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PROGRAM NAME: WOMANITY – WOMEN IN UNITY

GUEST NAME: ANRUNE WEYERS – SOUTH AFRICAN PARA-ATHLETE GOLD MEDALIST

SPEAKER	TRANSCRIPTION
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 is South African Para-Athlete Anrune Weyers, who currently holds the world record for the 400 metres in the T47 class, which she claimed in 2019 when she won Gold at the Dubai World Championships. More recently she won the Gold Medal at the Tokyo 2020 Paralympics for the T47 400 metre competition, which was her third and sadly final, Paralympic Games. Welcome to the show!
MS ANRUNE WEYERS	Thank you so much for having me and having the opportunity to share in my Tokyo experience.
DR. MALKA	First of all I have to send massive congratulations to you on winning Gold, it was honestly such a spectacular finish, when I was watching you were so far ahead of the other competitors.
MS ANRUNE WEYERS	So thank you so much ja, it even gets me quite emotional. I made a joke when I came back saying that I had Tokyo Fever for a very long time, just being, ja, so grateful for being able to be in Tokyo and racing and bringing something positive back to, not just South Africa, but the whole world. With COVID and the pandemic we all needed a bit of positivity and I was honoured that I was able to go and race and run God every single step from the start until the end and looking at my race I am still in awe of what God did with my journey towards the game, which we will obviously get to later, but I am incredibly grateful for bringing that Gold and also knowing how thankful I am and the emotions that I do still share. What I am experiencing now just shows me the gratitude that I had for that race and how real it was for me to be able to run at Tokyo Paralympics.
DR. MALKA	Well, we are so glad to host you on the show and I think your experiences, particularly over the last six months, has been a convergence for me of so many topical issues; from the fact that you contracted COVID, to advocating for vaccination which is so important given now that unfortunately we have got a new variant and South Africa has begun its fourth wave, to the mental strength required to overcome setbacks and then go on to win Gold at Tokyo 2020 and also raising awareness of International Day of Persons with Disabilities, which was on the 3 rd of December. Tokyo 2020 was held a year later than scheduled because of the COVID-19 pandemic, which obviously had a massive impact on athlete's preparation, including timing their performance peaks; please will you walk us through your ups and downs of your journey to this year's Paralympics?
MS ANRUNE WEYERS	Listening to that question it kind of takes you back; a few weeks ago I was playing around on my phone, needing to delete some pictures because my phone is too full and it was incredible that I looked back and it was a memory lane of all the pictures in COVID, in the pandemic, in lockdown. We have a little townhouse in Durbanville and now just sitting here in my space I appreciate every corner and every single space in our house

	<p>because of COVID, I embrace every part of it. My husband organised a treadmill when we realised it was lockdown, I think it was a day and he messaged everybody asking them do you have a treadmill, we need a treadmill if we're going into lockdown, because he knows how much running and being active means to me and I am incredibly grateful for his support and holding the space of how running and being active is part of who I am and in our house we had different spaces, in our braai area we have my gym station and I picked up my dog, we have, Zara, a Beagle that I picked up a my weights training in lockdown, but it was definitely tough, the first lockdown I was so motivated. We had zoom sessions with our group, training sessions, I had "coffees" and I was so motivated to still hold on so that Tokyo will be held in 2020 and then the second lockdown came, and it was tough to still keep on training knowing that your goal was now, you don't know when it is going to be. As an athlete, like you mentioned, you have different peaks and phases where your performance makes a difference in certain areas where to train and not knowing how the year would look was definitely devastating. I remember I had to two weeks of really being flat on the ground, not seeing the end of the tunnel, crying, not knowing how am I going to stay positive and motivated and something in me just decided take it day-by-day, it was solid words from my coach as well, Suzanne Ferreira, which is also grounded in faith; God is our steering wheel in our group and I remember we took it day-by-day. We took control over what we can control and that is the day we have and to seize that and that kept on motivating me and driving me and in my heart something said that I want to be part of something where we celebrate, so no matter when the games is going to be, I am going focus on focusing on every day on what I can do with my body and celebrating that and celebrating time, when we did our time trails in the road, or picking up my dog as weight training or having sessions over zoom and just holding onto those special moments and that is what kept me motivated to really embrace every day what you have and that's where the saying live every day by its fullest, you don't know what the day holds. So it was definitely tough but just having the support of my training group and family and knowing the whole country is in the same position, everybody is home and the whole world actually, just holding onto the positive things, the small things, having coffee, spending time with my husband, just having a home, having food, all of those little things made you thankful. So I think all those helped in preparation but it was definitely tough to prepare for the Paralympic Games, but just holding on, like I said, to take it day-by-day is what helped me to keep motivated and stay positive on what I can do.</p>
DR. MALKA	<p>You're right, there was this bizarre sense of doing things but just not knowing when lockdown would end or when you could begin life again and I think that philosophy that you had of taking things day-by-day; that was the only thing we had in our control.</p>
MS ANRUNE WEYERS	<p>Yes definitely, ja, it is something that I have learned through injuries, through tough times in life as well that my mom always says in Afrikaans "more skyn die son weer" and that it's exactly, the sun goes down and it comes up again and then it's a new day to be a better version of yourself and to control the things that you do have control over and that is very important to say that to all the listeners as well, maybe you need to hear that today as well.</p>
DR. MALKA	<p>Besides the challenges of training and preparing for an event which was massively delayed, you also contracted COVID.</p>

