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**PROGRAM NAME: WOMANITY – WOMEN IN UNITY**

**GUEST NAME: PNINA FENSTER – EDITOR GLAMOUR MAGAZINE**

<b>SPEAKER</b>	<b>TRANSCRIPTION</b>
DR. MALKA	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	Joining us on the line today from Cape Town is Miss Pnina Fenster who is the Editor of Glamour Magazine; she has edited the magazine since its debut in South Africa way back in 2004. Glamour Magazine has a long history, founded 77 years ago in 1939 in the United States; today it remains a leading monthly fashion and beauty publication. Welcome to the show!
<b>PNINA FENSTER</b>	<b>Thank you so much it's such a privilege to be with you.</b>
DR. MALKA	As a magazine editor you're tasked with numerous responsibilities, whether that is serving readers with relevant content to delivering on the bottom line from a commercial aspect in terms of readership levels or adspend and these days your bouquet extends not only from the print, but also into online platforms. What would you say have been your greatest challenges in this role?
<b>PNINA FENSTER</b>	<b>I think your discussion of the ways in which editors now function is incredibly incisive. A single week for any editor including me could include a features planning meeting for print, then a discussion about what's happening to our website, then talk about social media, there might be an event, there might be seeing advertisers, there're commercial considerations so if I think of my challenges as an editor then I think they are challenges that affect almost every woman on the planet; how to multifunction, how to multitask, how to stay centred and focused in an increasingly fractured world because I think we are all asking these questions, how do we manage to be both agile and true our values?</b>
DR. MALKA	What would you say are some of the milestones that you want to achieve in your capacity as editor?
<b>PNINA FENSTER</b>	<b>Ah okay. So I think that to work in women's magazines is an incredible responsibility because we are interacting every hour, every day, every month with women and it's also an enormous privilege and a huge pleasure particularly in South Africa because I think South African women are amazing, from our work in politics; our work in the social sphere to our style so if there were milestones that I would like to achieve as an editor it has to do with that area, with my responsibility, with my privilege, with my pleasure of interacting with women and I mean that by the women I work with every day at work and the ones that we communicate with. So my goal really is to make women's lives better, sometimes it might be in a huge way, it might shift their careers, it might shift somebody out of an abusive relationship for example, something that they've.....and other times it's just to give them a little hit of joy and fun; it could be a great idea for a lipstick or the way that you're going to do your hair which can just give you that sexy confidence and bounce in your step and pleasure in being a woman.</b>
DR. MALKA	And the reality is we have got such a non-homogenous society and looking at the variety and the diversity of women, there's just so much variety.

<p><b>PNINA FENSTER</b></p>	<p>There is. I think our society is incredibly broad and in fact if I go and do a conference, we have an annual Glamour Conference and one of the points that I've made with the other editors is that I feel South African women are right on the cutting edge, on the vanguard of what is happening to women around the world, the kind of growth that we've seen, the kind of challenges we've seen, they're a very extreme expression of what women are experiencing anywhere else.</p>
<p>DR. MALKA</p>	<p>We've looked at your current challenges in the role, we've looked at the future on what you want to achieve as editor; can you share with us a few of the landmarks in your career?</p>
<p><b>PNINA FENSTER</b></p>	<p>First of all I'd have to say finding a career was a landmark for me which is why when young women come and talk to me and they say we don't know what to do and I just say hang on because that thing will find you and you will find that thing. So simply finding a career that accommodated what were quite a diverse and vague set of skills was an amazing achievement for me. Having a column on the Sunday Times, launching Marie Claire one of the first international titles to come into the country, and then the launch of Glamour and then there are...there've been things along the way, projects that we work on as a team, so for example it might be supporting charities like Santa's Shoebox, which is a great charity that gives the festive season gifts to tens of thousands of children across the country who might not have had it and then other areas where we can make a difference. We can raise awareness of gender issues, of sexual choices, it's a range of achievements and sometimes it's just somebody saying I got such a kick out of the latest issue or you gave me pleasure with that story, that's a wonderful sense of achievement.</p>
