

THE FEATURE

JANUARY 2022

MAGAZINE

**SEEK OUT THE
BEST WAYS**
TO OPTIMIZE AND
REVITALIZE YOUR
HEALTH

**VALENTINE'S
GIFT IDEAS**
WAYS TO
CELEBRATE
LOVE

**TYPES OF
RESPONSIBLE
INVESTING**

**SEASON
GREETINGS!**

In
Business
With

Hesed Consulting
CEO

Vumile Msweli

Editor's Note



Season Greetings!

I hope everyone had a lovely festive season, and while you are about to dig into the new year, I just want to send you a very hearty New Year's wishes from everyone here at The Feature Magazine. As we have been known to do over the past year, this year we want to highlight some New Year's resolutions we have set out for this growing publication.

Although our resolutions have not changed at all, we once again resolve to growing with you and we wish you well with whatever you have planned or ambition to have for yourself this year. We are looking forward to expand and stretch ourselves a little bit further and constantly looking at ways in how we can be impactful to society.

On that note, on a personal level, if there's one thing I've come to realize is that we sometimes take time out to go and attend some errands, but very few times do we take time out to just reflect on ourselves, our lives where we are, what we want to do, and whether we are still in line with what we had set out that we want to achieve in that one life we got to live. So I want you this year make sure when you take leave from work, you completely switch off. Make sure when you are out of office you are actually in truly out of office. I'm challenging you to reset your mind in a way that you know you are looking after yourself.

What I have found is that you do that, you'll begin to discover a whole new self and begin to realize and come to have an understanding on the things that matter and on the things that don't matter anymore. And you'll begin to clean out your mind.

Always remember, you can't keep adding new goals when you cannot reflect on the ones you've put down before that you haven't achieved.

MIRIAM DUBE
Editor-in-Chief



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About Us

The feature is a magazine produced by a Non-Profit Organization founded by Miriam Dube.

The magazine's core business is to profile extraordinary people doing extraordinary initiatives in civic leadership, entrepreneurship, activism, and other sectors. With this, we highlight the course of their journey with the hopes of inspiring other young people to not lose hope, keep the resilience and further spark enthusiasm in others about self-development and education.

ADVERTISE IN OUR DIGITAL MAGAZINE

We publish a digital magazine that covers various topics aiming at empowering young self-driven individuals. Advertising with us will expose your product or services to a wide targeted audience. We operate within particular niches of the content creation industry, filled with emerging business people, consultants, influencers and hungry for services.

WHO ADVERTISE WITH US ALREADY?

Brands and non-profit organisations. Our goal is to give our readers access to the best products and services, and our relationship with them so far will ensure that your advertisements become effective

OUR GOAL FOR YOU

We are committed to building a positive relationships with our clients. You will not only be delighted by our services, but also impressed by how important we nurture your partnership with us. You can call us or email at anytime.



TESTIMONIAL

We would like to express our gratitude for your excellent coverage of our foundation (Letlhogonolo Modise's Foundation). The exposure gave our foundation an opportunity to raise awareness for World Stroke Day and to educate the community on strokes. Thank you to your journalist for writing on Letlhogonolo and her stroke survivor story. The journalist was able to give value to the audience. We appreciate your willingness and we look forward to future endeavors .

- LETLHOGONOLO MODISE FOUNDATION

Have a story? Write to us

This is your chance to share your thoughts, suggestions and ideas with us and other readers. connect with us on social media or send us an email on johannamolokomme@outlook.com



VUMILE MSWELI

She is an international speaker, an award-winning businesswoman
and the Chief Executive officer for Hesed Consulting



IN CONVERSATION WITH

VUMILE MSWELI

Above

Vumile Msweli

Photographer: StillsbyTom

Before starting Hased Consulting, Vumile spent time having conversations with colleagues and friends on various career-related topics and after learning about the gaps that exist within career coaching in corporate, Vumile was inspired by the idea to help businesses and professionals to cope with constant challenges they are faced with.

