gods*, and *Zendaya*, her writing delves into love, betrayal, triumph, and the nuances of womanhood , all woven together with authenticity and heart.

But Cathrine is more than just an author. She's a book lover turned changemaker, whose passion for reading evolved into a purpose: to create stories that not only entertain, but also empower and uplift.

Her platform Talking Books with Catt is more than an online show , it's a safe haven for fellow bibliophiles and aspiring writers, a space where African literature is celebrated, and diverse voices are amplified.

Off the page, Cathrine is an explorer of taste and culture, often indulging her love for discovering new restaurants while growing an ever-expanding personal library. But it is in the quiet moments , a pen in her hand, a world unfolding in her mind , where her true royalty shines.

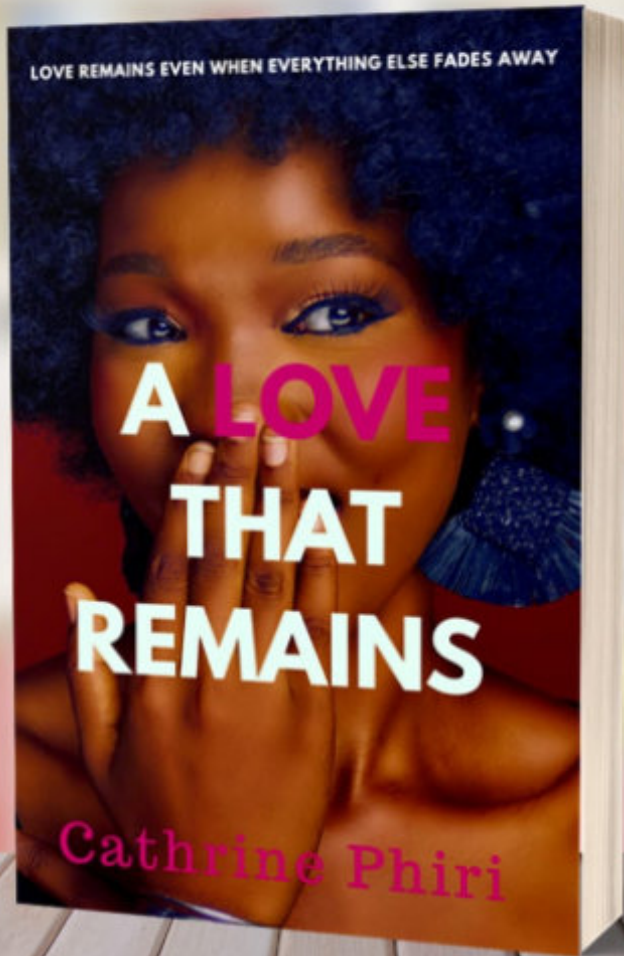
Cathrine's dream is simple yet powerful: to make the world smile , one novel at a time. And with every chapter she writes and every conversation she sparks, she is doing just that. As a Queen of Influence, Cathrine reminds us that storytelling is not just an art it's a calling, a revolution, and a legacy.

*Stories shape us.  
They can either cage  
us or set us free.  
I choose freedom  
through every page  
I write.*

*-Queen Catherine*



# A LOVE THAT REMAINS



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**CROWNED  
FOR A PURPOSE:**  
THE UNSHAKABLE JOURNEY  
OF QUEEN MATHAPA MAAKE

# FROM HEALING TO HELPING, FROM SCARS TO SOVEREIGNTY

In the heart of Modjadjiskloof, on a modest farm with no luxury but plenty of love, a Queen was being formed long before she ever wore a crown. Mathapa Maake, known affectionately in her childhood as “Mmasebotsana”, grew up walking dusty paths to school, surrounded by the gentle embrace of her grandparents and the warmth of affirming words from a stranger at the bus stop who saw her light before she could see it in herself.