<p>DR. MALKA</p>	<p>I'd like to go back a little bit, to where you said one of the biggest challenges was finding a career and if I recall from one of our previous conversations, you're quite dynamic in terms of your interests and creative flair and ultimately your career has been a fusion of your interests.</p>
<p><b>PNINA FENSTER</b></p>	<p>Ja. I started off studying literature, English Literature and drama and film and then I had always had a fantasy about going to art school, so off I went to art school and I did all the stuff that goes with that you know, I was a barmaid, I was a waitress, I made earrings and sold them at market places and I landed up working as a graphic designer on Business Day Newspaper jobs to which I was hopelessly unsuited, I thought they were going to fire me every day; they should have and a friend phoned and said there is a job going at Fairlady and I walked in there and that was it, I fell in love and it was been an abiding love, it's been one of my great love affairs, ever, has been with the world of journalism and women's magazines. So I think that we can find that place, that hold, that....and it's not always a conventional one, not what we always expect.</p>
<p>DR. MALKA</p>	<p>Staying with the topic of media, in 2015 there was a study conducted by Gender Links covering gender in the media industry across the Southern African region and interestingly what they found was that there was a high ratio of women to men studying media, so 64% to 36%, but then when you look in the employment space in media women only accounted for 40% of media employees, 34% of media managers and what I found more shocking was the fact that women's views and voices only accounted for 20% of news sources in Southern African media, which is much lower than the global average, which already is quite low of 24%, in your opinion due to Glamour being a magazine for women, do you think this excludes you from those type of statistics?</p>

<b>PNINA FENSTER</b>	<b>On one level yes, I think there are many ways in which women’s magazines are excluded from the statistics we’re talking about. The editorial, the advertising teams that I work with are almost entirely female, so increasingly are the management teams, so on Glamour for example I have worked with two women MD’s, our finance director, our business development manager, they are all women. Similarly internationally, our global creative director, our global publishing director are women but there is another aspect to this question and these absolutely shocking and frankly depressing statistics, and that is that women’s magazines do not exist in isolation and these statistics are deeply disturbing to me both as a member of the media industry and as a woman functioning in this society and we do have to ask ourselves what is happening to that terrific talent that goes in, that studies, why these women falling away and not making it first of all into the industry and then up that ladder.</b>
DR. MALKA	One of the things that I’ve thought about and I have pondered this question, is that possibly there is a time lag; that perhaps it is a case of we have these individuals studying in the environment but they haven’t necessarily moved into the workforce yet and I’m really hopeful that in the next phase of the Gender Links study that there is a shift in those numbers to prove me right.
<b>PNINA FENSTER</b>	<b>I hope so too and I must say that those statistics did seem extreme to me and I’m not doubting them ‘cause that clearly is what’s going on. Maybe as well I think that the digital revolution is going to help us shift that because if, for example, a young graduate cannot get a job in the conventional arena, she might start her own thing, she might start blogging, you know she might start her own website, so I think that is going to open up opportunities, things will not be so tightly held.</b>
DR. MALKA	And you mentioned that in the environment that you work in it is female oriented from a content perspective but also in terms of the employee composition that you are working with a lot of women and that’s been the flavour within the magazine space currently, can you share with us if there are any policies in particular concerning gender equality within the Condé Nast Publishing Group?
<b>PNINA FENSTER</b>	<b>I don’t know that there has ever been a formal policy, I think it is quite simply a group which has been largely dominated by women, so in Condé Nast we’re talking about people like Anna Wintour for example started Condé Nast, Jo Elvin Editor UK Glamour, Cindy Levy in the US she’s doing extraordinary things for women, so Condé Nast, I think, is a publishing company that has made a huge number of opportunities available to women, it’s one of the reasons I’m very proud to be part of the company.</b>
DR. MALKA	And I think also with the fact that with women having proved themselves in the role it becomes almost a self-fulfilling prophecy that you’ve seen the effects; you’ve seen the positive contributions that they’ve made so why on earth can’t other women do the same?
