

# SIBO - LIFESTYLE

MAY 2021 ANNIVERSARY ISSUE

## **Dreams/Vision:**

Creating your dream day.  
Living from strength.

## **Wellness:**

Taking time  
for self-care.

**Travel** around the  
world with our  
diamond of the  
month.

FROM WAITRESS TO GM OF A  
HILTON HOTEL

SIHLE  
THABANI  
NDLOVU



Hello Diamonds,

Welcome to the May 2021 edition of *Sibo-Lifestyle Magazine*, where diamonds emerge. This is our anniversary issue. I can't believe it's already been a year since we started. So much has happened since then. We've grown and learned a lot. I hope you have too.

In this issue, after thanking you for making it possible for us to keep going strong, we share with you how the magazine came to life. We included this in our October 2020 issue and we feel it's only fitting to include it again here as we turn a year old.

Our diamond of the month is Sihle Thabani Ndlovu, who went from being a waitress to a GM of one of the Hilton Hotels. Having travelled to over 99 countries around the world, with numerous awards under her belt and other forms of recognition, I believe she is someone we could stand to learn from.

The *Living from strength with Joyce Mutangara* section this month tackles the "Deliberative" strength. We also delve into creating your dream typical day and give you an example of one. In our wellness section this month, we discuss self-care. In the travel section, our diamond of the month takes us around the world.

If you would like to receive a monthly copy of the magazine or contribute to the next issue of the magazine, you will find details on page 45. Comments and suggestions are welcome, using the contact details to the right.

Continue to pursue your dreams and know that in time, you will get to live in them and be an example for others.

With love,  
Sibo Hlabangana  
Bulawayo, Zimbabwe.

MAY 2021

## EDITOR'S LETTER

### Contact details

Email:

[sibo@inspirationbysibo.com](mailto:sibo@inspirationbysibo.com)

Cell phone Number:

+263 733259119

Twitter:

@SiboHlabangana

Instagram:

SiboHlabangana1



Sibo Hlabangana, Editor

### Contributors in this edition:

1. Joyce Mutangara
2. Mationesa Sadomba
3. Sihle Thabani Ndlovu
4. Sibon Hlabangana.

SIBO-LIFESTYLE MAGAZINE

BROUGHT TO YOU BY:



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## THANK YOU!

Before we start, we'd like to say thank you for helping us reach a year in existence.

**To our readers**, thank you for reading, for sharing the magazine with other people and for your continued support. Every issue could have been the last one so thank you for allowing us to keep sharing with you.

**To our contributors**, thank you for writing and sharing your stories, experiences and opinions. You allow yourselves to be vulnerable and bravely put your work out there, so for that we thank you. There would be no magazine without you.

**To all our diamonds of the month**, thank you for letting us into your world and giving us a glimpse into your life, what makes you tick and how you got to be where you are today. We've learned so much from you, travelled vicariously through you and been inspired by your stories and how you live your lives. Please keep doing what you do and continue to shine so that you can illuminate us and others around you.

### **What are readers saying about Sibolifestyle Magazine?**

In the last issue of the magazine we asked readers to answer some questions and send in general comments regarding the magazine. We are sharing some of them with you.



**Lola Rutenga** had this to say: “Enjoying Sib0-Lifestyle so far. Feels like a course work lol. Eager to start some of the exercises and revisit the articles in detail. Beautiful. You have inspired me to get my work out there.”

After reading the March 2021 edition, **Amanda Mathee** sent a voicemail saying the following: “What a wonderful magazine it is. All the letters to the younger self were such an inspiration. Your letter when I read it, somehow it just spoke to me. It’s almost like it’s aimed directly at me. I also enjoyed the article on the diamond of the month. I just want to say to you keep up the good work and may God continue to bless the works of your hands and may His favour continue to reign in all the areas of your life. Thank you for bringing us this amazing magazine every month, filled with so much hope and so much inspiration. Each month there’s just something different that I can take home with me and that I can incorporate in my life.”

In answering the questions we asked, **Ruramai Mugwisi**, had this to say:

#### **What have you learned?**

This publication has breathed new vigour into my pursuit of the dreams I thought didn't count anymore. The more audacious the dream, the more exciting the journey to fulfilment. I'm learning to face my fears and walk past the limitations I've grown accustomed to living with each time I read about others challenging themselves to be the very best at what they are called to do.