MS ANRUNE WEYERS	<p>Yes, I thought that if someone says COVID I will be done with my emotions, COVID was really tough. I tested positive on the 13th of July and we flew out to the Paralympics on the 20th of August I think. The only thing that I had in my mind in the time I had COVID I had a real connection with God and He held me very tightly in this time where I couldn't breathe and move around and I'm a professional athlete so that's tough to say that, it hit me quite hard, I couldn't even walk and my heart rate would go up to 190. It was scary, it was scary to know that maybe I won't be able to walk again or train or actually just have a healthy life, regardless to say Tokyo was never in my mind in that time, it was just focusing on getting healthy and how I was so aware of how many people lost someone in COVID. So for me, being able to be healthy and actually training for Tokyo and actually climb on that aeroplane, be at the games and not just bringing back a Gold but not making a final in the 100 and placing 4th in the 200, all three of those events were so joyful and I'm incredibly grateful that I could actually be there running, despite having COVID just a few months before the games. So I am truly grateful that I was healed and that I was able to go and even, I had the vaccine in May, while I was lying on my couch and my dog looking with her beagle eyes that are very droopy, while I was having a nebuliser on me and I remember that I was so grateful that I actually had the vaccine because my thoughts went to what if I didn't, ja, I am really grateful that I did have the vaccine to help me not being hospitalised when I was able to just to heal at home, but ja, despite having COVID and all my hurdles that I faced, Tokyo is really a miracle and I am grateful to share that.</p>
AD BREAK	
DR. MALKA	<p>Today we're talking to gold medallist Paralympic Champion Anrune Weyers. We would love to receive your comments on Twitter: @WomaniyTalk.</p>
DR. MALKA	<p>Competing with some of the most successful athletes in your specialisation and participating at the forefront of international competition has given you insight into what it takes to get to the top and more importantly how to stay there; please can you share with us what you've learned about your own endurance?</p>
MS ANRUNE WEYERS	<p>Ja, just thinking back at my journey, I started doing disability sports in 2011 and I had my first world championships in New Zealand in Christchurch and I remember when I lined up and just seeing all these incredible people having disabilities but just the joy that they have something and a purpose and passion. I went for the 400 and the 200 and I came second in the 200, but just seeing my competitors and seeing their athletic abilities, their skills of running a 400 in such an incredible way inspired me, I came back and I told my coach but I am excited about the journey and getting muscles and working on how I can become the best athlete that I can be. So, being part of Paralympic sports and being part of seeing a movement where females compete is inspiring, I am excited to go and see what everybody has done in their specific categories, especially mine, seeing and embracing the fact that we have all worked really hard to be at the Paralympic Games, so for me that's inspiring for myself, to be acknowledged running with those seven athletes, because if they weren't there I wouldn't be able to compete with them, so they inspire me also and also to see that they're using their gifts, despite their obstacles of being disabled, for me that is inspiring. So, ja, to compete with the top female athletes in my category and when you compete, you obviously compete, but afterwards laughing together, not understanding what everybody is saying, but just celebrating with each other and knowing how many times</p>