That name, Mmasebotsana, meaning “beautiful girl,” became a quiet prophecy, a whisper of destiny in the ears of a young girl who dreamed of becoming a beauty queen. But life had other plans before the crown.

A painful skin condition emerged, robbing her of confidence and connection. Covered in sores and bandages, her legs bore the physical manifestation of an internal battle, one she would fight in silence for years..

“I went from doctor to doctor,” she recalls, “but nothing helped.” The stares, the fear of infection from classmates, and the emotional weight could have broken her. But healing came not from medicine, but from a moment of divine intervention.

Mathapa’s resilience is more than physical, it’s spiritual, emotional, and deeply purposeful. She re-entered the world of pageantry with grace, even when scars remained. In 2022, she returned to modeling and now reigns as Mrs Limpopo Province 2025, not just as a titleholder, but as a torchbearer for hope and transformation.

## **More Than a Crown, A Calling**

Driven by the fire of her own experiences, Mathapa founded Purpose Ablaze NPC, a non-profit igniting passion and purpose among youth. “If we raise our young ones to live intentional and purpose-driven lives, we build a better tomorrow,” she says with conviction.

Her initiatives, distributing school uniforms, stationery, and sanitary pads, are more than charity. They are confidence boosters, affirmations of worth for children who, like her younger self, may be waiting for someone to see them.

Her journey is also entrepreneurial. Outside her 7–4 job, she leads Leamat Group (Pty) Ltd, a multi-division business encompassing events, farming, and construction.

Anchored in Ecclesiastes 11:2, she lives by the principle of diversified purpose, preparing for the future while sowing seeds today.

But above all, Mathapa is fueled by a scripture that shapes her mission:

*Acts 20:24 — “But none of these things move me... so that I may finish my race with joy, and the ministry which I received from the Lord Jesus.”*

**Her Crown is Purpose. Her Platform is Grace.**

Today, Queen Mathapa stands as living proof that brokenness does not disqualify destiny. That scars can shine. That the same girl once wrapped in bandages now wraps communities in love, dignity, and purpose.

In her words, “We are all sent to earth with a purpose and our purposes complement each other. Ignited together, we stand to make our world a better place.”



“

*The world may try to dim your shine, but when God ignites your purpose, no darkness can hold you.*

*-Queen Mathapa*





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**NAZIYA SHABEERALI:**

*A Queen Rooted in Healing*



# ADVOCATE NAZIYA SHABEERALI: A QUEEN ROOTED IN HEALING

The world is racing toward quick fixes and commercial wellness, Advocate Naziya Shabeerali chose a different path, one that leads back to the roots, to nature, and to ancient wisdom.

As a dedicated lawyer with a deep reverence for holistic healing, Naziya is the soul behind Shatavari, a sanctuary born from purpose, not profit.

Together with her partner, Aasif, a businessman with vision and heart, Naziya co-founded Shatavari not as a brand, but as a movement. Their mission?

To revive the authentic essence of Ayurveda pure, effective, and spiritual untouched by modern-day shortcuts.

***This was no overnight venture. Months were spent in rigorous research, visiting sacred locations, and consulting with traditional Ayurvedic masters.***

Their efforts led them to a tranquil, untouched land—a space where healing could flourish in harmony with nature. That's where Shatavari took root, grounded in peace, integrity, and intention.

At Shatavari, quality is never compromised. Every herb, every practice, and every experience is curated with devotion and depth. Naziya's legal background strengthens the foundation of Shatavari with structure and accountability, while her passion ensures that it remains deeply human and heart-led.

But Shatavari is more than a healing center—it is a global call to return to balance, to honor our bodies, and to heal with purpose. Under Naziya's guidance, it has become a beacon for those seeking vitality, peace, and reconnection with their inner selves.

**“Shatavari is not a business — it's a commitment to every soul seeking wholeness.”**

In a world that often forgets the power of ancient knowledge, Queen Naziya reminds us: true influence doesn't shout—it heals, uplifts, and transforms from within.