#### **What have you enjoyed?**

I've enjoyed reading about the journey of other women into the fulfilment of their dreams in the Diamond of the month series. I've been thrilled to see the fruition of their labours and hopes into something tangible. They faced difficulties but they didn't give up and that's given

me confidence to be disciplined too. I've also enjoyed the Strengths Finder series as well as the letter to yourself articles. Very practical teachings.

**How do you think we could improve and what would you like to see more of?**

Keep up the amazing work. I hope you get a podcast soon and do some of the interviews live.

**Have you done any of the things suggested here or used any of the recommended resources?**

I've written letters to myself. I've also written a quarterly plan of things I want to accomplish for the year and tracked it. I managed to set goals for myself and accomplish them as a result. I've also taken time to evaluate myself and become more self-aware which has helped me grow as an individual and also helped in my relationships with loved ones and friends.

**What would you like to see more of?**

Interviews of women in the Arts and Media Industries – Danai Gurira, Tsitsi Dangarembga, Chiedza Mhende, etc.

**Thank you so much to all the above for taking the time to let us know what you think and for giving us your suggestions. We truly appreciate it.**



Next we'd like to share a little bit about how Sibolifestyle Magazine came to life. We included this in our October 2020 issue and we feel it's only fitting to include it again here as we turn a year old.

# Happy Anniversary!

## A bit of history about Sibolifestyle Magazine

### When and how did Sibolifestyle Magazine come to life?

In May 2019 I did a vision board of a project of something I wanted to start. One of the things I put on it was a picture of a magazine. When I did that I had no idea how or when it would come about. I was doing my usual dreaming. A year later, May 1, 2020, the first issue came out. Below are pictures of the vision board:





You will notice I was calling it Cleopatra-Lifestyle. I wanted that name because Cleopatra was a queen who was a flawed human being who was still perfect as she was. I thought I would start from scratch but a few months later I remembered my blog 'Inspiration By Sib0' that I had abandoned for a year and some months. It was a dream/vision blog. I went back to it and revamped it to add a wellness section, a features section and a travel section. I started running



the blog again and in April last year I thought, maybe I can start that magazine I dreamed of. Less than a month later, the first issue came out.

So Sibolifestyle was birthed from Inspiration By Sibolifestyle. I didn't go with the name Cleopatra because I didn't want to start over but wanted to build up from what I already had. I'm sharing this with you to show you that your dreams are valid and even if you don't know how, you will find yourself living some of those dreams and achieving what you set out to do.

### **What is a Sibolifestyle? (The lifestyle we promote and hope to achieve)**

1. A holistic life where you take care of your mind, spirit, body and soul.
2. You accept and love yourself as you are.
3. Even though you accept and love yourself, you value personal development and continual growth.
4. You dream big and have a vision for your life.
5. You live a conscious life. You are self-aware. You are not afraid to tackle the hard soul searching questions or the answers you don't want to hear.
6. You live a passion filled, purposeful life.
7. You take time out for you so you can be filled to serve others with the overflow.
8. You take time out to relax, to travel, to have fun and to laugh.
9. You define success on your own terms.
10. You know you matter, your life has meaning and you are a beautiful and worthy human being.

### **Why are you, as a reader, called a diamond?**

In a world where being like everyone else or fitting in is the norm, I wanted a name that made you stand out and affirm you for who and what you are. You are a diamond, a rare precious stone. Whether or not the world recognizes it, you are a diamond. Give yourself permission to shine and shine brightly. Don't ever feel the need to dim your light to fit in or to make other people feel better about themselves. With that said, let me share with you a letter I wrote to my daughter-to-be (that I'm now dedicating to you) on not shrinking next to a great man. To our male readers, I use 'she' in the letter because I'm putting it here as I wrote it to my daughter-to-be so feel free to read it in a way that applies to you 😊

*Dear Diamond,*

*You don't have to shrink next to a powerful or great man. Sometimes people will expect you to do it but you don't have to. Look at Eleanor Roosevelt. Her husband is the one who was President but she still shined next to him. Even now her name is still known. You can achieve a lot on your own. The world sometimes makes it seem as though to achieve great success as a woman you have to be single. You don't. If you want to you can. Marriage can sometimes*

*seem like it stifles women. In some cases it does but only if you let it. You can be married and still shine your light bright.*