<b>PNINA FENSTER</b>	<b>Well exactly there are such extraordinary and inspiring women around us, so many and I mean those often senior to us and often those who don’t operate in our environment at all, you know, I’m as inspired by the woman who helps with my groceries at Pick n Pay this morning as I am with many politicians because the challenges that women are going through every day just to survive, get a job, you know transport back home, look after their families, I just think women are amazing.</b>
DR. MALKA	I concur with that statement. Well one of the difficult components in gender equality principles is balancing the dynamic of your professional life with your personal life, now as a successful woman who has worked incredibly hard, you’ve mentioned some of the components in your career from being with the Sunday

	Times through to launching Marie Claire, Glamour Magazine, has there been an all-in-one winning formula that you've managed to figure out?
<b>PNINA FENSTER</b>	<b>If there is an all-in-one formula, please it just sounds amazing, whoever has it can they please tell me where I can get it for myself because really, if I am honest I have to say that there's been many years in my life that's not being in the least bit balanced. We're talking about working every day until you know 10am or 3am if that's what it takes, including Saturday and then sleeping and going out for a bit on Sunday and we're talking about that routine for about six months at a time and then again at regular intervals and I really did love what I was doing but you know obviously you don't want to keep going like that because it will make you very sad and crazy and....</b>
DR. MALKA	...and not sustainable....
<b>PNINA FENSTER</b>	<b>....no exactly, it will make the people around you sad and crazy too you know and I had to teach myself not to work on week-ends unless it's really urgent. I've had to work on finding that switch off button in my head for after hours and I've been very fortunate I've had a supportive partner with his own career but I do think when we talk about balance I'm not sure that you can always achieve it, I think it sometimes takes very long hours with very huge focus in one zone and it's...I think it actually just burdens us more, this idea that we have to have everything in balance, I don't think that's possible I think you go through stages in life, you focus on different arenas in different stages.</b>
DR. MALKA	And the reality is that I don't think true success is possible without sacrifice.
<b>PNINA FENSTER</b>	<b>Ja, I agree. I think if anything one of the great errors of our digital age is that it has created the impression that things can come easily that they're so much glossier than actually they are, and ja, it takes infinitely harder work, you know, I am sometimes I'm approached by young women and they say you know they want to come and work on the magazine, I say you know what you would like to do, they say I want to do what you do I want to be the editor and I ask them what they think it is, they have no idea they think it is what they see in the movies or on...you know in TV shows. As you say, it's a lot more hard work than anybody thinks.</b>
DR. MALKA	And whilst we're on the topic of challenges can you share with us some of the gender challenges that you've encountered during your career and your advice to women when facing similar circumstances?
<b>PNINA FENSTER</b>	<b>You know I was very struck by Madonna's recent speech where she won a lifetime award and I was struck by it because Madonna to most of us is somebody so fearless and so unstoppable and she talked about the challenges that she had to face which had been a shocking level of judgement, an absolutely extraordinary level of sexism and one of the main things that came across for me in that talk that she did, in that response that she gave, was that she just kept on trucking and I think that's the primary thing we're aware of those challenges around us, we can't not be, but while we are dealing with them as a society, we as individual women just have to keep going you know, I think you just have to fight through them and not let them get in your way. I know that sounds easy, it's not easy, but you can't let them stop you because if you let them stop you then they will have won and you can't let that happen.</b>
DR. MALKA	And when one door closes you've got to be knocking on a thousand more because one will open.
<b>PNINA FENSTER</b>	<b>Exactly, exactly there have been times where I have been in the depths of despair and I thought this is never going to work out and life can be amazing, surprising, delightful and full of blessings, so I think also we need to have, you know we need to retain optimism.</b>

DR. MALKA	True and hope and luck I think are some of those magic ingredients which fall into place that are totally unpredictable.
<b>PNINA FENSTER</b>	<b>Exactly, exactly because there is such a thing as serendipity whether you, you know, whether you call it luck or you call it good fortune or you call it divine guidance but we've all encountered it in our lives and it is the most magical and wonderful thing when it happens.</b>
DR. MALKA	So true, when the universe aligns.
