

DATE: 2014-11-20

PROGRAM NAME: WOMANITY WOMEN IN UNITY

GUEST NAME: MS. NATALIE DU TOIT

SPEAKER	TRANSCRIPTION
DR. MALKA (INTRODUCTION)	Hello, I'm Dr. Amaleya Goneos-Malka, welcome to 'Womanity – Women in unity'. The show that celebrates prominent and ordinary African women's milestone achievements in their struggles for liberation, self-emancipation, human rights, democracy, racism, socio-economic class division and gender based violence.
DR. MALKA (GUEST SYNOPSIS)	Joining us today is Natalie du Toit, South African swimmer, who's best known for the numerous gold medals she won at the Paralympic Games as well as the Commonwealth Games across different strokes and multiple distances and winning more than twenty golds at significant global competitions between 2002 and 2012 when she retired from competitive swimming. Additionally, she became the first amputee ever to qualify for the Olympics, when she placed sixteenth in the ten kilometre marathon swim. To mention a few of her awards, in 2009 she received the award of Ikhamanga in Gold, for her exceptional achievements in swimming, a South African honour granted by the President of South Africa for achievement in arts, culture, literature, music, journalism and sport. In 2010 she was named Laureus World Sportsperson of the Year with a Disability for breaking down the barriers between disabled and able-bodied sport. Welcome to the show.
MS. DU TOIT	Thank you and thanks for having me.
DR. MALKA	Swimming is an individual and often very lonely sport that requires certain key elements in order to attain success. Elements such as sacrifice, perseverance and single-minded focus. Can you please share with us a few of the landmarks in your career and when you understood that swimming was a big part of your destiny?
MS. DU TOIT	You know, it's quite an interesting story and I think a very different one to what a lot of people expect or think, you know, swimming was one of those sports that I was open to as a child. I took part in many other sports at school as well. I did music as a subject and I was just ... you know, did anything and everything that I possibly could and I was six years old when I started swimming. I absolutely hated the water before that and all my pictures of before I was six years old, I was in tears when anyone tried to put me in water and I must admit I got into the pool and I started swimming and I just, I think I loved it. I was trying to beat the person next to me in training. I was trying to be the best person that I could be. I think it was also something that I found quite easy to do, easy to achieve and again, you know from my first competition I swam I came in the top three. I think I won an event, and then you want to swim another event.
DR. MALKA	So you had more motivation with that win.
MS. DU TOIT	Exactly, you know a lot of people think you go into something with a goal or with a dream. Sometimes you just start something and you realise, that hey, you know, maybe I'm good at it and the more you achieve, the more

	<p>you want to achieve and that's what's allowed me to achieve in life, is you know, you start something that challenges you and it's the challenge to try and achieve that and once you've achieved that the next challenge is set for the next step. And I must admit, you know, I was twelve when I went to my first trip overseas. My parents couldn't actually afford it, so one of the girls' parents in my team offered to pay for half the ticket, my parents came up with the other half, and for pocket money I walked down the main road in Cape Town, for about a week, and I ... with a little paragraph of who I was and why I was collecting money I managed to collect a thousand rand, in those days which was six rand to the pound and off I went to London. I was there to swim so I couldn't do a lot of the things that everybody else did. So it was you know, going to the Madame Tussaud's and having a look at wax models. I couldn't do those, however, I was there to swim and I managed to do exceptionally well. I won a couple of gold medals and the Victrix Ludorum and I came back to South Africa and with that achievement, people had started speaking about who I am and a possibility that I could go to the Olympics or go to Commonwealth Games. However, to me it was never about the Olympics. It was never about Commonwealth. It was about, let's see when I was in 1998, if I qualified for Commonwealth. So it was Commonwealth Games, it was World Championships, before you even get to think of Olympics. You know, that's your biggest goal and you know that achievement you want to achieve in life. So you were looking at an iceberg.</p>
DR. MALKA	<p>... you were looking at one step at a time in terms of the increments on the competition.</p>
MS. DU TOIT	<p>Absolutely. So yes, looking forward, taking one step a time. However, the better you start doing and the more you start achieving, the higher the goals so then the Olympics becomes a goal that you can actually reach, that is attainable. So I qualified for Commonwealth Games when I was fourteen years old, two years after my first international competition. It was the senior Commonwealth Games. It was in Kuala Lumpur and I had qualified, sort of by a couple of split seconds but I was fourteen and it was my first international competition and again everybody said, but you're only fourteen so it means that the Olympics is definitely going to be in your timeline. The next Commonwealth Games, the World Championships, you're going to be a world record holder and you know, did I think that? No, I would get into training, I'm going to see how hard I can work and you know what I'm going to achieve off the hard work that I have put in to it. That Commonwealth Games that I went to in Kuala Lumpur when I was fourteen, I actually missed the very first race, purely because I was warming up in the swimming pool, in the training pool and my race had already started. A huge story was sort of spread about how I missed my race, I was with boys and I was busy in the bathroom and it was purely spec because my coach was Hungarian and he'd said it was due to human error but people picked it up as woman error. So that was where the stories all came from and it was a huge blow. I swam extremely badly, actually in fact, I didn't even know if I could compete in the rest of the competition or not because if you miss your race, it seems as though you're trying to put your competitors off and the officials can actually stop you from competing.</p>