*Consider Eva Peron. Everyone knows who she is. Movies and plays have been made in her honour. She could have chosen to be the meek stand-and-look-classy kind of first lady but she didn't. She pursued her own causes and gained her people's love, trust and respect. She didn't conform to what was expected of her. You don't have to either.*

*Don't let the world define how you should act in order to succeed. Let that be up to you. Whether you do it on your own or next to a man, shine from where you are. Don't feel the need to dim your light. If you find yourself needing to, then maybe the man you're next to needs to let his light shine brighter. That's his problem, not yours. So let your light shine and brightly at that!*

*With love,  
Sibo Hlabangana.*

**HAPPY ANNIVERSARY TO SIBO-LIFESTYLE MAGAZINE! CHEERS TO MANY MORE YEARS TO COME!**





Dreaming big, having a vision for your life,  
continual growth, pursuing success, development

# DREAMS

# AND

# VISION



## Living from strength with Joyce Mutangara – Deliberative

This is part of a series of articles on different strengths that we as individuals have. For more on other strengths, you can see previous issues of the magazine.

Everyone is born with talents. Talents are our natural way of thinking, feeling and behaving that can be productively applied. When we invest and develop our talents, they then become strengths. A strength is the ability to consistently do an activity to near perfection. It is about the WAY we achieve success, and all of us have a 'way.'

There is an assessment called Strengths Finder, and it takes about 45 minutes to do online, answering various questions. Once you are done, it then sends you a strength report. There are 34 strengths in total and the assessment calculates your most dominant strengths from number 1 to number 34 in sequence of their dominance. You choose whether you want the report of your full 34 or just your dominant first 5 strengths.

**In this issue we are going to look at the strength of DELIBERATIVE.**

"You are careful. You are vigilant. You are a private person. You know that the world is an unpredictable place. Everything may seem in order, but beneath the surface you sense the many risks. Rather than denying these risks, you draw each one out into the open. Then each

risk can be identified, assessed, and ultimately reduced. Thus, you are a fairly serious person who approaches life with a certain reserve. For example, you like to plan ahead so as to anticipate what might go wrong. You select your friends cautiously and keep your own counsel when the conversation turns to personal matters. You are careful not to give too much praise and recognition, lest it be misconstrued. For you, life is not a popularity contest. Life is something of a minefield. Others can run through it recklessly if they so choose, but you take a different approach. You identify the dangers, weigh their relative impact, and then place your feet deliberately. You walk with care.” *Tom Rath, StrengthsFinder 2.0.*



Our friend Precious has Deliberative in her top 5. She instinctively sees the obstacles in situations, and doesn't get excited too easily. Once she decides on a move, you know the likelihood of success is high because she would have taken time to look at every nook and cranny. She hates being rushed, as this compromises her process of risk analysis, and how to work around it. One has to understand that when she mentions the potential danger, she is not trying to discourage or dissuade, but she's making sure all angles are covered for a better chance of success.

Her Deliberative strength makes her a great source of reliable information when it comes to planning for big projects that involve a lot of money. She is part of our church committee for a building project we have just embarked on. Whenever she speaks, those of us listening feel confident because she shares every meticulous detail. Once she decides on something, it's a definite go, as there is no turning back at this point.

In the next issue, we will look at the strength of **Developer**.



## Creating your dream typical day

By Sibö Hlabangana

Whether it was from reading a book or listening to or watching an interview, I've heard people talk about deciding what a typical day will look like for you, what your dream day would be filled with. This is if money was not an issue and you could do, be and have anything you wanted. What would '*a day in the life of...*' look like for you? This is something you have to take time thinking about because you have to be sure it's about you and what you want, not what is expected of you. It has to be a reflection of how you want to spend your time and what you want to do with your life. Not what you think you should spend your time doing according to the world's standards or standards you may even have imposed on yourself.

In 2020 I sat down and thought about what a day like that would consist of for me. I've since updated it as I get to know myself better and find out what makes ME happy. Not what successful people's days look like or what people I admire's days look like. For example some people I look up to work 12-16 hour days and although that works for them, I know it wouldn't appeal to me. I want to enjoy life outside of my work, I want to be at peace more than I want anything else and killing myself through work is not on the list of things I want in my life.

