

TRANSNET



Thank you very much for accepting our invite to speak. You did a sterling job as I received positive feedback from everyone. It was a difficult session as the managers had been in a long meeting since the morning and it was a tough one due to performance levels being down and heads lolling.

Grace Mamolefi Makhaza, Health Services Specialist, Transnet Port Terminals

JOHNSON CONTROLS



Just wanted to say thank you for presenting to the team in Uitenhage. I spoke to a number of people who attended the presentation and without exception they were SO positive. They really enjoyed the talk and learned a lot about what they can do to look after their health more proactively. **Heidi de Groot, Human Resources Director, South Africa**

SOUTH AFRICAN INSTITUTE OF CHARTERED ACCOUNTANTS PE DISTRICT ASSOCIATION



All the delegates thoroughly enjoyed Tanya's presentation. We found it to be highly informative, educational, thought provoking and also entertaining. The question and answer session also proved very valuable. We look forward to possibly using her again in the future.

Simoné Mao-Cheia, Partner | Director, PKF (P.E.) Inc.

NESTLE



I really enjoyed your talk. These are the things that I believe in - that I advocate - that I love. These are the ideas that enticed me into the health profession. These are the ideas that my grandfather and mother taught me. It was great to hear them from a colleague. Thank you and good work - keep going from strength to strength. **Celeste Teixeira-Swiegelaar RD (SA)**

NELSON MANDELA METROPOLITAN UNIVERSITY BUSINESS SCHOOL



On behalf of the management team, many thanks for the way you approached wellness. Your initiative resonated and we also are pleased with the results.

Prof Steve Burgess, Director

Thank you for everything you have shared. It was worth the downtime at the office and my possible repercussions for the loud laughter AND lazing in the sun while I have heaps of work on my desk.

Laverne Williams, NMMU Business School

I found that the course material was insightful and the use of interactive PowerPoint presentation entertaining, making it a memorable experience. Each week, I learnt more about myself and took into consideration the suggestions you offered to better develop myself and grow as a person. Your teaching methods assisted me in understanding the topic of the day, as you used words the average person can relate to. You are a professional in your field and were able to portray this throughout the course. You captivated the groups and included class participation. The students were all talking about what they learned and left the class motivated to try new things and adjust their lifestyles.

Terence Scheinberg, NMMU Business School

I'm a mom of twins, aged 2 ½, and I had not slept through *one* night since birth! I used to get up at least six times a night. After adapting their diet in line with what Tanya recommended, I had immediate results. The twins are sleeping beautifully now – I still get the odd night where they might wake up once, but never more than that. I am forever grateful for the change Tanya has made in our lives ... I only regret I didn't meet her sooner!

Marlise truter, NMMU Business School

Thank you very much for the most informative session last week. It was most enjoyable and I am looking forward attending all the classes to a better me. Thank you also for all the info sent to us, this is much appreciated.

Tersia Ferreira, NMMU Business School

Thank you for the excellent presentation today. It was very informative and we all learnt so much. Also for all the additional information and reading you sent us. If there is anyone who can convince us to improve our lifestyles: it is YOU!

Jenny Junicke, NMMU Graduate School Secretary

NELSON MANDELA METROPOLITAN UNIVERSITY



I really want to compliment NMMU for this most valuable wellness course. Tanya's approach and expert knowledge on health and fitness is truly remarkable. I am enjoying sharing the knowledge with family and colleagues. **Visha Coopasamy, Dept Research Management**

I'm so glad to be attending this programme. Thank you for making it easy to understand. I'm finding the information interesting and very helpful and am rather excited to make the changes that will lead to a healthier lifestyle. **Sheila Entress, Secretary/Administrator Dept Geosciences**

I am enjoying your presentations and have found it valuable in guiding my lifestyle. **Santa van Rooyen, Lab Technician Environmental Health**

I can honestly say that your sessions have made a world of a difference in my life. Since I can remember I was a chocoholic; sugar and fat intake were high every day. After taking note of how my body responds to certain food, it has been possible to eliminate them and the results have been remarkably positive. I've learnt such a lot from your presentations and wish the sessions could continue. My graph has already improved and I intend to re-do it after a month again. I still have a lot of work to do but at least you have given me the tools to continue and to manage my lifestyle in a more positive sense. **Salomé van der Riet, System Manager**

It's been a great seven weeks and I have learnt so much.
Megan Fensham, Lab Technician: Physiology, Dept Biochemistry & Microbiology

Thanks again for the wonderful course you are presenting. It's great! I personally feel that we are learning a lot of things we did not know. This course is a real eye-opener. I'm only realising now about all the junk that we put into our bodies.

Marius L Fourie, Manager: Stores & Admin, Procurement and Stores

Thanks again for all the wellness sessions. I really am learning a lot and am thoroughly enjoying it.
Trevor Ryan, Lecturer: Physics, Mechanical & Electrical Engineering

THE PORT ELIZABETH WOMEN'S CLUB

On behalf of the ladies at the P.E. Women's club I would like to say a very big thank you for coming to address us last Friday. Everyone so enjoyed your talk and found it most interesting (I have had so many phone calls telling me how interesting your talk was). Many of our members have requested that you come back again and address us on another health topic. **Beth Rist: President**