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“

*Winter isn't a  
season to survive it's  
a runway to reign.*



“

*A queen doesn't  
bundle up, she layers  
with intention,  
elegance, and edge.*



“

*When the temperature drops, her presence rises, elegance is her warmest armor.*



“

*Power dressing  
doesn't pause  
for the cold. It  
evolves with  
coats that  
command and  
jackets that  
speak.*





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# YOUNG QUEENS OF INFLUENCE

“

*I had no  
experience,  
just courage  
and that was  
enough to win.*  
*-Grace Turner*



# YOUNG QUEENS OF INFLUENCE



## A CROWNED SPIRIT IN MOTION

At just 15 years old, Grace Turner is already becoming a powerful name in the world of modelling and pageantry. Born and raised in the picturesque town of Warner Beach on the south coast of KwaZulu-Natal.

Grace embodies the strength, grace, and resilience of a young queen who knows who she is and what she's destined to become.

Grace's journey into pageantry began with a spontaneous decision in 2019. At the age of 9, without any prior experience, she entered a small-town pageant on a whim, and won. That defining moment sparked a deep love for modelling and set her on a path that continues to shine brightly.

Since then, she has earned multiple titles, including Miss Teen Umhlanga KZN 2nd Princess, Miss Teen North Coast KZN 2nd Princess, and has been a finalist in prestigious competitions such as Miss Inspire SA and Miss South of the Equator.

Her star recently shone on an international stage when she represented South Africa in EgBut Grace is more than her titles. She is a passionate competitive dancer, a vibrant part of her school's musical and cultural teams, and a young woman who thrives on embracing new experiences. Whether she's performing under the spotlight or simply enjoying quality time with friends and family, Grace leads with authenticity and joy.


"Ever since that day, modelling and pageantry has always been something that I have wanted to do." Despite her growing success, Grace remains deeply rooted in gratitude and grounded in values that extend beyond crowns and stages. She finds joy in shared moments — from weekends in the mountains to quiet nights with loved ones. For Grace, influence is about being present, staying humble, and letting passion pave the way forward.

**"Being with them is all that matters."**

As she continues to rise, Grace Turner reminds us that age is never a limit — and true queens are those who dance boldly, dream freely, and live fully.

# QUEENS OF INFLUENCE



“*Congratulations*  **Queen Pearl Mathebula**

MISS TEEN MODEL INTERNATIONAL 2025

*THANK YOU FOR FIXING THE COURAGE SEGMENT OF  
OUR CROWNS AND FOR BEING AN INSPIRATION FOR  
YOUNG PEOPLE IN SOUTH AFRICA.*



# YOUNG QUEENS

# OF INFLUENCE

In a world where potential often hides in the shadows of limited opportunities, Young Ideas Modeling Agency (YIMA) is lighting the path for young girls from disadvantaged communities.

Founded by the visionary Queen Patricia Baloyi,

YIMA is more than an agency, it's a movement to

transform dreams into reality for girls as young as five, offering them the tools and platforms to rise into the global spotlight.

## Discovering Hidden Talents

Based in Nghomunghomu village under the Collins Chabane Local Municipality, YIMA is built on Patricia's belief that talent thrives in even the most underserved areas. "There are best skills hiding down there," Queen Patricia shares, "but they're overshadowed by lack of knowledge."

Through structured training programs and pageantry competitions, YIMA provides young girls with a stage to showcase their brilliance and pursue crowns like Miss Limpopo, Miss SA, Miss Universe, and beyond.

A Platform for Queens in the Making

YIMA's programs emphasize skill-building, confidence, and self-expression. Girls learn everything from poise and public speaking to the intricacies of competition preparation. With local pageants already underway, Patricia's ultimate dream is to see crowns of international renown return to the very villages YIMA serves.