DR. MALKA	So from a psychological point of view it's psyching people out.
MS. DU TOIT	Absolutely and it actually psyched me out extremely badly. I swam very badly in that competition, I got to compete. I had to swim a relay for South Africa and I just felt like that I had let the whole of South Africa down, you know, getting chosen and this is my first show that I had been paid for.
DR. MALKA	It's a lot of pressure on a fourteen year old.
MS. DU TOIT	It is but to be there I had to have that pressure. I had to be able to handle it and that's something that I've always been open to, was if I want to achieve it, if I want to do it, I have to be on that level and it became later on in life when I became disabled, it was I want to swim able-bodied so I have to try and do what all able-bodied people do to be able to be there. So that was really a setback, when I was fourteen years old and went through a big dip and I came back to South Africa. For about a year, I didn't know why I was swimming. I got into a pool again and got back into training but it wasn't about going to the Olympics. It was about, I just know that I needed the time in the swimming pool to be able to achieve something. My times went backwards and after about a year I started coming round and I started enjoying what I was doing again and for me that was the most important thing in my career, was enjoying it, and knowing that every day that I get to training, I might not want to go to training, but the minute I hit training I want to be there and I see the benefits from that. Yes, so sixteen, I just missed out on the Olympics by 0.02 of a second and again, another setback but to come through that and again it took me about another year and then had a motorbike accident. I was seventeen, beginning of the year, 26th February 2001 and again, you know, will I be able to swim, will I not be able to swim. You have people telling you, you can, people telling you there's no ways that you will ever be able to swim and for me, I didn't know that I was given the opportunity to get into a swimming pool and see if I could swim, see how fast I was. I started right from the bottom again. My times were extremely bad but I put the time in, I put the effort in and after a couple of months I started winning competitions again and the reality of the Olympics, became what would you call it, it started again. It was part of what I could achieve. So with all these setbacks, you know, you hear about achievements but those achievements wouldn't be achievements without the setbacks and without me going through those bad patches, those made me work extremely hard and they made me dream bigger. They made me, you know, realise that you're going to go through all these bad patches and one day when you achieve that one good thing it's sort of achieving, absolutely, tip of the iceberg.
AD BREAK	
DR. MALKA	Now picking up on our discussion, they say setbacks are character building. I think that what you've said epitomises it all and with the setbacks that you encountered, the mind-set that you had, the whole psychological focus. I think that your training with some of the most successful athletes in your field and competing at the forefront of international competition has given you unparalleled insight into what it takes to get to the top and more importantly how to stay there. Do you think that some of those same principles relate and

