



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?

I believe that work-life balance is a myth if we think of it as a rigid equation. In a demanding career like transaction advisory, there will always be days, weeks and even months when one priority demands more attention than another. Practical advice I once received was to recognise that my personal and professional lives are not siloed; they coexist. The key is having a village in both areas: a strong team at work, and a supportive network of friends and family. They both remind me that I'm a whole person, not just a professional.

I've learnt that work-life balance isn't about keeping up rigid boundaries, but rather, it's about knowing when to lean in, when to step back and, most importantly, being kind to yourself when things aren't perfectly aligned.

Balance is not something to achieve. It's a continuous process of adaptation, self-awareness and resilience, nurtured by the support around you.

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

The key word here is intentionality. After a big project or deal close, I step away from my electronics for at least a weekend, get back into a healthy sleep rhythm, and spend time in nature – whether that's taking a walk, spending time in the garden or, if I can, escaping to the sea, mountains or bush.

For me, recharging is incredibly important because it's how I know I can bring my best self to work. Protecting mental wellbeing is not a luxury, it's essential to staying sharp, creative and truly thriving, rather than feeling like I'm operating in survival mode.

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

For most people, and particularly as a woman, financial independence is incredibly freeing. As an ambitious graduate, success meant having the freedom and independence to travel

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and build a life of my own. That said, my definition of success has always been grounded in making a difference. I feel a genuine sense of pride every time I have the privilege of delivering meaningful work and creating a positive impact. Today, success is less about personal achievement and more about legacy and how I choose to spend my time. Both professionally and personally, it's reflected in the relationships I build, the people I support, and my ability to pay forward the lessons I've learnt along the way.

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

One daily ritual that I fiercely protect is my conversation with my mother. My grandmother passed away when my mom was young,

and I know she always wished she could have shared more of her life with her. Because of that, I've never taken my own relationship with my mother for granted. No matter how chaotic or demanding my day is, I make time to speak with her. She gives me honest advice, plenty of tough love, and a perspective that keeps me grounded. Even when I choose not to take her advice, I know it always comes from a place of love.

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

A simple hobby that helps keep my perspective balanced is sketching, drawing, and sometimes just doodling. It's something I've enjoyed on and off since childhood. It has nothing to do with finance, business drivers or identifying risks, and allows me to shift from analytical thinking to something more creative.

When I draw, I'm literally looking at things from a different perspective, translating something three-dimensional into two dimensions. It reminds me that even when something isn't perfect, it can still be beautiful. This practice offers a fresh perspective, both on paper and in life.

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

The advisor you can trust to get it done. 