	<p>you've cried on the track, how many times you've vomited and how many times you've cried because you are hurting, you know exactly what it takes to be at that level and to see them embrace their PBs or winning a Gold or winning a Silver or making a final or whatever it is, just being there. Someone I met, it was our first Paralympic Games and just the excitement she had for being there made me realise that we need to focus on what our goals are and what we need to go and achieve and that is what parasports and being part of this movement has taught me, to focus on yourself and your abilities and not to compare yourself, but it is always an honour to compete with such incredible athletes with incredible abilities and to see youngsters come through. Not that I am old, but just looking at them and thinking wow, how incredible is that, that they are the next generation and I am going to sit on my couch and watch them and be inspired by them as well and hopefully that will drive so many other athletes around the world that are disabled to follow their path, it doesn't need to be athletics, it can be different sporting codes or it can be anything else, but just be inspiring that you can do anything.</p>
DR. MALKA	<p>You know there are a few things in what you've said which have really stuck with me, so one is the international, that you're not competing on a local level, you are competing with the best of the best from around the world and the sense of camaraderie as well as a competitiveness that is built amongst a group of competitive athletes and then also this view of being able to, in a way, keep developing the sport and give back and allow newcomers to come into the fold and know that you are there for a finite period of time and the next generation is going to be coming up through the ranks.</p>
MS ANRUNE WEYERS	<p>Ja for sure, I think that's, that is very important that we have different seasons and different roles that we play in anything that we do in life and for me the place that I am now at is to educate people around disabilities, especially in South Africa, about how our classes work, about in schools and structures, to appreciate uniqueness, being different because I think in the world we live in we are struggling to see that and that, you are right, at the international level it is definitely a big step-up to compete, where you see people around the world come together and compete on the highest level, I think that's the best and the greatest honour anybody can have, is to compete on such a high level.</p>
DR. MALKA	<p>Physical aspects are one component, you have to be in top shape and at the top of your game to achieve and deliver on the track, but what are some of the mental processes that you use to help you keep getting faster?</p>
MS ANRUNE WEYERS	<p>Well I think the most important part is your structure. Your family, your friends, your training, the mentors, is the most important part of success. I truly believe that when you do compete and you do something that you set a goal for, the structure and the people that are behind you, backing you, praying for you, believing in you, rooting for you, is what makes your heart full. I always say that when you finish the line and you receive that medal, it can be an empty medal, it can be a goal but it can be very empty and if you don't have mentors and a structure and people around you to celebrate it with, it's going to be really empty and I can truly say that the reason why I was so emotional after my race, it's because my gold medal and the performance and the structure that I had and the fulfilment, that I have God and that is enough, was so rewarding for me. So it is definitely important, but highlighting mentors is one of the things that I will come back to, I think I had my coach is one of my mentors, my whole family are mentors and then Debbie Alexander, she is part of the IPC as well, she is one of my other mentors and I have walked the road with her from the</p>

	<p>beginning of the year and she's helped give me tools and guidance of how to deal with my mental capacity of things that I needed to work through and how important is that to perform; incredibly important. Being a professional athlete is not just being good at what you do and hard work and that but being in the right head space. I also believe that having coffees, having walks with my dogs, have relaxed time is one of the important parts that can also make you successful as a person and those are things that I, if I look back, I am truly grateful for, all the support and structure that I had, leading up to that and not just to Tokyo, my whole life. I had teachers who believed me, I had teachers who had embraced my disability and my differentness and who taught me that that's what I want to do one day, I want to teach kids and teach the world that we need to celebrate being different, but definitely the structure and the success around receiving and getting that goal that you want is definitely having mentors and family and friends backing you and helping you in a mental capacity to overcome it, because we are just human. It's not always just going to be good and you're going to feel down in the dumps and having a good structure and family and friends and mentors help you to get through those difficult times and life is too short to have bad coffee, so good coffee while you're at it, but definitely being a professional athlete is not just the pitching up, it's the behind the scenes, the people that believe in you and having a mentor that helps you and gives you tools and guides you along your road that you are going because they can give you a different perspective on where you are and what can help you in the space that you are in.</p>
DR. MALKA	Thinking about those factors that you mentioned, that the behind the scenes team, the support, the motivators, the mentorship; they are critical to success and I think not only in the sporting field, I think that that would apply equally across the board.
MS ANRUNE WEYERS	Yes definitely, if I think of that and I think of the word family, if you celebrate something you want to do it with your family, but family can be anybody that's part and believes in your journey, that you are in a certain sport, in academics or whatever you taken on, if they are celebrating with you and they're rooting for you, praying for you and being there to support you along this road, for me the word family is someone that's there when it's good or bad and everybody that is part of the structure is there but they buy-in to your dream and they buy-in to your goals and they buy-in to who you are and what you are and they help you, they guide you with your good and your bad and the things that you need to work on and the things that you're good at, because we always have something that we can work on to become the best version we can be and that's every single day, we challenge with that, so ja, definitely making sure that your support structure is behind you all the way, no matter what you take on in life.
DR. MALKA	Those are great words of motivation.
MS ANRUNE WEYERS	AD BREAK
DR. MALKA	Today we're talking to Gold Medalist Paralympic Champion Anrune Weyers. We would love to receive your comments on Twitter: @WomanityTalk.
DR. MALKA	In the introduction I mentioned that the 3 rd of December was International Day of Persons with Disabilities and coming up on the 10 th of December later this week is International Human Rights Day. I find that there is insufficient inclusivity of persons with disabilities in mainstream society, simply by observing the way that many buildings and facilities have been designed puts