***YIMA is about giving young girls the knowledge, courage, and support they need to step into their greatness.***

***Under Queen Patricia Baloyi's leadership, YIMA continues to prove that with the right guidance, even the smallest villages can produce the world's brightest stars.***



# YOUR LIVER, YOUR LIFELINE

## *What Every Queen Should Know* ABOUT HEPATITIS

**QUEEN JOYCE SELESHO**  
*(Professional nurse & Specialist)*

### **One life. One liver. That's all we have.**

And yet, many queens walk through life unaware of just how vital their liver is or how silently Hepatitis can damage it until it's too late.

Every year on 28 July, the world observes World Hepatitis Day, a powerful call to action to raise awareness of viral hepatitis and to promote prevention, testing, and treatment. This year's theme, "One Life, One Liver," urges us to pause and protect one of the most essential and often overlooked organs in our bodies.

As we mark this global health day, Queens of Influence is calling every woman to reclaim her health by paying attention to the signs her body gives her and to prioritize liver wellness as a foundation of total well-being.

### **Why Your Liver Deserves the Royal Treatment**

Your liver is one of the hardest-working organs in your body. It filters toxins, processes nutrients, balances hormones, stores energy, and even helps your body fight infections. But when Hepatitis a group of viral infections , attacks, the damage can be life-altering or even fatal.

In Africa, particularly among women, Hepatitis B and C continue to spread silently and without awareness, often only discovered when symptoms are severe or chronic damage has occurred.

**"Your liver is your lifeline. Without it, your body cannot thrive — no matter how healthy you look on the outside."**

### **Hepatitis in Women: The Silent Threat**

Hepatitis B and C are often called "silent infections" because symptoms can take years to appear. For many African women, poor access to healthcare, stigma, or lack of education about testing and prevention puts them at higher risk.

### **Here's what every queen should know:**

Hepatitis B is preventable through vaccination.

Hepatitis C is treatable, often curable with early diagnosis. Many women unknowingly pass Hepatitis B to their children during childbirth.

Untreated hepatitis can lead to liver cancer, failure, or cirrhosis.

## From Silence to Awareness

Too often, discussions around liver health are overshadowed by louder diseases. But Hepatitis is a global epidemic — especially in sub-Saharan Africa. And yet, women continue to suffer in silence due to:

- **Stigma around chronic illness**
- Lack of culturally relevant health education
- Minimal testing during prenatal care
- Overburdened public healthcare systems

Now is the time to change that.

***“We cannot empower queens without empowering them to protect the very organs that keep them alive.”***

## The Hidden Cost of Poor Liver Health

What does an unhealthy liver look like? The signs are not always dramatic, but they are dangerous if ignored:

- Fatigue or brain fog that won't go away
- Dry, itchy, or yellowing skin (jaundice)
- Mood swings, depression, or anxiety
- Swollen belly, nausea, or loss of appetite

**These symptoms can mimic everyday stress but they may be your body's cry for help.**

## 5 Things Every Queen Can Do Today

- Get tested for Hepatitis B and C, especially if you've never been screened before.
- Ask your doctor about the Hepatitis B vaccine.
- Educate your circle. Share facts, not fear.
- Choose safe hygiene practices — avoid sharing razors, needles, or unsterilized tools.
- Listen to your body. Chronic fatigue or strange skin changes? Don't ignore them.

## Your Influence Begins With Your Health

As a queen, your body is your temple and your liver is the gatekeeper. Protect it. Honor it. Nurture it. Speak about Hepatitis. Get screened. Encourage other queens to do the same. Because one life, one liver is more than a theme, it's a truth we must carry forward.

Let's break the silence and protect our power one queen at a time.

## A Final Word for Every Queen

You don't have to be a doctor to make a difference. You just need the courage to care. Share this message in your home, your WhatsApp groups, your churches, and your communities. When one queen takes charge of her health, she lights the way for others.

Hepatitis may be silent, but your voice doesn't have to be.

Let's  
**break it**  
down.