DR. MALKA	Today we're talking to Miss Pnina Fenster who is the Editor of Glamour Magazine.
	<b>AD BREAK</b>
DR. MALKA	You are listening to 'Womanity – Women in Unity' on Channel Africa, the voice of the African Renaissance, on frequency 9625 KHz, on the 31 meter band, also available on DSTV Channel 902. Today we're talking to Miss Pnina Fenster who is the Editor of Glamour Magazine; we would love to receive your comments on <a href="https://twitter.com/WomanityTalk">Twitter@WomanityTalk</a> .
DR. MALKA	Pnina taking into consideration the challenges and successes that women's legal rights have had over the last few years, what areas do you think still need attention with respect to women?
<b>PNINA FENSTER</b>	<b>Wow..... I actually have to be honest here and say I can't even begin to talk about the areas that need to be addressed because it seems to me there are so many of them. From many of our leaders and I mean that in our country and in countries around the world, the levels of sexism that we're seeing to absolutely day to day issues, as basic as the price of sanitary pads and I don't feel qualified to comment on all of those challenges that we are facing because as I say I think they are so wide ranging, but at the same time I think that sexism can be corrected.</b>
DR. MALKA	And what in your opinion do you think we need to do to help correct it?
<b>PNINA FENSTER</b>	<b>That inherent sexism?</b>
DR. MALKA	Ja.
<b>PNINA FENSTER</b>	<b>I say this against the background that I think that we have had horrifying reminders of the level of sexism in the world over the past year, to say the least, but may I just talk on a personal level here?</b>
DR. MALKA	Of course.
<b>PNINA FENSTER</b>	<b>Because it's about something that I learnt from my father who is a psychiatrist and that is that people can change. I said to him once I said do you think that people can change and he said I wouldn't do what I do if I didn't believe that people can change and I think we have to believe and trust that because otherwise there is no point in being alive and human, if we are growing and learning so that change might take work, it might take therapy, counselling, AA, friends, you know a whole bunch of things, but we can learn to make better choices for ourselves and for other people, you know. To be more conscious, to be kinder to ourselves and others and sometimes it will be a monumental failure definitely for myself, I'm a work in progress but sometimes those shifts will be beyond our greens and I keep thinking if individuals can change the way that my father taught me to believe then households can change and streets and neighbourhoods and cities can change, so I believe that, first of all I believe we change as individuals and then we can change as communities and also if I look around at the growth of women professionally, personally, politically, socially and at the growth of the number of men who are becoming more conscientised and respectful to women than previous generations I think we...I think there's reason to feel hope about sexism in society shifting.</b>

DR. MALKA	And given what you've said and I think that's really important because often we hear a Leopard can't change his spots but it's really refreshing that having an expert in human behaviour saying that yes people can change and it's part of growth and learning that I think that women have an incredibly important role from the point of view of raising children and raising children the right way, then that behaviour becomes ingrained.
<b>PNINA FENSTER</b>	<b>Ja, but that is also why I think if I look around at the sons of my friends, this is a whole new generation of guys because they grew up with mothers who worked, who achieved, often single mothers, they were taught a level of respect for women that previous generations didn't have, so I look at young men and young women today and it does make me feel optimistic. I think that we have extraordinary mothers and that makes very often extraordinary sons.</b>
DR.MALKA	Very true. Staying with the topic of women and particularly in your vein, being a female editor in South Africa and with the publications you've worked on, they do extend into the continent and in that space the content sometimes touches on sensitive points whether that is culture, religion, tradition, in your experience do you think that women in managerial roles face different challenges to their male counterparts and would you say that they're judged differently too?