	<p>into perspective some of the social constraints, let alone the economic factors, for example access to employment opportunities. I recall reading a quote from you where you said “I was bullied quite a lot for not having a hand, I was the girl with no hand, but running helped me to develop the person I was, the character that I was and I think that was God’s plan for me as a person.” From your perspective, what do you think can be done to help improve inclusivity for persons with disabilities?</p>
<p>MS ANRUNE WEYERS</p>	<p>Shew ja, that’s a really good question to ask. Leading up to International Human Rights day on the 10th, I think my heart is definitely to say to all the listeners and to drive something that we are all human, we all have a disability, we are all different and unique and I think if we start embracing and respecting one another, the world would definitely be a better place, first of all, so definitely coming into inclusivity and employment opportunities; if you respect someone for their abilities and what they also actually also can do, besides their appearance and how they look and we just almost, I want to almost say be behind the wall and not see the person but to see what they can do, their skills and what they can do, I think it will definitely be different. So definitely to respect someone, I think respect is one of the things that I have learned that you’re just human. I think being disabled, you just want to be seen as a human, you don’t want to be seen Anuné, she doesn’t have a hand, I am more than that and I think everybody that is disabled has felt that people see that more than seeing what they actually can do. So encouraging people to give someone a chance, to not judge a book by its cover but to see what the person actually can do and to use those skills in wherever they can make a difference, definitely that and in regards to in the world and in South Africa, I think the same with BEE has helped South Africa to give opportunities for people to actually have work and have opportunity and the same with disabilities, I think a role would be helped to create opportunities in terms of disabilities and it definitely will help so many people to actually have a financial income and then accessibility is one of the main things, which is always around the world a problem in facilities and buildings and people parking in disabled parking, thinking that it’s okay. Ja, so it’s definitely something that we can look at and like I said, if I can do 1% and everybody does something in their capacity that they can, the world will definitely be a better place, so to have control over what you can do. My husband always says if you moan and you say something then you have to have a solution, so the solution that I could say is just to spread the word that being disabled and not being part of going into a building or not being able to do something because of your disability is definitely unfair. So definitely if buildings are opening up or whatever, because we are in a modern time where you want to be inclusive and make everybody welcome and feel welcome, to make sure that you have accessibility in the building that you are building or the restaurant or whatever it is, because it is terrible if you are disabled and it is highlighted and the light is on top of you when you cannot access a building or you cannot get a job because of your disability but your mental capacity and your skills required for that job is outstanding and therefore it is really respecting the human in respecting what we are and not seeing a person for their disability but they are more. Like I mentioned in that quote, I was always bullied to be the girl with the one hand running, but running was placed by a developed character, where I developed self-belief in who I am and through that I learned so many new things of Anruné and that I stick and stand for and therefore I think it’s important that when you put someone in the right position and in the</p>