Like millions of people,  
you may have hepatitis  
but not know it.

Get the facts. Get tested.



World  
Hepatitis  
Day *28 July*

#WorldHepatitisDay  
[worldhepatitisday.org](http://worldhepatitisday.org)

“

*Don't let fear  
become your  
language, let  
purpose speak  
louder.*

**SOUL TO  
SOUL  
CONVERSATIONS**

## ***"My Dreams Are Big—But My Confidence Feels Small"***

**Dear Queen TK,**

***I know I'm called for more, but fear is louder than my faith some days. How do I keep moving anyway?***

***Lately, I've been waking up with a restlessness I can't shake. I have dreams that stretch far beyond where I am right now — dreams that involve purpose, impact, and walking in my full potential. But even as I envision this future, I often find myself paralyzed by doubt. Will I ever be enough? Do I have what it takes? It feels like my heart is bursting with vision, but my feet are stuck in hesitation. I don't want to settle, but sometimes the fear of failure makes me freeze. How do I keep showing up for a dream that sometimes feels too big for me?***

**— Queen Nobuhle**

My beloved queen,

First, let me remind you: you're not alone. The path to greatness is rarely quiet, and the noise of doubt is often loudest right before breakthrough. But that voice whispering "there's more for me"? That's your truth. And truth always deserves the final say.

I know what it feels like to sit between bold dreams and a trembling heart. I've been there.

Some days I wore my crown confidently, and other days I questioned if I even deserved one. But here's what I've learned:

Your dream doesn't require perfection—just movement.

You don't need to have it all together to take the next step. You just need to be willing to move while afraid. Confidence is not the absence of fear; it's the decision to go forward anyway.

**Faith grows when it's exercised.**

You say fear is louder than your faith but faith is a muscle. It strengthens every time you speak over yourself, show up for your vision, or refuse to quit. Let your small acts become big wins. One bold decision at a time.

**You're already more than enough.**

The fact that you're dreaming bigger is already proof that something powerful is awakening in you. Don't wait until you "feel ready" start where you are. Your voice, your light, your presence is needed now.

**Even queens cry behind the curtain.**

Let's be honest, confidence doesn't always roar. Sometimes it whispers, "Try again tomorrow." And that's okay. Give yourself grace on the days your light feels dim. What matters most is that you don't stop showing up for your calling. You were made for this even if it takes time to believe it.

***"The most powerful queens aren't fearless, they're faithful, even when fear knocks on the door." So write the book. Apply for the role. Launch the business. Ask the question. Say the prayer. Take the step. And if your voice shakes while doing it? So be it. Shake your way into your next level.***

With all my love,  
Queen TK

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# BEYOND

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## THE BANK ACCOUNT

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*Turning Passion into  
Profits Boardroom*

**Every queen has a gift. Whether it's creating, teaching, healing, designing, or leading, your passion is powerful. But passion alone won't build wealth. The true power lies in transforming that passion into sustainable income. It's time to stop shrinking for the sake of comfort and start building for the sake of legacy.**

### **1. Know Your Worth, Then Add Tax**

Underpricing is one of the biggest reasons women-owned businesses struggle to scale. Too often, we fear charging what we deserve because we don't want to scare people away. But here's the truth: your energy, experience, and excellence are valuable. Charge based on the transformation you offer, not just your time. If you're unsure where to start, research market rates and confidently stand in your value.

### **2. Package the Passion**

A scattered offering confuses potential clients. Packaging is not just about aesthetics, it's about clarity. Create signature services or product lines that align with what your ideal customer needs. Give each offer a name, clear benefits, a price, and a call to action. Whether you're a wellness coach, artist, or tech founder, structure brings profit to your purpose.

### **3. Market Like a Queen**

Visibility builds trust. People can't buy what they don't know exists. Develop a strong brand presence—online and offline. Use social media to share not just what you do, but why you do it. Storytelling, testimonials, behind-the-scenes content, and consistent messaging help build an emotional connection with your audience. Own your narrative.

