



Nicky Vakaloudis, Jolene Raison and Rohit Desai.

SOJO Business Network Breakfast

She spoke about how we all, at some point, have had or have something that makes us feel like we stand out.

“We all have spots and monsters; we need to acknowledge our fears and speak about them. Hiding from monsters, or feeding them on fear only, serve to make them bigger,” she said.

She pointed out how harsh and full of judgement we can be towards ourselves and added that we all could benefit from being kinder to ourselves. “Vitiligo has given me freedom. You get to write your story and write your own happy ending,” she concluded.

The second speaker, Rohit Desai, is a master transformational life coach, motivational speaker, social entrepreneur, NPL practitioner, confidence builder and author.

He is very passionate

about inspiring, motivating and empowering adults, students and new business entrepreneurs through life coaching, to be able to face challenges with confidence and overcome them to lead a fulfilling life of their dreams and aspirations.

Rohit spoke about the effect of stress on our lives, and how powerful the mind can be.

“Thoughts create our reality. Try to always be positive,” he said.

Having overcome medical challenges of his own, Rohit is training to climb Kilimanjaro for medically underprivileged children.

He believes that through positivity you can achieve anything. “Be deaf to negative thoughts, celebrate success and never give up,” he concluded.

The morning was well attended with local small business owners who are invested to improve and promote the south of Johannesburg.