	right place, they will grow and they will help you build as well and I think that's the important part, is not to judge a book by its cover, to give everybody equal opportunities, no matter what your skin colour, where you live and what your disability is, but really to be fair and to respect one another as humans and the world will definitely, like I said, be a better place.
DR. MALKA	Those are great words of tolerance, of embracing diversity and inclusivity and I do hope that people who are listening that are in enabling positions, that they can empower other people to take responsibility, to be more respectful and to take accountability of their structures and environments to accommodate everybody.
MS ANRUNE WEYERS	Yes, I definitely agree, I also hope that everybody that is listening, like I mentioned, the 1%, that you can solve the problem or you can help people be employed when they are disabled or no matter what your package is, but to really help build the world and build it block-by-block with your percent of what you can do, because like I said, I really believe if everybody does their little bit and contributes what they contribute, the world will be such a beautiful place.
DR. MALKA	And perhaps it's actually calling people out who are doing the wrong thing, because they may or may not be aware that they're doing it.
MS ANRUNE WEYERS	Yes definitely, I think it's always good to have perspective over something, so hopefully, everybody listening, can kind of sit back and also think what can I do to change or what can I do to see things differently.
DR. MALKA	You've said that this year's Paralympics was going to be your last Paralympics; one of the challenges for high performance athletes like yourself, is that your career as a competitor on the field is relatively short, which means that you have to have another career and often one that starts later in life than perhaps peers of your age group. How have you managed this challenge and what's next for you?
MS ANRUNE WEYERS	Ja I think, like you said now, there is this relatively short period of time where you can push your body or where financially or all those elements come in place where you need to start thinking but what can I do to also contribute and help a living. I think being a professional sports person sometimes it's tough to just do it full-time because of external factors, financially, support and all those elements as well as being a Paralympic athlete it's incredible how the movement and sponsors has shifted now in a positive way, that they actually are taking in so many Paralympic athletes and I am very grateful for my sponsors and the people who were part of my journey in athletics, but ja, it was definitely my last games in terms of walking out on that field I had a feeling in my heart that it's okay that this is my last and I'm going to take in all that I can of this moment and then coming back, I had so much, not insecurities but doubt, that maybe I should go on. Looking at Allyson Felix and Elaine Thompson and all those incredible athletes around the world, that are competing at the Olympic Games having babies but still driving, being fiercely women despite having a baby, coming back on the track and doing something they love and they drive and its incredible what they are doing and what they're standing for. So for me it was definitely tough coming back and deciding what's next, but having some free time it made me realise that it doesn't matter what I choose, my heart and my intentions, it's always right to change and to do what I can do as a Paralympic athlete and as a person with a disability that I want to embrace being different and unique, like I mentioned. So my career that I actually, I studied teaching, foundation phase teaching so at the place I am at if the right position is

upon me, then I will go back to teaching, but definitely have a role of educating kids about the Paralympic Games, about loving who they are and their uniqueness and if there is someone that is disabled in the classroom or in the school, to educate them about disabilities, to educate them about the human and our bodies and how it works, how we grow, what we can do, what can't do and that we all have something that we can't do. So that is definitely the next thing, but it has been challenging, I am twenty-nine now and most of my friends that studied with me obviously have been teaching and have been climbing in their careers and sometimes you think oh wow but I've just been doing athletics. A lot of people have asked me like you come back from the Games, they're like oh nice, you had a really good holiday and you travelled around and I was like it's my work, it's what I do and it was definitely a challenging journey to share that, but luckily I am someone that is very verbal with my words and I learned to choose them wisely to spread that and to say that it's my job and I'm passionate about my job, because if you are passionate and you love something you do, it's not work, but it obviously is something that if you are disciplined, you pitch up, you make sure you do everything to reach that goal and for me the word work is basically making sure that you are aligned with your values, with what you believe in and when you do all those things then it won't be work, it will be a passion. In my capacity and how God has used me in athletics and my career as being a professional athlete has been incredible, the things that I have learned and the journey I have been on has been incredibly rewarding, but I am in a place where I am really excited about what is next for Anruné in a different phase of my life and then I think it is scary as an athlete having such a long time, being aware of this is your time on the track, then in the gym, eating the right food, making sure you do all those things, to now shift to something else. Someone told me that your life is very glamorous at the moment, coming back from the Games and the interviews, having all these things and I was like yes but before these glamorous things of interviews and winning this medal, I really had a long journey of hard work and that's what you get when you're working hard, you are rewarded, but life isn't always just rewards, it is also tough. So like I'm saying, I am excited about the next phase where I am going to have a different role and I'm okay with that, because that's what we are humans for, we need to start somewhere again and I'm excited for a different season that is upon me, a different cycle that I'm going into and ja, I think one of the biggest parts of my desire is when I met my husband, he had an incredible dream of doing his MBA and at the Paralympic games when I was doing my 400 heats, the evening we had a chat on WhatsApp video call and I remember taking a snapshot because he just told me that he came in for his MBA and I had just raced the 400 meter heats in Tokyo and it was an incredible race for me just to run so freely and with such joy with God and we both had tears and at that moment I realised that when you get married you share your life with someone and to dream with them, to build on the goals that we both have and here I am at living out my dream and my husband had his dream. So it kind of feels like I have a next dream that I want to fulfil and I am excited to go and fulfil that and I also want to give him the opportunity to fulfil his dream and support him like he's supported me when it was tough, when it was good, when we didn't know how we were going to figure out how to do something; and I'm going to share this because maybe it needs to be heard to some listeners, there was a time where I couldn't even buy a milk with my card at the shop, because I didn't have the finances, there wasn't enough