<b>PNINA FENSTER</b>	<b>I really, really want to say no to that question but the answer is absolutely and without a doubt we are judged differently to men in fields ranging from politics to entertainment and we all know about that judgement, we know about it because we've experienced it in our work lives and in our private lives. You know men are quite frankly not....you know if a man is ambitious then a woman going after the same thing is called a whole bunch of words that I'm actually not going to use in this context and the shaming judgements that happen when it comes to our sexuality, our appearance, our age are extraordinary and they do not apply to a man, so ja, I think those judgements do exist. At the same time I think society is becoming more tolerant and accepting of things that were taboo a few decades ago. You know some of it is practical society quite simply has to be tolerant because more and more women are wielding more and more power financially, creatively, entrepreneurial but the other thing is the boundaries are shifting so you know when a huge conglomerate like L'Oréal uses a transgender model in its campaigns, then you know that judgements are coming down.</b>
DR. MALKA	One of the things I'd like to pick up on when I ask this question, you said that if a man is being perceived as ambitious it's okay, but for a woman she's reviewed differently and I think this is also something that has to stop where you have certain attributes or success attributes or motivation attributes which are viewed in a positive nature if a man is doing it but in a negative nature if a woman is doing it and one of the expressions I heard was that "a man can be a boss but when a woman is looked in that light she is perceived as being bossy" so it's totally different connotations and perspectives of exactly the same thing and purely because it's coming from a man or from a woman, there's a different interpretation and that just doesn't gel.
<b>PNINA FENSTER</b>	<b>All those "B" words you know, bossy, ball breaker, bitch. I actually, I think, I mean I think we just have to reclaim the word bitch because I agree with you and I think what's in some ways even more disturbing to me is when those judgements happen around sexuality because our sexuality is connected to the most private, the most inner to the most individualistic parts of us, so when those judgements happen around sexuality it is profoundly damaging to women.</b>
DR. MALKA	I would also say that extends to appearance.

<b>PNINA FENSTER</b>	<b>Oh my God, with bells on, with bells on. I couldn't agree more. I think this is not to take away the pleasure of fashion, style, self-expression through how we look and obviously working on titles like Glamour you know that's being very part and parcel of what I do and I think fashion and style are ways of celebrating ourselves and also wonderful for self-esteem, but when they become the sole lens through which we're viewed, that's where it's damaging and I don't think men are expected to be attractive.</b>
DR. MALKA	Whilst we're on the topic of equality, we know that South Africa has an abundance of legislation which is being designed whether it's from a quota point of view to try and address gender gaps and promote equality, what's your perspectives of legislation to try to achieve 50/50 representation or equal opportunity or equal pay for the same professions and jobs?
<b>PNINA FENSTER</b>	<b>I think we do need it. If we just talk about one of the areas that you've touched on, you know equal pay just for one. If we could get equal pay right then a huge, huge amount and if that equal pay does not apply then unfortunately I think we do need legislation because society quite simply has to be moved along in terms of women and girls. So ja, get equal pay right boy, a lot of stuff is going to come right with that.</b>
DR. MALKA	And now I'm going to ask a question for you to look into your hypothetical crystal ball, given the experiences that you've had within the media environment, you've been exposed to an abundance of stories and transformation looking at how women's lives are changing and progressing, how do you think South Africa will look in 20 or 30 years time concerning women's rights and gender equality?
<b>PNINA FENSTER</b>	<b>I'd like to be positive about it. I truly wouldn't hazard a guess because I think we live in a such a surprising and fast moving world, I think in the last year alone things have happened that we didn't anticipate at all in the global arena so we're talking about things like .....the rise of Donald Trump, all of which have enormous impact on the lives of women. Some things are hard to predict so I wouldn't hazard a guess about where we'll be but I definitely know what I'm praying and hoping for and I see signs that what we all hope and pray for is manifesting.</b>
DR. MALKA	Yes I do hope that our trajectory gets back on its course in terms of pursuing equality and hopefully that will remain true and be an impassioned plea within people's perspectives.
<b>PNINA FENSTER</b>	<b>I think also you know there isn't just one thing going on at a time, there're different trends going on so yes there's a Donald Trump, yes there's .....yes there's the rape statistics, yes there's all that stuff that shocks us to the core but I don't think it should blind us to everything else that's happening simultaneously which is encouraging, which has to do with women blossoming, with the growth of society, that is also going on that didn't go anywhere. I think evil in good, shadows and light, progress and retrogression, those things are happening simultaneously and you just hope that in the main we're moving towards the light as a society.</b>
DR. MALKA	And I think if we have a focus and a long-term goal that despite the noise that happens around things that we can stay true to that path.