"PEOPLE WILL FORGET
WHAT YOU SAID.
PEOPLE WILL FORGET
WHAT YOU DID. THEY
WILL NEVER FORGET
HOW YOU MADE THEM
FEEL"

Early Life

I come from a small township Chesterville in Durban, South Africa. It is a humid beach town that is abuzz with a sense of community. I was raised by my mum and grandparents. I was especially close to my grandfather who was an entrepreneur. He was a kind, hardworking gentleman who always had time to be of service and supportive to others. I spent much of my childhood watching him build his business. I guess as an adult I am replicating what I grew up around as a child. I am a serial entrepreneur dabbling in personal services, education and retail.

I started my career at the contact centre at a private bank in South Africa. I recall being young, ambitious and naïve. I had a robust debate with the then founder and CEO. I challenged the status quo and gave a number of suggestions as to what I would do if I had the power to change things. Ever the calm and fearless leader the CEO pushed the ball back into my court and reminded me I had the power to change things. This challenge saw me working extra hours and the swift realisation that change isn't always left solely to leadership but also to every employee. My volunteering my time in this manner resulted in exposure to a highly influential client who advocated for me to get an opportunity to work for a large bank in Europe.

This reminded me to not despise small beginnings and seize opportunities without fear.

Starting Hased Consulting

My career journey began in banking from the contact centre and quickly accelerated to an executive role. Becoming a career coach was born out of my frustration in my corporate career, where I was an executive facing challenges and wanted a coach who looked like me and understood my struggles and not only empathised but understood what it was like to be an African female pursuing excellence whilst climbing the corporate ladder. There were gaps I identified in myself and I knew coaching could help close those gaps.

A career coach is an expert who has hundreds of hours aiding people to achieve the career goals as well as gain clarity on their career journey by equipping them with skills that help them overcome obstacles and succeed in their work.

So that is the service I have chosen to dedicate my time to. Supporting people in their career journey, overcoming obstacles, and having work that fulfils them.

About Hased Consulting

We are a pan-African organisation that specialises in career coaching, facilitates leadership; recruitment learning and development skills within a global context. There is a saying that says if hard work was the only requirement to be wealthy, every woman in Africa would be a millionaire. So the gap between success and the status quo isn't only hard work.

I believe this gap can be closed by opportunities and support which can be created on the continent. Helping to close this gap is why Hesed Consulting exists, and there is none better suited or equipped people to close the gap than African women. We service predominantly African women as such, I think it's only fair that Hesed be led by African women from across the continent. Having African women in South Africa, Nigeria, Botswana, Rwanda and United States of America driving this agenda to support their growth and career success. I do however believe that diversity breeds innovation and that is something we are striving for as we continue our growth journey.

Our solutions and engagement model aims to educate and empower our clients to efficiently execute on their goals. Our service offering consists of coaching, training and speaking. Our life coaches and facilitators are experts who have worked with senior executives, graduate employees and managerial teams across various industries and countries. They make use of coaching techniques such as neuro-linguistic programming; negative emotional therapy and transformational coaching in an interactive and engaging manner. Our engagement process is to meet with our clients and conduct a needs analysis. Depending on the requirements of the client we can also do further research within the organization to validate the identified need and ensure we have a holistic view of the challenges faced by the organization. When we have identified the coaching gaps we then tailor make a solution. The proposed solution is then presented to the client.



How did it come about?

I bootstrapped and worked pro-bono so key customers could experience my services risk-free.

Vumi's Business Philosophy

You are the CEO of your career. You are responsible for where you find yourself in your journey and must lead the charge to where you want to be. Make the concerted effort to get the support you need to ensure you thrive in your career and life. There is a beautiful proverb in my mother tongue which is isiZulu: "Indlela ibuzwa kwabaphambili" it translates to the route can be asked to those who have forged ahead before you. It means that to get to where you desire and to get to where you want to be, you must seek council.