Since, as I believe, what I intend will end up happening, then I have to make that day exactly what I want. I'm even more convinced what I dream of and record in some way will happen because this year as part of things I hoped for, I wrote down a kindle and a phone. Last week, out of the blue a cousin of mine said he would be sending me a phone in May, next month. A few days later a friend of mine gifted me a kindle. I didn't expect them to do this for me. When I wrote down what I wanted I had no idea how any of it would happen but bit by bit those things are finding their way into my life. I tell you this to encourage you to dream and record those dreams in some way, big or small and you will attract them into your life, whether from your own doing or from other people. I couldn't resist sharing that, now back to writing a dream typical day.

Although I've written down what my typical day looks like after marriage and after marriage plus kids, the typical day I'm sharing here is the one when I'm still single. I hope you consider what yours will look like. Here is mine:

### **My dream typical day**

Because what I do can be done from anywhere in the world, plus I am financially free and financially independent, I get to live wherever I want, whether for 3 months, 6 months, a year or longer. I start off living in Camps Bay, Cape Town and travel to different places from there, before moving to Malibu, California at some point. Wherever I am, I live in luxurious accommodation with a beautiful ocean view, such as a luxury apartment or a beautiful house.



Monday to Friday I wake up at 7am. I wake up filled with serenity, with a smile on my face, appreciative of the awesome, wonderful and amazing life that I live, a life I dreamed of. I do my morning routine, which consists of spending time with the Lord for an hour then doing my

“seeking serenity” mindfulness practices until 9am. These depend on what I feel like doing that day but range from journaling to visualization to meditation or anything else. I do this in my serenity room or by the veranda/sundeck overlooking the ocean.

From 9am until 10am I shower and joyfully get ready to tackle my day. Between 10am and 11am I make and have breakfast as I listen to or watch a podcast or a sermon. I only look at my phone after 9am. It’s off from 10pm until 9am.



From 11am until 5pm, I work on whatever project, venture, business, book or whatever else I’m currently working on. I do this mostly at home or sometimes my favourite coffee shop. I love what I do and it comes naturally and easily to me so this time is filled with joy, peace and excitement. Where others work hard, I work easy. Even on days where I sleep at midnight or 4am because of work, if it can’t be avoided, I still work easy because I enjoy what I do.

From 5pm until 6pm I work/play out, be it taking a walk along the beach, dancing, strength training, running or any other way. I love this part of my day. As I work/play out, I have fun doing it. I also use the time to visualize so it excites me. This playing out hour of my day leaves me feeling refreshed and rejuvenated and I can’t wait to do it again tomorrow. Health and fitness are now a priority to me. From 6pm until 7pm I take a refreshing shower or relaxing bath.

From 7pm until 8pm I make and have dinner or just have dinner if it’s pre-made or I’m ordering in. I have dinner by the veranda/sundeck with the amazing view. From 8pm until 10:30pm I read, watch or listen to a podcast, or watch something purely for entertainment, be it series episodes or something on YouTube. I put my phone away at 10pm.



I get into bed at 10:30pm and I use the next 30 minutes to power down, whether through listening to soothing music, visualization, meditation or any other serenity seeking or serenity sustaining practice. I am asleep by 11pm in order for me to get 8 hours of sleep, the least being 7 and a half hours.

Fridays, where I am spending the evening at home, I sit by the veranda/sundeck with the amazing view and I have alcohol free sundowners or I drink alcohol free champagne or any other drink in a champagne glass. (I don't know why but I just have this picture of me holding a champagne glass and just smiling because I am living the luxurious life I dreamed of lol.)



Saturdays, after my morning routine, I use the day to just chill and relax. On some Saturdays, I organise and host a dream pursuers meeting, a dinner party, a dance evening or games evening for friends and like-minded people. I enjoy having these people over and have fun hosting these get-togethers. They are each filled with joy, peace, love and fun.

Although I love spending time alone, I enjoy being around people, especially those I've chosen to bring into my life, into my space. Where I get invited by other people, I attend and enjoy their company. If at any moment I feel the need to leave, I do so quietly. I attend different events as well on Saturdays. It's my main socialising day but if invited on other days, I go if I feel like it.



Sundays, after my morning routine, I have breakfast and then get ready to attend church or online church/sermon. I spend the rest of the day just relaxing or doing something else I enjoy doing.

On some days, whether weekday or weekend, I meet a friend or friends for brunch, lunch or dinner. On those days, I change my schedule accordingly. Once or twice a week I go for dance lessons or go out dancing when I don't need lessons anymore. When I'm dancing professionally, I adjust my day accordingly.

