Q&A

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Personal reflections and integration

The phrase, 'work-life balance' can feel mythical in transactional finance. How do you personally define and manage the integration of a demanding career with your personal life?

For me, balance is less about equal time and more about intentional integration. During live transactions, work inevitably takes priority. Equally, there are moments with family that deserve complete attention.

When the deal closes and the adrenaline drops, how do you intentionally disconnect, recharge, and protect your mental wellbeing?

After an intense transaction, I believe it's important to create space for both reflection and recovery. I intentionally return to the routines that keep me grounded. Yoga remains one of the most effective ways for me to reset both physically and mentally. It allows me to slow down after weeks of sustained intensity, and regain perspective.

I also make a conscious effort to reflect on completed transactions – what worked well, where improvements can be made, and how those lessons can be applied to future transactions. Continuous improvement has always been central to my professional philosophy.

Protecting mental wellbeing is not about disconnecting from ambition. It's about ensuring that I consistently bring my best self to every client meeting and every transaction that I work on.

> I am also naturally future-focused, so I make time to think beyond the immediate needs of the day, anticipate what is ahead, and plan with intention.

How has your definition of success changed from when you were an ambitious graduate to who you are today?

As a graduate, success meant technical excellence, progression, and working on increasingly complex transactions. I was focused on building a strong foundation and earning credibility in a competitive industry.

Twelve years later, my definition of success has broadened. It now means being a trusted advisor whom clients turn to, not only for technical expertise, but for innovative financing solutions, sound judgement, and the ability to structure transactions that create value. It also means mentoring junior colleagues and creating opportunities for others to grow.

What is a daily ritual, habit, or boundary you protect fiercely that keeps you grounded amidst the chaos of deal flows?

Preparation is my anchor. I start each day by identifying the highest-impact priorities before emails and meetings dictate my agenda. That discipline keeps me proactive, rather than reactive.

I am also naturally future-focused, so I make time to think beyond the immediate needs of the day, anticipate what is ahead, and plan with intention. This balance helps me remain focused on the present while keeping sight of the bigger picture.

Outside of the financial press and market tickers, what books, podcasts, or philosophies shape how you lead and live?

I am drawn to ideas centred on mindfulness, discipline and resilience. James Clear's *Atomic Habits* reinforced my belief that consistent daily actions compound into exceptional long-term outcomes.

In addition, as a member of the Art of Living organisation, I have experienced its focus on breathwork and mindfulness as profoundly life changing. It has helped me stay grounded under pressure, and to approach both my career and personal life with far greater clarity and purpose.

What is a personal passion or hobby you pursue that has absolutely nothing to do with finance, but keeps your perspective sharp?

Yoga and meditation have become some of the most important constants in my life. They require patience, discipline and presence – qualities that translate naturally into my professional life but are cultivated away from the office.

In addition, motherhood has become my greatest source of perspective. Watching my child grow has reminded me to embrace uncertainty and to appreciate the importance of being fully present. Those lessons not only make me a better parent, but also a more thoughtful leader.

If your life story up to this point had a headline in a business newspaper, what would it be?

Discipline, resilience and purpose: Leveraging twelve years of Investment Banking experience while redefining success through growth, excellence and motherhood.