The advice of others aids you in avoiding obstacles; evading errors through the wisdom that comes with experience. This knowledge has made me an eternal student always eager to learn from others..

Advice to other entrepreneurs

Have clarity of vision its what you hold onto when things get murky.. Have patience no multinational was built in a day. Have the right team from your staff, coaches and board

Complete the following...

- **When I face a big challenge I...** remember that this working for me not against me
- **My greatest fear is...**letting down the people who preceded me and didn't have the opportunities afforded to me
- **The most courageous thing I've ever done is...** become an entrepreneur
- **If I could go back in time to when I was 20, I would tell myself...**Vumile you are enough, it's unbelievable how enough you are
- **My favourite business tool or resource is...**google
- **My favourite quote is...**"people will forget what you said. People will forget what you did. They will never forget how you made them feel" Maya Angelou



hesedconsulting.co.za



Hesed Consulting



*"My greatest fear is
letting down the people
who preceded me and
didn't have the
opportunities afforded to
me"*

VUMILE MSWELI

international speaker, renowned coach and the Chief Executive officer
for Hesed Consulting.

Types of Responsible Investing

- MUTUAL FUND
- MONEY MARKET FUND
- GOVERNMENT BOND
- ETF
- EQUITY MARKET

Let's face it, the practice of responsible investing is becoming more relevant than ever. More and more people are now getting comfortable putting their money through stock, assets, crypto and other markets. Although it can be hard to keep up with all that's going on in the world of markets, the use of internet has made more and more of brokerage firms and consultants to be more accessible, which makes investing even more manageable, especially because it is an industry that is rapidly evolving with markets changing from time to time.

To make it easier for you, we have summarized investment types of worth to put your money into.

Mutual funds: Is a type of financial vehicle made up of a pool of money collected from many investors to invest in securities like stock, bonds, money market instruments, and other assets. According to Investor.gov, mutual funds are a popular choice among investors because they generally offer the following features:

- Professional Management- The fund managers do the research for you. They select the securities and monitor the performance.

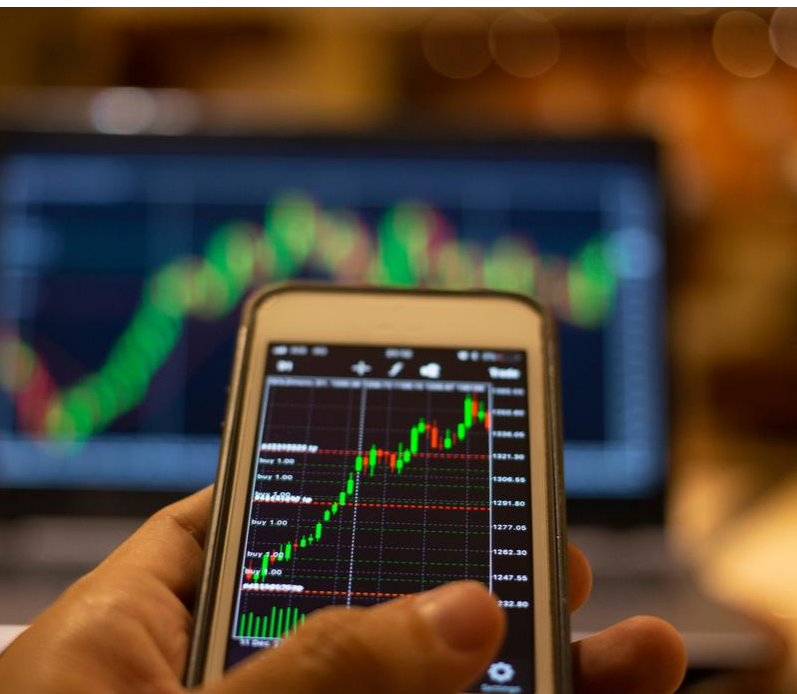
- Diversification or "Don't put all your eggs in one basket" - Mutual funds typically invest in a range of companies and industries. This helps to lower your risk if one company fails.
- Affordability- Most mutual funds set a relatively low dollar amount for initial investment and subsequent purchases.
- Liquidity- Mutual fund investors can easily redeem their shares at any time, for the current net asset value (NAV) plus any redemption fees