<b>PNINA FENSTER</b>	<b>I think we can and also I think we forget how very young the movement of women's liberation is. I have a particular interest in the suffragette I've been reading a lot about the suffragette recently. No suffragette who...you know we all think they chain...we have this idea of themselves chaining themselves to the railings, which of course they did, but you know they did so much more and that was only round about 100 years ago that women in the UK got the vote, it's...and that's a decade since women in South Africa all got the vote. It's a...we're a very, very young liberation movement, women's liberation and</b>

	<b>probably the most threatening movement for liberation that world society has seen because if women are liberated it shifts everything, it shifts economies.</b>
DR. MALKA	Of course we represent in South Africa 52% of the population and if we say that conservatively the rest of the world, that's half the world's population, so if there is a movement we certainly have the numbers behind us to drive positive change.
<b>PNINA FENSTER</b>	<b>We have the numbers behind us, I think we have the will behind us and I think we do have to keep reminding ourselves that women's liberation is still very new in the history of world civilisation so it's really important to maintain perspective and optimism.</b>
DR. MALKA	Now I'd like to ask you a question that I ask all my guests who have made tremendous achievements in their respective fields of expertise and that pertains to what have been some of the key drivers to your success?
<b>PNINA FENSTER</b>	<b>Okay first of all I have to say thank you for the compliment, I think of myself very much as a work in progress, but in terms of things that I'm proud of, the very first thing that springs to mind for me is other people because as a journalist I have been privileged to work with wonderful colleagues and with amazing editors who inspired and encouraged me which is all-round wonderful. Everyone of my opportunities in my career have come from a women, from the first call I got was somebody saying to me hey there's a job going why don't you go and see about it, you know, to the women MD's that I've worked with so we're talking about people who gave me a break and a kind of a shot at the big brass ring and I hope that I can make those opportunities available to other women. So I've had the privilege of working with many brilliant and talented leaders and managers in South Africa and internationally and then of course on a personal level, you know, family who were encouraging, friends who supported me and also sometimes knocked sense into my head when I needed to have some sense knocked into my head, you need those friends to do that, and then hard work because there've been times when I had worked like a crazy, crazy, crazy person, but then you know I loved it like a crazy, crazy person and I do, so I think that's a factor and then the instance we were talking about, you know, you can call it good fortune or blessings or divine guidance or the universe or serendipity but sometimes you do just get a lucky break.</b>
DR. MALKA	And what would you say had the biggest impact on you to make you who you are today, if there is one?
<b>PNINA FENSTER</b>	<b>Wow....I think sometimes I don't even see that those moments are pivotal, but for example I have this very clear memory of sitting on my grandmother's veranda when I was about, must have been about eleven years old. My grandmother lived in Port Elizabeth and I can still remember it was early, early in the morning no-one else was up in the house and there I was sitting on the veranda looking at the very lovely garden and she had a stash of Vogue's and I remember quite clearly picking up that first Vogue and being absolutely immersed in this world of beauty, of style, of inspiration and I had no idea that decades later that would be where I landed up and then another pivotal moment for me, not a sort of conventional piece of advice, but when I turned twenty-one my father who I talked about and was a humanist, and an extraordinary man gave me what I thought was the best twenty-first birthday present he could have given me, it wasn't jewellery, it wasn't a car, it wasn't a trip overseas it was meditation classes and that was pivotal because meditation has been an absolutely invaluable tool and I highly recommend it for all women whether you're working with visualisation or breathing or sitting still, looking at a flower, looking at the ocean, meditating go to You Tube, there are great guided meditations, the....it's a favourite part of my day, I believe in ritual, I think women are tied to ritual and I know it sounds kind</b>