When I am speaking/dancing or have other work commitments somewhere outside of the city I currently live in, I keep my morning routine or adjust accordingly to allow me to have breakfast on time at the luxurious accommodation where I'm living. I stick to my 11pm bedtime. Where it's not possible, I adjust accordingly so that I still get at least 7 and a half hours of sleep.

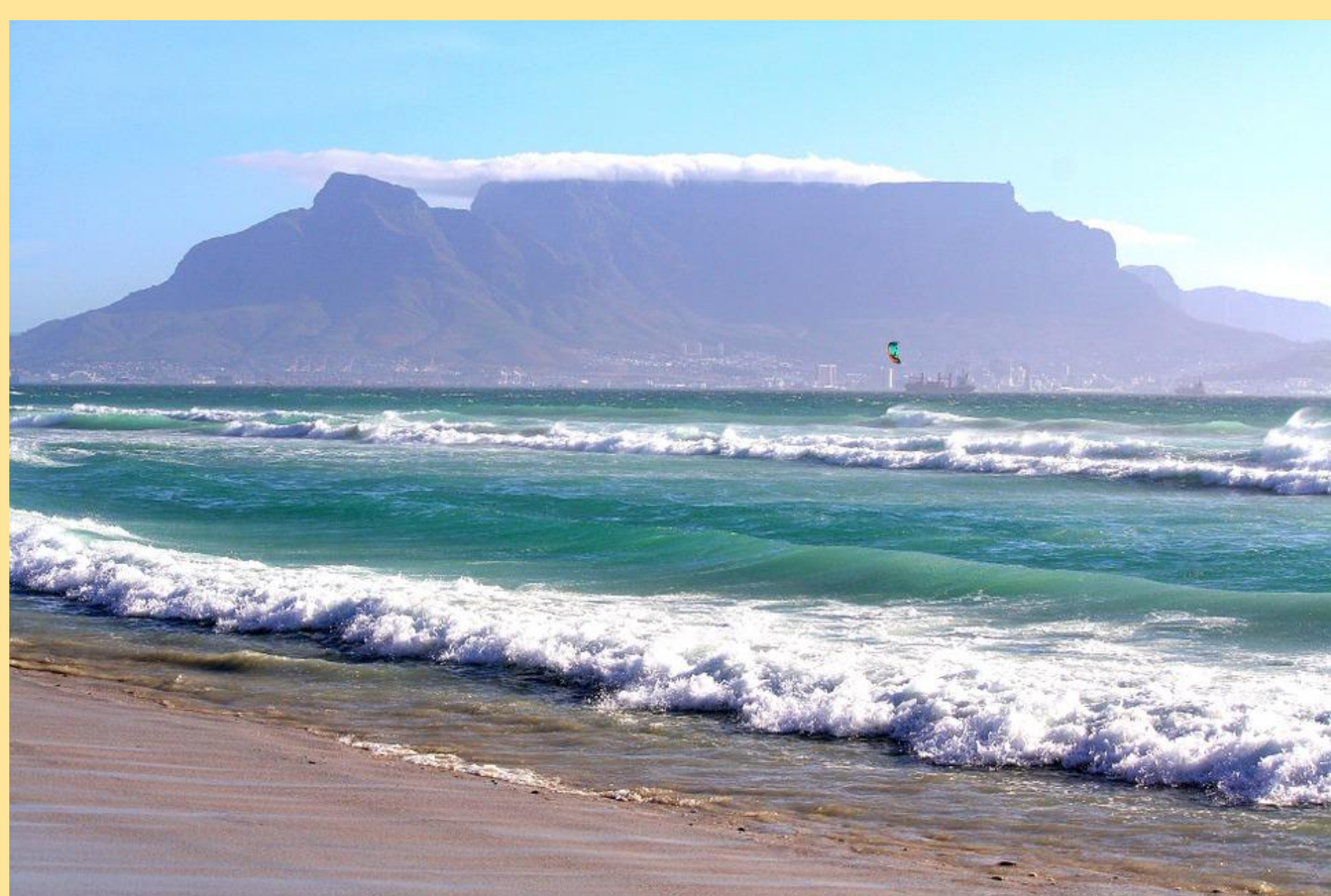
No matter where I am or what I'm doing, I always use the first 2 hours of my day for my morning routine. Where time is a factor, I make sure to sleep earlier and wake up earlier, as long as I get my 2 hours daily routine. I keep this even after marriage, my morning 2 hours,

but I adjust my day accordingly to be able to spend time with my husband and children, even if it means getting up earlier.