Money market fund: Are intended to offer investors high liquidity with a very low level of risk and they are also called money market mutual funds. Money market funds are fixed income mutual funds that invest in debt securities characterized by short maturities and minimal credit risk. Money market mutual funds are among the lowest-volatility types of investments worth risking your money on, usually on par with short-term interest rates that may be either taxable or tax-exempt, depending on the investments held by the fund. Forbes Advisor listed three main types of money market funds, each of which invests in different kinds of securities. Most of their investments are in securities.

- **Government money market funds**
- **Prime money market funds**
- **Municipal money market funds**



Exchange traded funds: Are listed investment products that track the performance of a group or basket of shares, bonds, or commodities. An Exchange traded fund or ETF can be structured to track anything from the price of an individual commodity to a large and diverse collection of securities. A well-known example is the SPDR S&P 500 ETF (SPY), which tracks the S&P 500 Index

Government bond: Is a debt obligation issued by a national government to support government spending, it generally includes a commitment to pay periodic interest called coupon payments. Investors lend money to these entities by buying the bonds they issue and list on the debt board such as the Johannesburg Stock Exchange board. Listing the bond on debt board platforms improves the entities' ability to raise finance as it allows investors to sell the loan to other investors should they wish to. You can hold a bond until it matures or sell it before it matures.



Don't
miss
out
on

Investments



"If you hope to have more money tomorrow than you have today, you've got to put a chunk of your assets into stocks. Sooner or later, a portfolio of stocks or stock mutual funds will turn out to be a lot more valuable than a portfolio of bonds or commercial deposits, or money-market funds"

- Peter Lynch

Equities market: Is a market in which shares of companies are issued and traded, either through exchanges or over the counter markets. Equity markets are meeting points for issuers and buyers of stocks in a market economy, they also serve as a method for companies to raise capital and investors to own a piece of a company. If you are ready to start investing in the equity market but aren't sure of the first steps to take when investing in stocks, you can visit platforms such as Easy Equities, where you will find various companies listed.

Not everyone can venture into entrepreneurship and build a legacy for future generations. Investing serves as a way in which you can set aside money accumulate huge interest while you are busy with life and have that money work for you. Legendary investor Peter Lynch's advice is to Have some stocks in your portfolio

"If you hope to have more money tomorrow than you have today, you've got to put a chunk of your assets into stocks. Sooner or later, a portfolio of stocks or stock mutual funds will turn out to be a lot more valuable than a portfolio of bonds or commercial deposits, or money-market funds."



SEEK OUT THE BEST WAYS TO OPTIMIZE AND REVITALIZE YOUR PHYSICAL HEALTH, MENTAL WELL-BEING, MOTIVATION, AND SENSE OF OPTIMISM

We all get really excited about the possibilities in front of us when a new year comes round. We feel so fired up as we set out to achieve all these big goals and dreams, we create for ourselves. So many of us are putting down our plans into paper, from resolutions to prospects with the idea or a dream of achieving more. Often, a lot of us get to the end of the year without reaching the goals we have set for ourselves, let alone making progress. We get stuck in a holding pattern living the same year on repeat over and over again, never making progress in the direction we want to go in.

If you want to know what is going to take to make 2022 different, better, more successful and more fulfilling, here are five tips to help you secure your goals this year:

Make your resolution manageable

Although having long term goals can be positive, we are more likely to struggle with goals that are very strict, unrealistic, or unmanageable. If we set a goal that is too big that feels impossible, we end up feeling disheartened and give up.

If you have a big long-term goal, try to break this down into smaller steps to help it feel more realistic and manageable. It also helps to note down the small achievements throughout the journey of attaining that goal. This will not only be a motivation to keep pushing, but also a way of keeping records and be able to see where you have gone wrong.