### **4. Set Up Systems for Success**

Real queens don't hustle endlessly—they automate. Invest in tools that help streamline your business:

Invoicing platforms like Wave or PayPal

Booking tools like Calendly

Email marketing with Mailchimp or Flodesk

Project tracking via Trello or Notion

These systems save time, reduce stress, and make your brand look professional. More structure = more space for creativity and scaling.

### **5. Monetize Multiple Streams**

Never rely on one income source. Your passion can evolve into multiple profitable streams:

Turn your service into a downloadable eBook or course

Offer mentorship or consulting

Host paid masterclasses or retreats

Sell merchandise or branded products

Explore affiliate marketing and passive income options

Diversification isn't just smart—it's survival.

### **6. Shift Your Money Mindset**

Many women were raised to be modest about money, told that ambition equals arrogance. It doesn't. Money is not dirty or greedy—it's a tool for freedom, choice, and impact. You deserve to earn well doing what you love. Invest in financial education, track your numbers, and dream bigger without guilt.

# QUEENS

OF INFLUENCE



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# **THE ACHE THAT SPEAKS: WHEN PHYSICAL PAIN IS EMOTIONAL**

*Understanding how trauma, stress, and unprocessed emotion show up in the body.*



THE WAKE  
UP *Call*

*Have you ever experienced neck tension that won't go away, unexplained back pain, or chronic fatigue despite being physically healthy? The body has a language of its own. And sometimes, pain isn't just physical it's emotional.*

### **When the Body Becomes a Messenger**

Stress, grief, fear, and trauma don't simply vanish if we ignore them. Instead, they find refuge in our muscles, organs, and nervous system. Unprocessed emotions can become physical symptoms, what many now call "somatic pain".

Neck and shoulder tension? Often linked to emotional burden and carrying the weight of others.

Lower back pain? Connected to feelings of financial insecurity or lack of support.

Stomach issues? A sign of anxiety, overwhelm, or fear of "digesting" difficult emotions.

### **The Science Behind It**

The nervous system doesn't differentiate between physical and emotional danger. When trauma or chronic stress isn't resolved, the body stays in "fight or flight" mode. Over time, this hypervigilance wears down the immune system, inflames muscles, and disrupts hormones, leading to chronic illness and pain.

## **HEALING THE UNSEEN WOUNDS**

### **Acknowledge the Connection**

Understand that your body isn't betraying you it's communicating. Instead of numbing or silencing the pain, ask: What am I holding onto? What needs to be healed emotionally?

### **Therapy and Somatic Work**

Modalities like trauma-informed therapy, EMDR, somatic experiencing, or breathwork can help release stored emotional pain from the body.

### **Gentle Movement & Stillness**

Yoga, stretching, dance, or even mindful walking can help reconnect you with your body. Pair this with rest, journaling, and stillness to help emotions surface and settle.

### **Speak, Cry, Scream—Feel**

Allow yourself to express. Suppressed emotion is like pressure in a bottle, eventually, it erupts as physical distress. Releasing emotions is not weakness; it's wisdom.

### **Your body is not the enemy.**

It's a loyal companion, alerting you to what your heart may not yet be ready to say. Listen. Honor it. Heal, not just from the outside in, but from the inside out.

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# CONTRACTS OVER CONVERSATIONS: PROTECTING YOURSELF IN VERBAL AGREEMENTS



*Why handshakes  
and DMs aren't  
enough and how  
to put it in writing.*

*In a world where “Let’s work together” is just a DM away and business deals can start over coffee chats, many women, especially creatives, freelancers, and entrepreneurs, enter agreements without formal paperwork. But here’s the truth: verbal promises don’t pay bills. If it’s not in writing, it doesn’t count.*

### **The Problem With “Just Talking”**

Verbal agreements can feel convenient, especially when working with people you trust. But the reality is, when things go wrong and they often do it becomes your word against theirs. Memories fade, interpretations vary, and without a clear, written contract, you’re left vulnerable.