At the end of each day, before I fall asleep, I am filled with gratitude, love and serenity. I am thankful to God for allowing me to live in my dreams. I thank God for the day I had and for His love and continued protection. I go to bed with a smile on my face.

### **Now over to you**

So that's what my dream typical day looks like. What will yours look like? If you're going to write out your typical day, take your time doing it. Consider what will make you happy, not what you think your day should consist of or anything like that. It's your dream day so let it reflect you and no matter how long it takes, you'll find yourself living that kind of day. Make it exciting for you as well. I'm so excited about my dream typical day that it makes me wake up in the morning and do what I do knowing that it's leading me to living every day like this day.





# DIAMOND OF THE MONTH



## From waitress to General Manager of a Hilton Hotel – An interview with Sihle Thabani Ndlovu

By Sibó Hlabangana

In each issue of Sibó-Lifestyle Magazine, we celebrate individuals that dream big, pursue their dreams and are pursuing success on their own terms. I'd like us to learn from them, to see how like us they are or how they differ from us. For us to see what we can do differently or continue to do to pursue our own dreams and success. This month we explore the personal and professional life of Sihle Thabani Ndlovu.

Sihle Thabani Ndlovu is a success story I'm excited to share with you because she exemplifies what Drake meant when he said "we started from the bottom, now we're here." She dipped her foot into the Tourism and Hospitality Industry as a waitress and rose up the ranks to her current position as a General Manager at one of the hotels of the global conglomerate that is the Hilton Hotel. Her positions in the Tourism and Hospitality Industry span continents and have allowed her to travel to over 99 cities all over the world, and counting.

Voted in as part of the top 100 most influential women in tourism in Africa by ATQ News, Sihle Thabani Ndlovu, is a force to be reckoned with. She is a recipient of the South African version of Zimbabwe Achievers Awards (ZAA) for Professional of the year. Her award winning and recognition extends beyond her personal capacity, as the hotels she has worked at and managed have won their own awards from her contribution, together with the teams she has worked with. Now, put on your shades and let's take a tour of Sihle Thabani Ndlovu's life.



**Where are you from and where do you currently live? If not your country, how did you end up in the country you're living in?**

I was born in Bulawayo, Zimbabwe or Skies as I fondly love to call it due to the ever sunny blue skies. I lived there for most of my childhood until I left for the UK where I studied for my BA Hons in International Hospitality & Marketing Management.

**Tell us about your childhood. What was life like for you growing up?**

I was one of 4 children and the 3<sup>rd</sup> child and probably the most adventurous. I was always pushing the boundaries not only with my parents but in my day to day life at school and with my friends.



**What do you do and how did you end up in that role?**

I am a General Manager at the Hilton Garden Inn Gaborone. I spent just over a decade in the UK where I started working in the industry as a

waitress to a corporate role in Hilton EMEA Headquarters until I moved back to the land of sunshine, Africa. I worked in South Africa where I opened the Hilton Global Sales Office for Africa looking after Key accounts from Cape Town to Lagos. I practically travelled every other week to different cities and countries in the continent.



*I was the only woman in the hotel project team for Hilton Garden Inn Windhoek*



*At an Indaba in Durban, South Africa.*

From there I moved to Zambia to my first role in operations in over a decade to open the first female managed Hilton Garden Inn hotel in Africa. I then moved to Namibia for another opening of a Hilton Garden Inn hotel in Windhoek. I eventually landed in Botswana in December 2019, a couple of months before the COVID 19 pandemic spread and I have been here for the past 1 year 5 months.

### **Why the hospitality industry in particular?**

I have always enjoyed being around people, cooking and hosting them so I would say it is something that is my second nature rather than something I found myself doing. So when I went on to choosing my career this was a natural choice for me.





**What have you found to be difficult or challenging in your position or in your industry?**

I have been fortunate that female leaders are up and coming in Botswana and as such it was not hard for me to transition into the role I am in when I moved here. There have been times though when people look surprised when they meet me as I would assume I am not what they would expect in my position in terms of gender and age. But I would not relate that to the country but rather a societal situation.