	apply to business and life in general?
MS. DU TOIT	For me what it's about is being open, being open to a step higher. You know, when I started swimming, disabled sport as an example, the disabled fraternity didn't think, that you know as I'm disabled I can only train for an hour. I can't push myself past that until they started, the disabled started training with able-bodied and realising that you can break a barrier. It is possible.
DR. MALKA	It is possible to change things.
MS. DU TOIT	So it's overcoming perceptions and you know it's something that disabled sports is growing tremendously, you know since I started and purely because now we've been open to the able-bodied scene and we've seen what able-bodied people do out there. Similarly, in life, to be open to, the step higher to open to people that you can look up to, that you can aspire to, that have achieved things that you would never ever have dreamed of achieving. You know, I was a little girl and I was open to swimming and I was just fortunate that my coach said, there's potential in you, you can do it and with that my dreams became reality and you know, the dream got shifted from pillar to post in achieving the bigger dream of getting to the Olympic Games. So that's one thing that I believe in the most, is having your, what we can call feelers out there and being inspired by people sometimes in a positive way, sometimes you see what they do when you say, I definitely do not want to be like that. That is the biggest inspiration that I have come across throughout my life. With that comes values. To live a value driven life, sometimes it's very tough because people don't live by values. I am inspired by many people in life, value driven life, they're lonely, very lonely life but it's something that I believe in and something that I fight for on a daily basis and I believe that that's part of who I am and what I'm going to be in the future and phew, there's many lessons to learn and many lessons that swimming has taught me but fundamentally, I think going through the challenges has taught me the most, in that, in that within myself, I know that I take just over a year to come through anything that's extremely bad in my life, but I work at it. Every day I wake up and I say, I have to be positive and then I cry because I'm not positive and you know I don't like myself and I, and that's okay because the next day I wake up and say, okay, we're going to try and be positive today and that one day comes when I actually turn around and somehow, it's easy to be positive and it's just to go through step by step and turn around.
DR. MALKA	You have raised two very important points there. One, in terms of recognising yourself, knowing yourself, knowing how to overcome whatever challenges you have and understanding your own personal time frames and the second part, which I think is very important, that people don't often think about. When we associate with inspiration or we look at elements we always think about from a positive point of view of what you want to become but when you talk about the negative aspect of what you do not want to become and I think that that's something which is often overlooked.
MS. DU TOIT	I think, you know touching on the second one first, I'm probably an example of the most negative and the most challenging situations turning into probably the most positive situation around, and that's achieving a goal, that if I look back on my career, I actually can turn around and say,

	<p>there is nothing more that I want to or that I can possibly achieve in my sporting career and that was why I walked away. You know in life, you can always earn more money, you can always be in a higher position. I physically have nothing more to achieve.</p>
DR. MALKA	<p>You got to your target and you've got to the highest pinnacle that there was.</p>
MS. DU TOIT	<p>Exactly, and I was Olympics, it was Paralympics it was breaking world records with swimming, absolutely every single event in swimming but that wasn't just all the story. It was the hours of work that I put in. I know physically, my body cannot do more than eight hours of training a day. Physically, there is no more so I've done all of that. I have also given back to the sport and that was important for me to be able to pass on my knowledge and not necessarily become a coach but knowledge of swimming and swimming is one of those interesting sports, in that, for me it was important to know every single day or every single minute, every single second in the swimming pool how I feel. Am I pulling water, am I pushing water, am I feeling heavy, am I feeling light. I made that a point to know that about myself and that was how I think I see life, is you've got to understand yourself, you've got to understand your goals, your dreams and then move into a direction.</p>
DR. MALKA	<p>And when we hear about successful people, we seeing the end result and we often think, wow, you know, that happened overnight. Here is this person and look what they've achieved but in reality, we're witnessing the end results of years of hard work and motivation and disciplined dedication, the people have invested into their chosen paths but additionally, behind the scenes, there is usually a support structure backing the individual. What is your opinion on the role of support systems to contribute to success?</p>
MS. DU TOIT	<p>I would never be sitting here. I would never have achieved my dreams without my team. My team fought you know, tooth and nail and I say, tooth and nail because we really worked as a team. Each one of us had our roles, be it carrying your leg from the start to the finish and making sure they were at the finish so that me as the swimmer didn't have to worry if I would have a leg at the end or not because that hampers performance at the end of the day, you know. From managing your finances to managing where you're going to be at what particular time, to managing my mind, because I am a very negative person and if I go to training and I'm feeling very heavy, I'm hard on myself and if it wasn't for the next person to say, it's okay, you know, you've still got two days before the race what can we do to improve that and with the ability to try and change what we're going through at that point in time that allowed me to be a better swimmer and a better person. So without that team, I would never have achieved anything. You know, politics aside you know, just to be the best individual that you can. Unfortunately, you will never, ever be able to achieve anything on your own steam and again, you know, they go through the bad patches with you. Your team goes through bad and it's important that they also feel what you're going through because at the end of the day, that means that you're living the same path, that you're living the same dream and you working towards the same goal at the end of the day. So teamwork is extremely important and sometimes it means just two of you. For me, it was myself, my family, my manager, her family and my sponsors and people that believed in me and I could probably count</p>