	<p>of crazy but I think it's made a big difference to my career being able to meditate. Then there's stuff that have been gross moments. I remember when I first became editor and before that I'd been a journalist and a columnist and a freelance editor and a freelance writer and there I was sitting in my office and I heard the team outside they were talking about where they were going to go for brunch on Saturday morning and I sat there and I thought but they didn't invite me and then I realised well they're not going to invite you, you're the boss, you wouldn't go for breakfast with your boss, it's supposed to be relaxing and that was pivotal for me because it was a great big struggle to me to navigate the roads between wanting to be liked and wanting to .....and help other people succeed. It was the writer Katherine White who actually was originally an editor, she calls it wanting to be a Barney Boss and you can't be a Barney Boss so that moment of realising it was pivotal for me.</p>
DR. MALKA	<p>Well thank you very much for sharing some of those components to your success. There were a few points there that I think are really important from a mind, body and soul perspective and whether that's being given sound advice or I supposed chastised by your friends or people who know better to knock the sense into you and the realisation that you can't be liked all the time and that we have different roles that we have to fulfil and in the process of those roles we adopt different behaviours.</p>
<b>PNINA FENSTER</b>	<p><b>I think if we go back to what we were talking about how men get judged and women get judged, there are things that men can learn from women but there're also sure as heck things that we can learn from men.</b></p>
DR. MALKA	<p>So true, that really is the essence of equality, sharing and making sure that we're getting the best out of both genders.</p>
<b>PNINA FENSTER</b>	<p><b>Ja because we're sharing the planet so you know what are we going to do, we...and you know...these are our brothers, our husbands, our friends, our sons, our fathers, our colleagues and the same thing applies to them you know on the other side of the mirror so ja, we have to make sustained efforts to get on because otherwise we're going to destroy the planet.</b></p>
DR. MALKA	<p>Which will be no good for nobody.</p>
<b>PNINA FENSTER</b>	<p><b>Which will be....which is not going to help any of us and it will put us all in a very, very bad mood, it's definitely not recommended.</b></p>
DR. MALKA	<p>And on that note we are coming to the end of the show so if I could please ask you to share a few words of inspiration which you'd like to pass onto young girls and women in the continent that are listening to us?</p>
<b>PNINA FENSTER</b>	<p><b>The first thing is I would really encourage women and young women to be kinder to themselves, not...we talked about being judgemental earlier on, I think we're so judgemental of ourselves you know and it's a thing that Marianne Williamson who's one of a kind of alternate speakers talks about she says that she had a problem and she reassured herself, she said oh don't worry about that she said it's only in your head and then suddenly she went hang on you know, in my head is the worst place for that thing to be, so those judgements sometimes are not happening outside, they're the judgements that we subject ourselves to, so that would be my first piece of advice and goal for us as women would be that we would stop judging ourselves so darned hard and the other is something that I read recently, it's not advice that actually came from a woman, it came from a writer called Steven Pressfield, but what he said was he said that there's this idea in society that you can be whatever you want. Now speaking for myself you know that's just plain not true because it doesn't matter how many times people tell they can you know they're going to teach me how to play tennis, when that ball goes over the net I'm going to run away from it so it's absolutely not true that you can be</b></p>

	<b>whatever you want to be, but the point that Steven Pressfield makes is why would you want that anyway, because we all are born with a gift, we all have something to bring to the world, so forget about being what you want to be you know, being whatever you want to be and it's something out there, a so much more enjoyable thing to do is to kind of excavate your own personality and be who you are because we all came here to share something wonderful, to give and ways of expressing ourselves that are entirely unique to us. So that would be my second thought, forget about you can be whatever you want to be why don't think whatever I want to be is my very best favourite self.</b>
DR. MALKA	On that note I think it may be an Oscar Wilde quote "be yourself because everyone else is taken".
<b>PNINA FENSTER</b>	<b>Or otherwise .....Miss Piggy who I think is a fantastic symbol for all of us women and Miss Piggy said "be yourself because otherwise it gets confusing for the postman".</b>
DR. MALKA	Brilliant. Thank you so much for joining us today and putting that emphasis on the self and becoming an autonomous individual and the person that you're destined to be.
<b>PNINA FENSTER</b>	<b>Thank you for a wonderful privilege and opportunity, really very special to be with you, thank you.</b>
	<b>PROGRAMME END</b>