Whether it’s a partnership, a performance gig, freelance work, or a business collaboration, clarity protects everyone.

### **THE DM Dilemma**

Messaging apps like WhatsApp, Instagram, or email are not contracts. While they can offer proof of conversation, they rarely include the full scope of responsibilities, timelines, payment terms, or exit clauses. Miscommunication is common—and costly.

### **How to Put it in Writing (Like a Queen )**

#### **1. Use a Simple Agreement Template**

There are free, customizable templates online for everything from service contracts to NDAs. Platforms like HelloSign, DocuSign, or Canva Docs make it easy to draft and sign digitally.

#### **2. Always Include the Basics:**

- Scope of work
- Deadlines or timelines
- Payment terms and methods
- Intellectual property and ownership
- Cancellation or breach clauses
- Signatures from both parties

#### **3. Send a Recap Email After Meetings**

If a verbal agreement is made in person or over the phone, follow up with a clear email summarizing the discussion and asking for confirmation in writing.

#### **4. Say This With Confidence:**

"I’d love to move forward, let me send over a quick agreement so we’re both protected."

This isn’t being difficult, it’s being professional.

### ***Protecting Your Peace and Your Power***

***Contracts aren’t just legal documents, they’re boundaries in writing. They protect your time, your talent, and your future. Every queen building her empire needs to know: loyalty is earned, but protection is signed.***

# EXPLORE & EAT IN CAPETOWN THE TEST KITCHEN FLEDGELINGS



# THE TEST KITCHEN

## CAPE TOWN'S CULINARY CROWN

In Cape Town's vibrant Woodstock district, The Test Kitchen, founded by culinary visionary Luke Dale-Roberts, became the heartbeat of African fine dining.

Opened in 2010 inside the Old Biscuit Mill, this 30-seat gem consistently graced the World's 50 Best Restaurants list and redefined dining as performance art

### **A Dining Experience Like No Other**

The journey begins in the intimate Dark Room lounge, moody, mysterious, serving global-inspired small plates and transitions through to the Light Room, where theatrical open-kitchen action unfolds. Expect playful multi-sensory elements: your table might move mid-meals, dishes may arrive foraged or eaten untraditionally.

### **Global Inspiration, Local Soul**

Luke infused the menus with local South African ingredients, springbok, kingklip, seasonal vegetables, while merging Scottish, Korean, Indian, Ethiopian, British, and Mauritian influences.

Each tasting menu course celebrates creativity, precision, and deep cultural resonance.

### **Legacy of Excellence**

Winner of American Express Restaurant of the Year (2020) and multiple national awards, The Test Kitchen set a new standard not just in South Africa but on the global stage.

Though it closed in September 2021 after 11 transformative years, its imprint endures, through its sister venues: The Test Kitchen Fledgelings and The Pot Luck Club, continuing the legacy of innovation and mentorship.

### ***Final Slice of Inspiration***

***The Test Kitchen wasn't just a restaurant—it was a movement. It taught us to marry creativity and culture, to mentor the next generation, and to never settle for ordinary. For queens across Africa, it offers a powerful template—for food, for business, for leadership.***

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Join  
The Queens of Influence  
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# *Solo But Sovereign:* Empowering Journeys for Queens Who Lead

Location Feature: Zanzibar, Tanzania



In the the Indian Ocean, where the warm breeze carries stories of strength, survival, and sovereignty, lies the magical island of Zanzibar a place where women are reclaiming their power, one solo step at a time.

Far from just a tropical paradise, Zanzibar is becoming a symbolic destination for Queens who lead. It's here, along the spice-scented streets of Stone Town and the rhythmic waves of Nungwi Beach, that women are redefining what it means to walk alone — not in loneliness, but in leadership.