Prioritise your physical health

Improving and revitalizing your physical health should be considered as one of the things to achieve in this calendar year, getting out of the house and into the world is what your body needs to keep abreast with the world around you. The breath of fresh air, the outside temperature, and the touch of nature, all this have a great impact on our physical health.

To improve your physical health, you need to get used to the following:

- **Drinking a lot of water.**

Staying properly hydrated helps the body to function more efficiently.

Pure water or less sugared drink keeps the body in its active state and provide more alertness throughout the day. Water not only helps the body to control calories intake, but also keep the kidneys and other organs healthy whilst also hydrating the skin.

- **Eat fruits and vegetables.**

As we grew up with the saying “an apple a day keeps the doctor way”. Fruits are naturally good in providing vitamins, minerals, and fibre and also provide a wide range of antioxidants.

- **Exercise regularly.**

Taking a walk or to jog can be a good way to get your body into shape and to stay active. choose an activity that you like. This can be more productive than choosing a popular one. Always remember to relax your body to help with muscle ease and release the pressure and tension that builds up to stress, work and anxiety.

Another thing that can help you revitalize your physic is sleeping and waking up early. Having a good sleep helps your body to recover well, also, starting your day early is the best way to stay proactive throughout the day.

Optimize mental well-being

Mental health affects your emotional and social well-being, from how we think to the way we interact with the world, networking, communicating, and socializing are the base factors of our mental well-being.

The benefits of taking care of your mental well-being includes:

- Managing and coping with stress and perform best even under pressure.

- Good relations in workplace and your community.
- Staying proactive and generally being productive.

Improving your mental health:

- Developing a coping mechanism
Problem solving might be stressful but can also help you face situations and be flexible, act and identify weaknesses.

- Relaxation techniques.
Deep breathing exercises and progress relaxation can help you relax different muscles and heart rate, which will help you to stay focused.

- Staying positive.
Hold on to positive emotions when you have them and take a break from negative information like watching television and being consumed by social apps.

Motivation and sense of optimism

Being around positive environment and people may motivate you to improve your sense of optimism, and positively about yourself. For better mental health, being more optimistic can help you maintain motivation when pursuing goals:

- Change your perspective.
A shift from negative to positive perspectives allows you to stay motivated even under stressful situations.

- Self-talk.
Self-talk improves positive thinking and can also help with planning and achieving your goals.



Set Goals

- Creative thinking

Optimistic individuals believe they can overcome obstacles and perceive difficult tasks as challenges rather than threats. From time-to-time, people are motivated by the desire to achieve more.

Be accountable

Don't let your set goals end up as empty promises made to yourself. If you are struggling to keep up with your resolutions, reach out to someone who share the same positivity with you. Share with them your goal and make yourself accountable. Get a friend, a partner, a colleague or just anybody you trust and feel comfortable sharing with and make them your accountability partners.

Motivate each other by exchanging life hacks, motivational quotes, and checking in to see how each of you is keeping up with their goal. Another accountability trick is journaling about why accomplishing this goal is so important to you and how it will make a difference in your life.



THE MONTH OF LOVE IS UPON US!



As we prepare for february 14th, let's remember to go about valentine's Day in a financially responsible way. Turn the page for budget friendly ways

happy
valentine's
day

Celebrate Love

WAYS TO CELEBRATE LOVE



Valentine's Day is around the corner, a time to celebrate love and romance by simply showing your loved ones how much they mean to you. Although valentine's encourages partners to celebrate their union, it can also dig deep into your pockets and leave you penniless. When it comes to celebrating love, you must bear in mind that it is not the money that counts; it is the thought that does.

So, your efforts and sweet gestures are what your loved ones will look for. More importantly, remind yourself that it is not a competition to see who buys the most expensive gifts or who can take their partners to fancy dinner restaurants. Before you even think of buying that expensive gift, make a list of the things that your partners appreciate, and this will help you come up with something that is low on budget but also noteworthy. We have rounded up five easy and fun ways to celebrate for free or tight budget.