	the amount of people on my two hands. Everybody else was probably against me. Public was extremely positive, you know in the news and you know, South Africa was really behind me but some of the people that should have been, weren't.
DR. MALKA	And that's another element when you're talking about, you've got the team dynamic so the people that are appointed and they doing their specific role and task, but then you've got the public support. What is that dynamic like?
MS. DU TOIT	I was absolutely fortunate, you know after my accident in 2001, 2002 I qualified for the Commonwealth Games, only for the disabled events, however South Africa allowed me to swim the 800 metre freestyle able-bodied because I hadn't qualified but because I was there I was able to swim it and eventually I made the final. I placed eighth but I probably experienced the most amazing lifetime experience, if I can call it that and that is. the Commonwealth games took place in Manchester in 2002 and when I stood up on that block for the 800 metre freestyle, I have never heard a crowd as loud as I did in Manchester and you know, each one's name gets called out and when my name was called out, the whole crowd cheered. While I was swimming I could hear the crowd.
DR. MALKA	What an emotional experience.
MS. DU TOIT	And that's amazing, because usually when you racing overseas and you racing against a British girl, you know that they cheering for the British girl but you know it cheers you own because people are cheering and you just pretend that they cheering for you. But I was fortunate, so I didn't just have South African support but I also had the rest of the world and you know when social media started, sort of coming to the front in the world and that's only, the last sort of eight years of my career, people started tweeting about you, started you know messaging you on Facebook, emails, I mean, I think, shame, my manager was doing a crazy amount of emails a day, you know, two, three hundred emails a day of people sending their regards, saying good luck, congratulations and that's phenomenal. That support is unbelievable. For me it was important to know that there were people like that because that overrode the one person that was against you.
DR. MALKA	I think that's a wonderful sense of inspiration and understanding and getting that global support.
AD BREAK	
DR. MALKA	Now continuing with our discussion. Building female leadership is important for the future of women and to our country. How do you see female leadership in South Africa and how can we build this capability and mentor our future women leaders?
MS. DU TOIT	Ja. It's such a broad topic and there are so many different, I think, takes out there in the world. That I'd like to see it, as my sport, it was very time orientated, so you know it wasn't about male or female but it was about swimming for a specific time and once you've got that time, you've qualified for a competition or ...
DR. MALKA	So time was the measure of success.
MS. DU TOIT	It was definitely the measure of success. You know walking away, you