### **The Power of Going Solo**

In many African cultures, the narrative of a woman's success is often tied to her role in community or family. But across the continent and especially here in Zanzibar a new archetype is emerging: the Solo Queen. She is a woman who journeys alone, not because she lacks support, but because she chooses to stand fully in her purpose.

These sovereign souls are trailblazers, innovators, entrepreneurs, and advocates. They travel alone to heal. They build empires from scratch. They lead social revolutions without needing validation. In doing so, they show that solitude isn't silence it's strategy.

### **Real Movements Empowering Women in Zanzibar**

Zanzibar is home to several grassroots and NGO-led initiatives that uplift and empower women through education, health, entrepreneurship, and creative expression. Organizations like Zanzibar Women's Development Association (ZAWODEA) and Tanzania Media Women's Association (TAMWA) work tirelessly to promote gender equality, economic independence, and rights awareness for women across the islands.

Additionally, platforms such as Sauti za Busara, East Africa's iconic music festival, amplify the voices of female performers and cultural leaders from across the continent. These programs provide real opportunities for women to rise, lead, and tell their stories on their own terms.

### **Leading with Grace, Not Permission**

To lead solo is to lead with grace without waiting for permission. It's standing tall in boardrooms, courtrooms, classrooms, or open markets, knowing that your voice matters. It's being the first in your family to travel abroad, to launch a business, or to choose healing over hustle.

Across Zanzibar and East Africa, more women are embracing this sovereign path — choosing personal growth, purpose-led travel, and solo leadership journeys as acts of resistance and rebirth.

### **You Don't Need a Crown to Be Royal**

Being a queen isn't about how many follow you. It's about how fiercely you follow your calling. Whether in the bustling heart of Lagos or the serene shores of Zanzibar, African women are taking up the space they were told they had to shrink to fit into.

***Solo doesn't mean you're alone. It means you've become your own compass.***

# FROM FIRST HOME TO FORTUNE:

Queens Who Invest in Real Estate



**For many women, owning a home is a dream. But for bold, visionary queens, it's just the beginning. Real estate has become one of the most powerful tools for financial independence and women around the world are stepping up, claiming their space, and building empires. Here's how you can start your journey from first home to fortune:**

### **1. Start Where You Are, With What You Have**

You don't need millions to begin. Many successful investors started with just one property, often their first home. Consider house hacking (renting out a room or section of your home) to help cover your bond. That income can help you save for your next investment.

### **Educate Yourself Relentlessly**

Knowledge is your greatest asset. Read books, attend local real estate workshops, follow investment podcasts, and connect with property queens already in the game. The more you know about property values, financing, legal terms, and market trends, the more confidently you'll invest.

### **3. Leverage Smartly**

Your home equity can be a stepping stone to more. Once your property builds value, consider refinancing to invest in another. Understand the risks, but remember: smart leverage can accelerate your growth if done strategically.

### **4. Think Long-Term Wealth**

Buy-to-rent is a solid way to build passive income. Whether it's student accommodation, holiday rentals, or family homes, the goal is consistency. Property isn't always a quick win, but it's a proven path to lasting wealth.

### **5. Collaborate with Other Queens**

You don't have to do it alone. Many women are forming real estate investment groups to pool resources and share knowledge. Together, you can access bigger deals and build stronger portfolios.

### **6. Stay Grounded in Your Vision**

Every queen's real estate journey is unique. Stay focused on your goals, whether it's securing your family's future, retiring early, or building generational wealth. Your "why" will carry you through market ups and downs.



# UPCOMING EVENTS

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**FEOC ANNUAL CONFERENCE &  
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**30 AUGUST 2025**

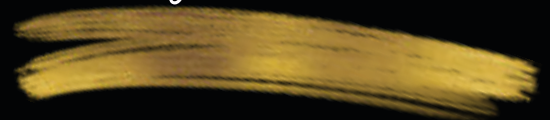
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