**If someone wanted to get into the hospitality industry, what insights would you give them?**

Hospitality is an industry that requires one to have a passion for serving people. That can be trying but it is definitely rewarding. Consider if you can manage that before joining. It is also such a great industry as you will get to travel and see places and no two days are the same which is a bonus!

**Has COVID-19 affected what you do and what have you learned as a result?**

Most definitely! It is no surprise that Tourism has been the most negatively affected by the current pandemic.

Overall it has been sad to see the loss of revenue and we have had other hotels closing down with some still not open. It is disheartening to think that when things do start to bounce back, the industry as a whole will not be the same. As is stands, we miss the vibrancy that we have in our industry with people travelling and getting

together. That is what makes our industry a joyful one as we are instrumental in creating memories when people come to our establishments.



**Do you have dreams, goals or a vision for your life?**

I would like to be able to afford to own my own establishment by the time I retire. If not then I save enough to be on holiday VERY often for the rest of my life!

**Have any of your dreams or goals come true or been achieved?**

Yes, to be a hotel General Manager. I recently came across my CV when I was applying for my first job as a waitress and I noticed that was what I had put as the headline.

**So far, what are you most proud of achieving in your life?**

Having successfully led a team of 80% female management through the toughest year in recent history and maintained most team members in the workforce. I am also proud of having grown into a leader in a male dominated environment, more so in a reputable global company. I was voted in on the top 100 most influential women in tourism in Africa by ATQ News.



**What places have you travelled to or lived?**

I have been very fortunate the company I work for has afforded me the opportunity to travel all over Europe, Africa, the UAE, parts of the US and Asia. Last count I think it was 99 cities but I think that is low so I intend on doing some more once we are free to travel again!

**What did you love about the places you've travelled to or lived?**

I have seen beautiful cities, beaches and cultures too! It is always enriching to learn different cultures and how people live around the world.

**What have you learned from your travel experiences?**

I am a whole lot more open minded and patient. Living and travelling to different places has made me appreciate life from different angles.



*In Washington DC, USA.*



*In Cape Town, South Africa.*

**Are you in any way or form taking care of or feeding your mind, spirit, body and soul? If yes, how are you doing that?**

I must confess in the past year I have been in “flight “mode. With the pandemic, you spend a lot of time thinking about how to keep the business afloat and people in their jobs that by the time I get to the weekend I just sit on the couch and watch TV. I do occasionally read and listen to audio books. I am in an operational role so I also spend a lot of time walking around the hotel, which helps me get some steps in.

**How do you show yourself love, if you do that?**

A relaxing massage always works for me.

**What drives you in life? What keeps you going?**

I have a great support system through my family and close friends. They have been my cheerleaders in all that I do. I am also fortunate to do what I love so I would say that makes it easier for me to rise every morning and keep going.



*With the Botswana Minister of Environment, Natural Resources Conservation and Tourism, Philda Kereng.*

**Do you have any people you consider role models? If yes please name 3.**

My Mother – My Shero.

Mr. Avner On – My professional role model. He was manager to the biggest hotel in Europe in terms of accommodation and meeting space and was also the calmest and most humble man.

Mrs Michelle Obama – Not only married to Barak Obama, whom I admire, but a powerhouse in her own right with a lot of respect and class.

**How would you want to be remembered at the end of your life?**

I would hope to have been a positive influence and inspiration to other young people, especially in the continent of Africa and to have been instrumental in helping them achieve their own career aspirations.

**What life lessons or thoughts would you like to leave the reader with?**

1. Do what you enjoy and enjoy what you do. This will help you, especially in tough times as we spend most of our lives at work.
2. Keep an open mind and be willing to learn.
3. Be humble at all times.



*At an Indaba Cocktail Reception.*



**TAKE CARE OF  
YOURSELF**

Taking care of spirit, mind,  
body and soul

**WELLNESS**





## Taking time for self-care in your life

By Mationesa Sadomba

As women we live and lead very busy lives due to the multi-faceted roles we play. We are a daughter, a sister, a wife, a mother, an aunt, a grandmother and also a friend. Over and above these relational roles, as women we also play the roles of the counselor, confidant, advisor, fashion stylist, and emergency nurse to our family and friends. These roles leave us exhausted and with very little time to take care of ourselves. We tend to take care of everybody else except ourselves, mainly because we have been socialized to put the needs of others before our own.