	realise that, well not walking away, but some of the girls that I used to swim against would just sort of stop swimming and they would just go and study, some would start families, some would say, no we want to be successful in the world and that's when you start being open to females and the masculine and feminine part of life.
DR. MALKA	So swimming was almost like a microcosm within the environment and these are all the external factors which were around but you weren't quite conscious of when you were involved in the sport because you were focused on the time factor.
MS. DU TOIT	Well, that is how I see it and it was very important for me to focus strictly on swimming. I wanted to achieve everything by the age of 28 which I managed to do. So I had no idea the games would be in London or you know, if I would go to the Olympic games or not. However, I wanted to end my career at the age of 28. So I was extremely focused on swimming, hence, I didn't have a social life. You know, I struggled to study. I struggled to make friends. I actually, if I'd speak about friends, I probably only have one or two really good friends in my life at the moment and purely because I was so focused on swimming and people are focussed on their lives and you know if you say no to the person whose been asking you to go to the movies for the past six weeks they going to stop and that's unfortunately, how life works and it's become extremely competitive as well. So I noticed that with all the youngsters, they driving into a sort of older age group to have families but they want to be more successful. Are you successful as a swimmer, you know, that's always a debate. You know I've achieved everything but at the same time, I've achieved nothing. So in life, I still have to learn social skills. I have to learn, I have to go and get a degree. So I've lived my life, I think the opposite to a lot of people.
DR. MALKA	Not a lot of people have had opportunities to go through various careers, and so you've had a swimming career, a very, very successful one, and now you're moving into the next phase. And in terms of the dynamics in the next phase, have you come across any gender based issues that you didn't experience within the swimming fraternity but now facing in the corporate world?
MS. DU TOIT	I think, you know, generally corporate world and generally people that I come across, and you know, that I'm open to, I actually have a lot of female, what would you call them, mentors that are actually extremely successful and within that part of successful part of their life they are trying to mentor other women to grow and to become stronger and I think, you know, in the world, it's all about parity and about equality between male and female but a lot of females, you know, out there, don't think that can, they don't have the, you know, they don't realise self-doubt ad there is a lot of self-confidence.
DR. MALKA	Lack of self-doubt and confidence.
MS. DU TOIT	Yes. and you know, there's a lot of talk of how women can bring in nurturing as well as the nature to actually lead, where, men don't really have that nurturing, sort of, well some do, what would you call it, effects of life and I think I was just fortunate that I have a lot of successful women within my little group. I would like to see women come out more and if I can, you know, in swimming, we say, sort of have the guts to achieve it, to be confident in their actions to set those goals, to set those

	dreams, of course, you going to come across many challenges along your way but like in sport we come across challenges. In life you going to come across them as well. But definitely, I would like to see a lot more females in higher positions and it's a challenge but in life there are so many challenges that we've got to face and we got to grow it.
DR. MALKA	You've mentioned the different challenges that you've encountered, but at the same time, because of the challenges that you've overcome, you are a source of inspiration to South Africa and around the world and as such you've also become a motivational speaker. Can you elaborate on this?
MS. DU TOIT	For me it was important to share a story of success in a way that is real. I come from not a wealthy background. I don't come from, you know, everything being thrown at me. I 've had to work extremely hard. I achieved my Olympic games dream after seventeen years. It took me seventeen years of sacrifices and it's one of the biggest lessons that I've ever learnt, was that with every action, there's a reaction. I chose to be a swimmer, hence, why I don't have social skills and I don't have many of the other skills which I chose to learn later on in life and it's been a very tough road the last two years, of trying to make friends, trying to find a job. You know those are challenges, that each person, it will be different for each person but it is a challenge that you have to get over a hurdle and with motivational speaking, my goal is to show people that, through anything, anything is possible and everything is possible. You know, I don't just have the woman factor but I also have the disability factor and along with all of that, we try not to put ourselves in a box, however, we are put in a box. You know, when I started swimming, disabled or when I was disabled and I said, I wanted to swim able-bodied, the disabled fraternity didn't want anything to do with me and then, because I was swimming disabled, able-bodied fraternity didn't want anything to do with me so I was an outcast.
DR. MALKA	So, it's negotiating stereotypes.
MS. DU TOIT	Yes.
DR. MALKA	And negotiating perceptions and discrimination.
MS. DU TOIT	Exactly and again, who am I. I'm me. I had a goal, I had a dream. I still have goals to be successful in a different career, in the business side of things and use the lessons that I've learnt to be successful, but I'm not disabled, I'm not able-bodied. I'm not just a swimmer. There's more to me and that's what I chose.
DR. MALKA	You a multi-dimensional person, as is everybody else but what is refreshing, is you've already recognised that within yourself. In terms of the elements that you discussed from a motivational point of view, the values, what are your main themes, your topics that you talk about, to give back as characteristics?
MS. DU TOIT	In life, I always believe that you will never be a success unless you remember where you come from. You remember the hard work that you put in, the teamwork, the no arrogance, you know, there's a few other, tenacity, an important value to have. It's to go out there and always remember them. That no matter how high up you are, you can be as successful as anyone but you've always got to come down to earth. There will always be a bad patch. You will go through dips. You will go through

