

# Get inspired with Nelisiwe Nhlapho

Nelisiwe Nhlapho is a mother, wife, career woman, entrepreneur and recently a Mrs South Africa 2023 Semi-Finalist. She hails from the Vaal, in Sebokeng. Nhlapho is a professional Engineer practising as a project manager with over 10 years experience in the cooperate space. She also runs and co-owns 2 companies namely NN Global Impact which focuses on executive and management coaching women development and empowerment, and she also Co-owns Helwa Health and Beauty Boutique.

## **Q) What motivated you to enter the Mrs South Africa pageant?**

A) The topic of leadership and specifically women development and empowerment has always been close to my heart and having pursued it through NN Global Impact, Mrs South Africa provides the platform to extend the reach and impact many lives. Furthermore, it is also a personal pursuit for rediscovery of self in that I wanted to push and challenge myself and ultimately as a girl from the township it is really to inspire the young girl on the street that anything and everything is possible.

## **Q) What do you look forward to learning in your Mrs South Africa journey?**

A) Mrs south Africa is notoriously referred to as the "MBA" of life and this is the exact view I hold. I expect to stretch in pursuit of oneself

## **Q) What is importance of personal development for women?**

A) Society has slowly and eventually accepted that women are capable of occupying and leading in strategic positions in the society within the economy and as such it has become imperative that woman are learned, equipped, and capacitated to lead us into the new frontier.

## **Q) Please tell us about your business Helwa health?**

A) Helwa Health and Beauty is the brainchild of 2 young black women. It is based in Rivonia, Sandton. We specialise in non-invasive weight-loss and body contouring services. Our treatments focus on overall beauty, weight loss, cellulite reduction skin firming and toning and EMS body sculpting. Our services include ultrasonic cavitation, laser lipolysis, radio frequency, vacuum Therapy, EMS, medically approved IV Drips, Waxing and Lashes

## **Q) What is the importance of self-care for women?**

A) I truly believe one cannot pour from an empty cup. As women we often tend to neglect ourselves in the interest of taking care of our families and those around us. This often leads to us feeling unfilled, uninspired, and physical and emotionally drained. I've learnt that taking care of self is part of taking care of one's family. When your cup is full you are in a much better space to extend grace and take care of your family and those around you

## **Q) What can the public expect from you in your Mrs South Africa journey and why**

should the public vote for you to progress to the next stage of the competition?

A) The public can expect authenticity, originality, and a burst of personality in this journey. I am in it for the long haul and people can expect my very best.

The public should vote for me because I believe I have a compelling story to tell. The of perseverance, extreme hard work and rising as many times as you fall. I am of service and will use my title to impart, empower and enrich as many lives as possible.