

# Mrs. SEKGOPI-SALEJWE MAGDELINE NYHONYHA

## Profile.

Highly competent and influential businesswoman with over 25 years experience in business. She is also an I-ACT certified Advanced Colon Hydro-therapist, Herbalist, African Traditional Healer Instructor, Chopra Centre certified Vedic Master & Educator, Perfect Health Instructor, Primordial Meditation Instructor, Seven Spiritual Law of yoga Instructor, & Reiki Master. Swiss Biological Medicine practitioner. She has more than a decade working in the health and wellness industry

## Contact:

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## Education:

University Degrees:

1. Currently studying an Ayurvedic Doctor Degree Program, through California College of Ayurveda.
2. Masters in Philosophy of Education. (Community Capacity Building), University of Pretoria (2004)
3. B.ED (Hons) Majors: Guidance & Counselling & Education Psychology: University of Johannesburg(1995)
4. B.A. University of Bophuthatswana (University of Northwest) (1994)

University Diplomas:

1. University Diploma in Education (University of North West) 1989 (Certificate of Merits Awarded 1989)
2. Employee Assistance Program: University of Pretoria (2008)
3. Management Advanced Program, Wits Business School (1998)
4. Executive & Business Coaching Certificate, Wits Business School (2012)

## Trade Certifications:

1. Diploma in Panchakarma Therapies, School of Ayurveda & Panchakarma, Kerala, India, 2022
2. Ayurvedic Pregnancy Care & Baby Massage Certificate, School of Ayurveda & Panchakarma, Kerala, India, 2022
3. Massage & Panchakarma Therapy Certificate, School of Ayurveda & Panchakarma, Kerala, India, 2022
4. Swiss Biological Medicine Certification, Awarded by Swiss Biological Medicine Institute, 2018. Switzerland
5. Advanced Colon Hydro-Therapy: International School of Colon Hydrotherapy, (JunoBeach, Florida, USA 2017)  
(certified by International Association of Colon Hydrotherapy) certified by (I-ACT)
6. Verdict Master: Deepak Chopra University Centre (2015) San Diego, CA, USA
7. Seven Spiritual Law of Yoga: Deepak Chopra University Centre (2015) San Diego, CA, USA
8. Sivananda Yoga Instructor: Vietnam Sivananda Yoga Institute: (2015) Vietnam
9. Perfect Health Instructor: Deepak Chopra University Centre (2014) San Diego, CA, USA
10. Primordial Sound Meditation Instructor: Deepak Chopra University Centre (2013) San Diego, CA, USA
11. Colon Hydrotherapy Intermediate Level certified by I-ACT (2013)
12. Colon Hydrotherapy Foundation Level Certified by I-ACT (2011)

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## Experience:

Sekgopi is a Founder of Pelonngwe Wellness Retreat & Spa; she is an experienced and highly motivated trainer, Gobela, Gedla, Facilitator, Business & Executive Coach, Colon hydro-therapist, Yogi, Meditation Instructor, Reiki Master, Vedic Master, Perfect Health Coach and a perennial student and educator. She is drawing from her personal and professional experiences of more than three decades working as director in companies including not limited to SANAS, where she was instrumental in the development of the BBBEE codes company accreditation manual for accreditation consultants from SANAS perspective.

She has worked with diverse range of people both on one-on-one basis and teams. She passionately believes in the power of perfect health coaching to make a difference and to act as catalyst for positive and lasting change in individuals, teams and organisations. She is astute corporate wellness management consultant, lifestyle change coaching, traditional healer, reiki master and energy healer, an advanced colon hydrotherapy practitioner who believes that almost all diseases develop in human being due to the toxicity load in the digestive tract and in the mind. Currently, she has single handed been running health traditional medicine and protocol trials on people who are on hypertensive conventional medicine and this young study has seen tremendous pleasing results which is still work in progress.

She has served as a board and audit member several board committees, not limited to SANAS, Cater Hire International; Nolutho Properties, including Pelonngwe Wellness Retreat & Spa together with all its subsidiaries amongst others. She is a founder of Pelonngwe Wellness Retreat & Spa where she practices her different traditional healing modalities on daily basis. She believes in the natural way of healing where the body fights to restore its integrity through the use of different natural resources including the power of the mind.

She is astute entrepreneur who is capable of unleashing potential and success in any given situation. She is affiliated to several professional associations including I-ACT; Coaching Association, Africa Board for Coaching and Swiss Biological Medicine Institute, Chopra Institute amongst others. In her earlier working life, she worked as an educator and then proceeded to become voter educator under IEC during the first democratic election in RSA between 1994-5. It is during this period when her entrepreneurial aspirations developed.

She founded the catering and events management company called Arejeng Catering, which she led for 15 years, during these period she acquired 100% of Cater Hire International in 1998, A function hiring equipment which during her leadership, it managed events such as President Mandela's and Mbeki's inaugural events at Union building, the first ANC's conference in Mafikeng, yearly Eskom Chairman's awards, the African Cup of Nations to mention the few. When she acquired Cater Hire Int, she also purchased the land and warehouse which CHI operated from through Nolutho properties, her property portfolio company, which she founded in 1998.

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## Experience Continue:

In her drive to pursue her passion and love to heal others, she journeyed to become a traditional healer who acquired enough educational accolades to afford her permission to develop an Integrative Medical Centre, where natural traditional modalities from many countries are explored in attempt to heal the clients who knocks at Pelonngwe Health & Wellness Retreat. She is passionate in teaching her clients to understand their body talk, to be mindful of their thoughts and honour their bodies. She believes that lifestyle management change is an absolute necessity for people to live their authentic self.

In her past life, she worked in the corporate of South Africa and public sector, chasing empty dreams which created many dis-eases in her body which left her with nothing but near death situation. It is during this period when she awakened by an alarming kidney failure, where she made a decision after that survival that she will turn her life around to serve her fellow human beings in honour and integrity.

At SANAS (South African Accreditation Systems), she contributed in the development of the BBBEE verification entities' assessment document. in 1980-1983, before she embarked in her scholarly expeditions. She also worked with ACSA (Airport Companies South Africa), where she assisted the procurement management team in developing and implementing a new procurement policy which encompassed BBBEE policy framework. She also contributed in developing the Grade 7 Science curriculum during her time as a senior teacher during Bophuthatswana government. She worked there as a teacher for more than 10 years before she explored entrepreneurship. She started the journey of entrepreneurship in 1996 after South Africa's first democratic elections.

She walks the talk when it comes to health and wellness, relationship development, emotional balance and stand behind the intelligence of the body to heal itself naturally. She calls herself an Integrative medical & healing facilitator because at Pelonngwe, she integrates different natural traditional healing modalities from different countries. Her current dream is to collaborate with a health and wellness entity that is more focused on developing a network of natural healing professionals to build health clinic networks focusing at the natural healing modalities all around South Africa and across the borders.

## Qualities:

1. Astute Entrepreneur
2. Perennial Student
3. Leader within the traditional healing space
4. Focused, she does not allow any situation to take her off track
5. Empathetic and compassionate towards her clients
6. Generously giving in kind actions and otherwise.
7. A great caring mentor, trainer, Executive & Business coach
8. Ability to discern and use her energy to heal the challenged

## Reference:

Available upon request

## Traditional Healing Traits:

1. Gobela ( ATM Educator) Xhayimpi Healing Institute, 2017
2. Gedla (Herbalist), Gonondwe Traditional Healing & Faith Mission (2018) RSA
3. Reiki Master: Indian Reiki Institute: (2015) India
4. African Traditional Medicine Healer (Diviner & Instructor): Xhayimpi Healing Institute (2014) RSA