	<p>your bumps, but it's to remember that you've got to put in the hard work, you've got to put in the teamwork, and that's generally what I speak about. So no matter what level you're at, if you're a Director or if you're a schoolchild, you're either learning it from the bottom up or you learning it from the top down but you always have to go back to those roots and those value systems, you know, you will never be a success without them. So definitely believe in those.</p>
DR. MALKA	<p>And they apply across every industry. It's not just necessarily on the level that a person's at in their career but it's being able to re-apply those values into whichever field that you're in.</p>
MS. DU TOIT	<p>Absolutely. You know, I come from a swimming background, where people think that you have all the drive and you've worked hard and you know what it feels like to achieve and you've got the, what do you call it, you've got the willpower to want to achieve. You walk into a business industry or your personal life and you get knocked down and you've got to build yourself up and you get knocked down and you've got to build yourself up and I don't think anything prepares you. You just got to keep working at it and keep trying to find ways to get through things and to help and to get better. You know, motivational speaking, everybody says yes, but you know, it's easy for you to stand up. Every single time you stand up, you nervous. Every single time I rest, I was extremely nervous. I found ways to overcome it, you know, I used to write on my knee or I used to write on my hand, just to make me remember when I'm nervous, because when I'm nervous I switch off and I do stupid things which I think a lot of people do.</p>
DR. MALKA	<p>Losing the focus.</p>
MS. DU TOIT	<p>Absolutely, so it's how you come through it is what it's important.</p>
DR. MALKA	<p>I read, one of your coaches had given you a poem by Benjamin E. Mays, which says, "The tragedy of life does not lie in not reaching your goals. The tragedy of life lies in not having goals to reach for. It is not a disgrace, not to reach for the stars, but it is a disgrace not to have the stars to reach for".</p>
MS. DU TOIT	<p>Absolutely, you know, and again, that saying, I had for years, but it didn't make sense to me until the day that I needed it, it made sense and each one of us is going to go through something different in their lives and you might have a motivational speaker, one day that you'll sit there and go, you know, this is really boring or I'm really not interested in this topic and one day you will turn around and you will actually realise, that what you going through, you needed that little bit of advice that was given to you in that motivational session and again, sayings are important for me because they remind me of, there is a will, there's a way, you can achieve anything and after we put it in that box, we think male, female disabled, able-bodied, but who am I at the end of the day. I am always searching for who I want to be, where I want to be. When I stop swimming and everybody said, but what do you want to do and I actually said, I have no idea. I don't know what I'm good at. I don't know what I could possibly be good at or what I would enjoy, till that day I enjoy it or I know that, that's what I want to do I'm going to put my feelers out there and I'm going to keep trying. So that's what it's about. No matter what tragedy hits you, you get up and you move forward, maybe in the same industry, maybe somewhere</p>

