



Q&A

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How have you balanced your personal life with the demands of a career in corporate finance, and have your views on work-life balance changed over time?

Maintaining a balanced lifestyle in corporate finance can be particularly challenging. Setting boundaries and learning to prioritise what is important, whether it's personal or professional, is key to achieving a sense of balance.

Starting out in the legal profession, one may think that it is required to always be available. While that mindset helps to instil a strong work ethic and commitment to responsibilities in projects, it is understood that sustainable success requires a more balanced approach.

Work-life balance is not a fixed formula; it is a dynamic process that evolves with time and circumstances. There will be times where work demands more of your energy, and others where your personal life takes precedence. The key is recognising what balance looks like for you, and being intentional about maintaining it.

What does self-care look like for you, and how do you prevent burnout?

In a fast-paced environment like corporate finance, it's easy to clock long hours without pause. Self-care is about creating structure and balance on a weekly and daily basis. I have made it non-negotiable to exercise at least four times a week, whether it is running, gym, or playing a round of golf with my friends on the weekend. Exercise helps me clear my head, manage stress, and maintain focus.

Part of my self-care is prioritising quality time with my friends and family, as this allows me to take a step back and recharge emotionally. Self-care is not optional, but rather it's essential to enable me to be the best version of myself and to deliver as a high performer in corporate finance.

What did your path into this field look like — was it intentional or did you discover it along the way?

My journey into corporate finance has been a blend of intention and discovery. After obtaining my BComm (Law) and LLB degrees from the University of Pretoria, I began my career in the legal profession, gaining exposure to various areas of law.

I have always enjoyed the commercial and strategic sides of transactions and, in 2023, I was approached by PSG Capital to join the team, marking a significant shift from traditional legal practice to corporate finance. At PSG Capital, we are encouraged

to "think like dealmakers and not like lawyers". This mindset shift has allowed me to expand my perspective, allowing me to apply my commercial and legal training, while gaining exposure and working on high impact transactions in South Africa, such as Harith InfraCo's acquisition of Pan African Infrastructure Development Fund's assets, which was awarded DealMakers' Private Equity Deal of the Year 2024. The move into corporate finance has positioned me to grow into a well-rounded corporate financier at PSG Capital, which continues to challenge and excite me professionally on a daily basis.

What advice would you give to your younger self starting out in this field?

"Success doesn't come from what you do occasionally. It comes from what you do consistently." – Marie Forleo, entrepreneur, writer and philanthropist

The advice I would give to my younger self would be that your career is a journey, a series of turns, ups and downs. I would tell my younger self to be fearless and not just to wait for things to happen, but to take the plunge, because you are destined for great things. It is okay to not have all the answers right away, as long as you keep moving forward and continue to try and be better than yesterday. Keep asking questions, trust your instincts, and be consistent in everything that you do. Growing up playing sport, I have always lived by the saying "those who panic first, finish last", and I will continue to live by those words. Lastly, I would also remind my younger self that careers are not linear, and that everyone's journey is different, so embrace yours in every way possible.

What keeps you motivated on tough days?

On tough days, I remind myself why I chose this career path in the first place. I have and will always be deeply inspired by the fearless women who work to break glass ceilings, to claim their place at the table, and who are determined to achieve excellence.

During challenging times, I try to pause, breathe and reflect on the current situation and try to determine what I could have done better. I always remember that it is only a tough day, and that it is temporary. This approach has allowed me to take a positive view on the challenging times, and it allows me to focus my mindset on tomorrow and the opportunity it presents to reset and refocus. 🔄



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