



EXPERIENCE



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CURRENT:

Full time freelancer, Event host/MC, Podcast/Vodcast host, Host of several television and radio shows, Media trainer

As a journalist and news anchor on both television and radio over the past 28 years, I have played various roles on and off air. They range from news anchor/editor to talk show host on programmes that were both news and lifestyle related. I have interviewed people and experts on various topics and am therefore able to use my skills to deal with any situation and have been described as a “people person”! I am now concentrating

TELEVISION

ETV News Anchor - ENews Channel 2008-2010
eNCA Senior Prime Time News Anchor - 2013-2021 (August)
Host of the Health Focus - eNCA 2020
Host of Health Matters on eTV and eNCA – two seasons
Host of Medical Matters on eTV and eNCA – one season
Rights and Recourse - Presenter – SABC 3
2006 – 2007
Host of Great Expectations – ETV 2011-2016

RADIO

Freelance stand in talk show host on Talk Radio 702 - current
Talk Radio 702 Breakfast News 2011-2013
94.7 Afternoon Drive Anchor 2005- 2008/11
Talk Radio 702 Reporter & Afternoon Anchor 2002-2005
East Coast Radio Morning News Anchor & Co-host 2001-2002
SABC Radio - Anchor Newsbreak - Lotus FM 1999-2001
SABC Radio - Reporter & Producer Newsbreak (Current Affairs) - Lotus FM 1996 – 1999





on content such as Health and Wellness, Parenting/Relationships as well as Consumer/Finance, Food/Hunger, Women Empowerment and Climate Change. I've also hosted/moderated webinars, conferences and symposiums with both local and international experts and government representatives. I have hosted various book launches and have provided media training to individuals and groups in the corporate environment.

EDUCATION

National Diploma - Journalism (Technikon Natal)
Trainee Capital Radio KZN 1995

OTHER

Host - Discovery Foundation Awards - July 2022

Moderator - panel discussion on "Feeding the Nation" at the Director's Event - June 2022

MC and moderator - Climate Change symposium for NGO Indalo Inclusive in March 2022 which included international experts and various government representatives both local and international. It was a hybrid event.

Host - the first ever conference for the Centre for Tobacco Control in Africa in October 2021 which included international speakers and guests. It was an online event which went over three days.

Host - product launch for Discovery's Vitality 65+ programme in August 2020. The event featured various experts and fitness/health ambassadors such as Bruce Fordyce. It was an online event.

Host - book launches for Dan Moyane and Joanne Joseph in 2021

Host – ESRI South Africa's first ever launch of Women in GIS event – August 2022

I have written monthly blogs for Ist for Women's Fearless Women series from August 2021 – February 2022

Guest judge and Media Mentor on Reality TV show Fashion Hero – February 2022





Host of “Your Health with GEMS” community radio features

A Health and Wellness podcast series for BRANDMED for their Syntro-P Wellness App 2022/2023

A Vodcast series for phone brand OPPO’s “Live Beyond Series) - current

MEDIA TRAINING

I have done years of Media training in my personal capacity and have partnered with various PR/Media agencies:

Meropa – various clients

The Training Room - Various Interviews

Assegai & Javelin KZN - Various clients

MMI – Various groups

JSE – Various groups

Nala Media – Bushveld Minerals

AceCubePR – Promise Agency

AceCubePR – GIZ (Germany’s leading provider of international cooperation services) on Communicating the Just Energy Transition

VOICE OVERS

Various voice overs from 2005 – current

CREATIVE WORK

Written: Column Personal Finance
2006 – current





HUMANITARIAN WORK

COSMO Awesome Woman of 2007
Mail and Guardian – Book of SA Woman of 2007 / 2008

HUMANITARIAN WORK

Fundraising for Rise Against Hunger – to date nearly R600-thousand

Three successful Golf Days initiated and organized single-handedly in addition to various other events.

I currently sit on the council of the South African Professional Society on Abused Children (SAPSAC)