	slightly different, but no matter, as I said, male, female, disabled, abled, you can do it. no matter what.
AD BREAK	
DR. MALKA	Now, picking up on our discussion, you have been a youth Ambassador for the Independent Electoral Committee, since 2008. The IEC stated that your contribution to motivating young South Africans to participate in electoral democracy processes had led to one of the highest voter registration drivers since 1999. Are there any other social projects that you're involved with or trying to raise awareness of?
MS. DU TOIT	I, phew, I have my hand in a few things and I'm still looking for that one charity that would be mine and that I would focus on. I do have the Lubner's, have been extremely good to me. They've paid for me to go to the Olympic Games in Beijing and they've sort of handled quite a few charities So it's the Smart Foundation, the Sabrina Ocean Challenge and you know, so far my career, the charities that I supported are ones, that you know, it was easy to give back in swimming because I was a swimmer and I would swim Robben Island. The Sabrina Ocean I've challenged. I would swim the event and the money would then go towards the charities and for me it's important to give back. It's important to show people that anything is possible, to give people the opportunities. You know, as I said, I come from quite a poor background but I was open to travelling overseas. I was open to successful people. Successful women, successful, you know, anything and because of that I want to be successful. So to give anybody that opportunity and that's where I try and help and in my small way, be it, for shaving someone's head in the cancer shaver fun, be it going to the little home in Ellis Park, around that area and handing out blankets, be it, you know speaking to a little child whose just lost their leg from a sarcoma. It's about imparting what's made me successful and made me who I am today. So that is what I like to try and give back to the communities out there and to everybody. And again, some people will accept it, some people don't and it's just where you sitting at that point in time in your life.
DR. MALKA	Giving back doesn't necessarily have to be a financial way. It's giving back on an emotional level, giving back through your wisdom and experience.
MS. DU TOIT	Each one of us has something special about us and you know, you might not have all the money in the world, however, someone might come into your life, that you could just say one thing and it would mean the world to them. In two, three years' time, maybe, at that exact moment, but it's to go out there, for me, it's important to share who I am and there is one piece of advice that was always given to me and that was, share your knowledge because at the end of the day, you can only grow someone. In my swimming career, I knew that I would never always be the best, that someone is working harder, someone wants it more than I do so, hence, why I had to try and keep re-inventing myself and trying to do better, in that way, trying to add more hours, trying to be better in that way. But again, you not always the best and someone is going to want to beat you and that is what life is about, but to share the knowledge of what you've gained and I think it's something that I actually picked up from a lot of Europeans, is in our swimming world, each coach helped the next coach and they all worked under one umbrella, one senior coach, no matter

	which area in Italy, or which area in U.K you came from. In South Africa we very much self-orientated, so I want to be successful. I can't help you because I want to be successful and that's not what it's about.
DR. MALKA	So, you found that South African experiences have been more individualistic whereas in European fraternity was on a collective level.
MS. DU TOIT	On a collective level. That's what I've experienced but again, it depends on what industry you're in and it depends on what you're dealing with but to share knowledge, because sharing knowledge is what makes the whole of Africa better. You know for women to mentor the next women, it's going to grow women. It's obviously segmented but it's important to share your knowledge.
DR. MALKA	I agree with you, in totality on that point on knowledge sharing and also knowledge gaining. Now, we're coming to the end of the show, can you please share a few words of inspiration that you would like to pass on to young girls listening to the show who live in Africa.
MS. DU TOIT	I think the most important lesson that I have ever learnt was that you don't just achieve. Once you've achieved something, it's harder to come back and want to achieve something else and it's tougher because people expect that level from you and now you have to stay on that level but also grow and also be better and it's not to give up because you going to go through the challenging times. As I said, for two years, I looked for a job and people actually didn't turn me down, but nobody really gave me a chance and everybody thought that I have everything or that I have achieved all these awards and won all that money and at the end of the day, I just wanted to grow in myself and I wanted to start from the bottom and be a success in a few years' time and you are going to hit those stages and you are going to want to give up and you are going to want to just walk away, but don't, it's important to keep fighting and especially in Africa, you know, where we seen, as, sort of the Third World to the rest of the world, keep fighting because at the end of the day your skills could actually be on par with the Americans, with the British. Your skills could be there and you just got to keep working at them and it's also to, when you come across people in America or in Europe, don't think that you know less than them because sometimes that's not what it's about. Sometimes, it's just the perceptions. So perceptions are very, very important and it's to be bold and to go in there with no arrogance but be yourself and know your goals and know your dreams and fight for them no matter what.
DR. MALKA	Thank you for those important words of wisdom and thank you for joining us today.
MS. DU TOIT	Thank you for the opportunity.
END PROGRAM	