What we don't realize is that, for you to effectively take care of others, you have to take care of yourself first, that is SELF-CARE. It should not be viewed as being selfish and it's definitely

not overlooking the needs of others. Self-care is looking after your physical and mental well-being. Self-care doesn't have to be expensive or complicated. You can practice self-care by taking time to acknowledge your worth, taking care of your physical and mental health by eating nutritious food, getting restful sleep, exercising regularly and constantly and intentionally doing activities that make you feel good.

Be aware of what drains you; take steps to replenish your mental and physical health. Purpose to practice self-care daily and intentionally treat yourself as kindly as you would treat others.





“Dropping names is so last year. We dropping locations now.” – Anele Mdoda on Celebrity Game Night SA.

# TRAVEL

This month’s travel diamond is our diamond of the month, Sihle Thabani Ndlovu, who has shared pictures from past travel experiences. Let’s travel vicariously through her as she takes us to different places around the world. Let her travels encourage you to dream big and design your life to allow you to do the things you love.



*In Warsaw, Poland.*



*In Abu Dhabi.*



*Top: At the Nairobi Elephant Sanctuary. Bottom: In Mauritius.*



*At the Blue Mosque in Istanbul.*



*In Vienna, Austria.*





*Top: In Florence, Italy*

*Bottom: In Vilamoura, Portugal.*



*At Caesar's Palace in Las Vegas.*



*At a Turkish Bath.*

If you would like to contribute an article on your travel experiences and/or share pictures of your travels in the next issue, send your article and/or pictures to [sibo@inspirationbysibo.com](mailto:sibo@inspirationbysibo.com) or send via WhatsApp to +263733259119.

## Contributors to the May 2021 Issue

### 1. Joyce Mutangara

Joyce Mutangara is a wife, mother, pastor, legal advisor and strengths coach. She loves to give inspiring personal interaction, through authentic discussion, and exploration of talents that motivate people to achieve optimum performance through intentionally deploying their strengths. For more information or access to her work, you can contact her through: Her blog: [joycemut.wordpress.com](http://joycemut.wordpress.com)  
Email: [joycemut@gmail.com](mailto:joycemut@gmail.com).

### 2. Mationesa Sadomba

Mationesa Sadomba is a resourceful, hardworking and caring counsellor with knowledge of offering support, rehabilitation and guidance to clients who have experienced challenges and setbacks in life. She is an encourager and a teacher and loves working with individuals, groups and communities to help them find solutions to their problems. She aspires to be a successful sustainability oriented Social Development professional, capable of ensuring programme validity and relevance.

### 3. Sibho Hlabangana

Sibo Hlabangana is a dreamer, writer and speaker. She is the creator and editor of Sibho-Lifestyle Magazine. She is also the author of 4 books, 3 of which can be found on Amazon and 1 that is free and can be found at [inspirationbysibo.com](http://inspirationbysibo.com) under the section "my books." Beyond that, she is a co-founder of Hosea Women International, an online women's ministry. Contact details: Email: [sibo@inspirationbysibo.com](mailto:sibo@inspirationbysibo.com). Twitter: @sibohlabangana. Instagram: @sibohlabangana1.

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## CONTRIBUTORS

### 1. Joyce Mutangara



### 2. Mationesa Sadomba



### 3. Sibho Hlabangana



## How to receive a copy of Sibolifestyle Magazine

1. Subscribe to Inspiration by Sibol through visiting [inspirationbysibo.com](http://inspirationbysibo.com) and get a copy of the magazine, once a month. **OR**
2. Send your number to +263733259119, with a message with your name and stating “Please add me to the magazine group” to be added to the Monthly Magazine Group. The WhatsApp group is open to admin only. The only communication sent through the group is the monthly Magazine. Comments are welcome through private messaging.

## Contribute to the next issue

If you would like to contribute to Sibol-Lifestyle Magazine, email [sibo@inspirationbysibo.com](mailto:sibo@inspirationbysibo.com) or WhatsApp +263733259119. It should be your own work/opinion, you can use quotes but it should be mostly your work. We will not accept your article if it’s been published anywhere else. Length should ideally be from 400 words to 1000 words. For publication in a certain month’s issue, submit it by the 20<sup>th</sup> of the month before e.g. for June 2021, submit by May 20, 2021. Your article can be on anything to do with dream pursuit, vision, wellness, travel or you sharing about a dream that came true or any other success story to encourage readers.

For the travel section, you can send in your travel photos on their own or with an article on your travel experiences.

