



Q&A

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Personal reflections and integration

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

I make a conscious effort to create a clear boundary between work and home. I try to switch off for at least an hour, put work aside, and focus fully on my children and family. Sharing a meal, reconnecting at home, and allowing the day to slow down helps me move out of deal mode and gives me back some perspective.

My approach is influenced by a memory of my father, who covered live sporting events. After a broadcast, he would spend an hour quietly in the kitchen with a coffee and a cigarette, allowing the adrenaline to subside and his mind to settle. I do not replicate the cigarette, but I have adopted the value of that deliberate pause.

That transition requires discipline. The mind does not automatically switch off when the work is done, so I am intentional about creating practices that help me reset. Meditation helps me quiet the noise, while my interest in design and fashion gives me a creative outlet and a different source of energy.

I also recharge through people. Time with family, friends and meaningful conversation helps me re-energise, rebalance and maintain perspective. For me, protecting mental wellbeing is not separate from performance; it is crucial to sustained performance.

The real discipline is being mindfully aware of when to push and when to pause!

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

When I was an ambitious graduate, success looked glamorous and highly visible. It meant building an impressive career: the right title, the right company, and recognition for what I could achieve. In many ways, success was centred on me: how far I could go and what I could accomplish.

Over time, I realised that reaching the table is only the beginning. Success is not simply about occupying a position of influence, but about how you use it; the perspectives you bring into the conversation, the decisions you help shape, and the space you create for others to contribute.

My pivot into Sustainable Finance over the past year has given my career a deeper sense of purpose. It has allowed me to move from

pursuing visible achievement to contributing to meaningful and lasting change, using finance as a catalyst for true impact.

My ambition has shifted from personal advancement to shared progress. I am now more acutely aware of my responsibility to create opportunities for young women to strengthen their capabilities, contribute with confidence, and pursue careers aligned with their ambitions. Their perspectives are essential to balanced decision-making and effective solutions.

I once measured success by how far I could go; I measure it vastly differently today! A meaningful legacy creates the courage and space for women to stay, rise and lead.

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

My passion outside finance is design in its many forms. I enjoy visiting galleries, discovering South African artists, exploring Italian design, and wandering through gardens and nature, preferably with a good flat white in hand.

What I enjoy most about design is that it asks different questions. It encourages me to slow down, observe more carefully, and appreciate how differently people can experience the same idea, object or space. It challenges assumptions, and reminds me that there is rarely only one way to see the world.

I recently had the opportunity to meet a local South African artist and gain insight into his creative process. What struck me was the balance between intuition and intentionality. He had a natural ability to see possibilities that others might overlook, yet every decision was made with careful thought. Materials, scale, colour and form were all considered in relation to their surroundings. The objective was to create something that could exist in that specific context, as though it had always belonged there.

Watching the process unfold reinforced why design continues to inspire me. Creativity is both deeply personal and inherently collaborative. An artist brings a unique vision to life, yet every person experiences the finished work differently. That interplay is what I find fascinating – reinforcing the value of approaching any challenge with a willingness to see beyond the obvious.

I enjoy art, appreciate design, and take the flat white very seriously! 📷