	<p>money in my bank card to pay for a milk, but how my husband supported me and how along the road I got sponsors and people believing in me, but not just they believed in me, I believed in their brand and what they stand for and it became a family, but sometimes it's going to be tough, but you just hold onto that, no-one can take passion and hard work away from you and I remember going back at that time was the best time, knowing that I had nothing, but I had passion and hard work and for me that was enough. So maybe to all the listeners also, if you're going through a tough time financially, mentally, whatever it could be, remember that hold on and take it day-by-day because you're going to look back and be grateful for pushing through and pushing on, whatever you are taking on. So ja, I am excited about the next challenge and hopefully a position falls upon me that suits me and then I can see I can make a difference in teaching and inspiring kids just to love their differentness and uniqueness, whatever it can be.</p>
DR. MALKA	<p>The world is open to you and thank you for highlighting, you've been so real and honest in this discussion and putting in place these reality checks, that life is not rosy, that we certainly will have hurdles to overcome and having faith, having ambition, having dreams to pursue just makes you keep driving ahead to get to the end and to get onto the next challenge and to embrace the next dream.</p>
MS ANRUNE WEYERS	<p>Wow thank you so much and ja, thank you for creating an opportunity where I can feel comfortable to be real and I think that was my whole desire and my heart's desire is to share to the world the real and the raw, but also the good and that we all be honest where we are at in our lives and to help each other, to build on each other, to think of each other and to support each other and celebrate one another in our journeys that we all are on, because it's all different and I really hope that everybody that is listening, I hope that my story inspires your story and inspires you to make time to write your story and to share your story of struggles and triumph as well, because that's what life is also about, is sharing one another's stories.</p>
DR. MALKA	<p>Very, very true. Finally, as we close out our conversation today, please can you share a few more words, because you've certainly given us a lot of food for thought and motivation during the course of the conversation, but if you can share a last few words of inspiration that you'd like to pass onto girls and women who are listening to us on the continent today?</p>
MS ANRUNE WEYERS	<p>Ja, I think what I have in my heart is that to everybody that is listening, to look into the mirror without any make-up on, just you being you and telling yourself that you are beautiful, you are unique and that you have a place, no matter what it is and where it is and see grace in who you and what you are, to not cover up and get dressed in clothes that you think will hide who you are, to not put make-up on to hide you, but to enhance your beauty and to enhance who you are, because that's something that helped me celebrate who and what I am, is to look into the mirror every morning and to tell myself that I'm beautiful, there's only one of me in the world, I can make a difference in my capacity and I am loved. So everybody that is listening, remind yourself that you can tell that to yourself, self-care is one of the most important parts that I've learned is good, it's good to look after yourself, to nurture yourself, to drink coffee alone, to go for walks alone, it's okay, because you are a priority as well. Looking at your family and protecting them and caring and loving your kids or whatever your position may be, you are important as well and make time for yourself and definitely to celebrate your differentness and</p>

	uniqueness, is one of the things that I would like to say, there is a quote from Soul Surfer from my favourite movie and it says “Being normal is overrated” so may we all love our imperfections and love who and what we are made of and remember that so that will be my last words for everybody tuning in.
DR. MALKA	Being normal is overrated; fantastic words. Thank you so much for joining us.
MS ANRUNE WEYERS	Ja, thank you so much for having me and thank to everybody listening.
PROGRAMME END	