



For more information on what we discussed today, see below:

Aurik

Aurik works with established business owners to build their businesses into an Asset of Value. This is a business that is positioned to win in a changing world, enabled by reliable operating procedures and systems, and empowered by a focused team to generate consistent organic growth. This releases time for the business owner to focus on next-level growth, innovation, and profitability.

We work best with businesses generating annual turnovers between R15m – R300million a year and link our fees to your revenue making us true partners in growth. www.aurik.com

Our top 3 insights to share

1. Your chosen attitude today determines your future putting you in full control.
2. What is your destination, and do you have a simple plan to get there with certainty?
3. Make the best use of your time to be in control. Do you lead your business, or does it lead you?

Self Learning: Pavlo Phitidis' bestselling books: *Sweat Scale \$ell*: Build your business into an Asset of Value & *Reset Rebuild Reignite*: Build a business to thrive in any crisis. Both are available at a special price for the SME Summit - e-books for R112 on Amazon (link) and R250 for a physical book at Exclusive Books and Takealot (Link). Join Pavlo every Thursday evening on Radio 702 and Cape Talk.

Si Fu Marco

The Chinese Martial Arts and Health Centres (Cape Town, Joburg and Durban) offer **Kung Fu to** build core strength, confidence, and self-defence; **Tai chi** cultivating balance and mobility and calming the mind; and **Qi gong to** increase energy and vitality in the body and mind. For ages 6 to over 60 go to www.kung-fu.co.za to try a free class.

Our top 3 insights to share

1. Keep the body and mind fit, healthy and agile to manage stress and uncertainty
2. Your breath leads your body which leads your mind, get it under control through breathing
3. Increase your awareness by increasing your mobility through mindful activity

Dr Joubert Viljoen

One of Joubert's many online businesses is Pet hero, an easy to use online and mobile ordering platform for pet owners where you can order premium veterinary pet food and pet care products at competitive prices, and have it delivered to your door. www.pethero.co.za

For web services, reach Joubert on drviljoen@pethero.co.za

Our top 3 insights to share

1. Faith provides a purpose greater than oneself to live for.
2. Have a warrior mentality - embrace adversity, relentlessly train and prepare for success, never give up, and be patient.
3. Connect with and invest in people and they will help you achieve your dreams.

Zipho Sikhakhane

Zipho Sikhakhane is a sought-after global speaker, thought leader, writer, business strategist, and CEO of EMZ Advisory, a management consulting firm dedicated to enhancing organizational effectiveness and productivity. Her insights on leadership, change, and culture have positively impacted multinationals operating in emerging markets.

For more information visit: <https://www.ziphosikhakhane.com/> or <https://www.emzadvisory.com/>

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Our top 3 insights to share

1. Always begin with the end in mind (i.e., define what success looks like)
2. Passion is the driver! Your dreams deserve to exist outside of your mind
3. Be authentic in who you are and what you do

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