1 A dinner for two at home

Nothing makes valentine's day even more romantic than a candle lit dinner together. Having a candle lit dinner does not mean going to fancy restaurant, for example, you can cook something delicious that you both love, have a table set and enjoy over a bottle of wine or bubbly. To make it even more significant, cook together with your partner. Cooking together not only saves money to pay for food at a restaurant, transport fare from your place to the restaurant, outfits, and make-up, but also creates best memories. Dressing up in your most comfortable outfit, listening to your favourite music and having a sufficient portion of food will make the evening more memorable than ever.

3 Make some DIY gifts

When it comes to gift giving, the price doesn't matter - it's the thought that counts! So, consider making a gift for your loved one instead of buying them something at a shop. By opting for a do-it-yourself (DIY) gift, you'll not only save money, but your partner will also see how much effort you put into the gift. That kind of consideration is sure to make them feel special. While there are heaps of ideas and tutorials for DIY gifts, brainstorm some ideas that align with your existing skills. If you're a great baker, whip them up some delicious treats.

2 Express your love with roses

No flower can scream love on Valentine's Day like roses. Roses are a way of expressing beauty and love between couples. It doesn't matter if it is one rose or 100 roses, roses are a clear sign that you've caught the love bug. If you have a garden, you pick your honey some beautiful flowers and make a bouquet of your own. Taking the time to pick these flowers yourself makes them even more special.

4 Spend the day with someone who doesn't have a Valentine of their own

If you have a friend who is not in a relationship, or someone who recently lost their partners or even elderly people who are probably lonely, try dedicating this special day to brighten their day. It gives greater depth and meaning to a day that is about celebrating love. There are a hundred and one little ways you can let your other half know how thankful you are that he or she is part of your life—one way is to reaffirm your love through kind gestures that signifies your love to them. Make a meal, buy chocolate, give flowers, or could simply give hugs and kisses.



5 Outdoor night chill

Snuggle up with your partner and enjoy the fresh air on your home garden. Whether you choose a scenic lookout, a picnic setup, a dinner type of a feel, you'll have a gorgeous snowy setting worthy of a romantic movie.

Since you want to make it extra special, invest R200 for a bouquet of roses and a small box of chocolates. Simply sit back and enjoy your evening together under the stars.



A healthy **Potato treat**



Signature
POTATO RECIPE
☆☆☆

E N J O Y !

Potato Roses

Made with Love

BY CHEF VUKANI

Ingredients

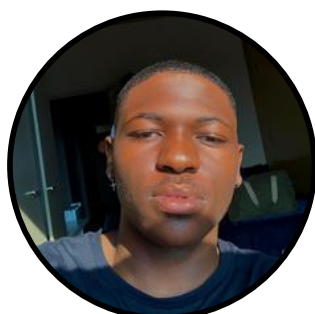
potatoes, halved
2 tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon dried thyme
1 teaspoon dried rosemary
½ teaspoon black pepper
1 teaspoon salt
6 Cheddar cheese thin strips
12 strips center cut bacon
Parmesan cheese & Parsley to serve

Cooking Instructions

Preheat oven to 400°F (200°C). Using a mandolin and a hand guard, thinly slice the potatoes into a large mixing bowl. Add olive oil, garlic powder, thyme, rosemary, pepper, and salt to the sliced potatoes and toss with tongs until evenly coated. On a cutting board, lay out two pieces of bacon overlapping each other vertically. Line the bacon with the sliced potatoes, making sure each potato is overlapping. Line the potatoes with the thin cheddar cheese strips. Starting at one end, gently roll up the bacon, creating a potato rose. Place the rolled potato roses in a greased muffin tin. Repeat with the remaining bacon strips and potatoes. Bake for 20 minutes. Cover the roses with tin foil, and bake for an additional 30 minutes. Top the roses with thyme and Parmesan. Bake for an additional 5-10 minutes uncovered.

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On The Cover