



Esinam Global Business Services

# Business Management Consulting Firm

- Business diagnostics & analytics
- Change Management
- Project Management
- CSI design & Management
- Community Engagement
- People Empowerment

*Enabling corporate excellence*

# Data collection Tools

- Rapid response system



*Ica Mbebe*

LIFE & BUSINESS STRATEGIST

## NEED SOMEONE TO HELP YOU THINK STRAIGHT?

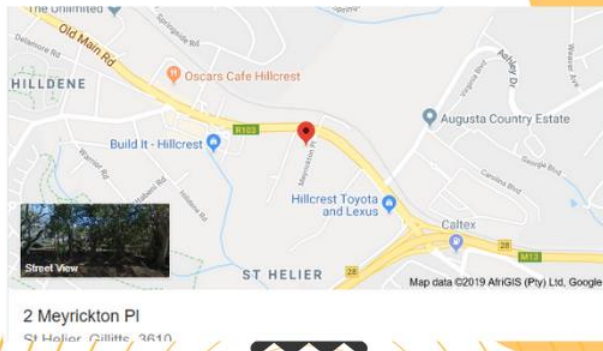
- Feeling lost?
- Doubt Yourself?
- No action plan?
- Do you procrastinate?
- Need support ?
- Need motivation?
- Need confidence?
- Feeling stuck?
- Living with stress?
- Giving up?

**I AM AVAILABLE TO HELP YOU IMPROVE YOUR LIFE.**

Email me for your soonest appointment

2 Meyrickton Place  
The House  
St. Helier  
Gillitts  
Hillcrest  
3603

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# The Fixer

[WWW.LIFEFIXER.CO.ZA](http://WWW.LIFEFIXER.CO.ZA)



**Sometimes the weight  
you need to lose isn't on  
your body.**

[WWW.LIFEFIXER.CO.ZA](http://WWW.LIFEFIXER.CO.ZA)

**I SAT WITH MY  
ANGER LONG  
ENOUGH, UNTIL SHE  
TOLD ME THAT HER  
REAL NAME WAS  
GRIEF.**



**Don't suffer alone. I'm here to help.**

[www.lifefixer.co.za](http://www.lifefixer.co.za)

# Take a **MENTAL HEALTH DAY** this **Women's Day**

**THEME: MENTAL HEALTH  
FOR WOMEN IN MALE  
DOMINATED INDUSTRIES**

TOPICS COVERED:

- \* FEMININITY IN PROFESSIONALISM
- \* DEPRESSION DUE TO COGNITIVE DISSONANCE
- \* FINDING YOUR BALANCE
- \* WORK EXCELLENCE ABOVE FITTING IN
- \* COPING AND GETTING BETTER



Your mental health is a priority. Your happiness is an essential. Your self-care is a necessity.



# Working with MIE's



# The Good...

- Enforce ABCD philosophy i.e. resource mobilization
- Helping entrepreneurs differentiate between hand-up and hand-out mentality
- Build relevant business acumen
- Empowering entrepreneurs by meeting THEIR need first before ticking boxes



# The Bad...

- Insufficient funds
- COVID 19 impact on business
- The term “employment” needs to be redefined to fit small business needs and growth

# The ugly...

- Too reliant on paper
- Issues of insubordination are on the rise, post COVID 19 ( rights vs responsibility vs accountability vs reality)



lessons  
learned

**BIO.PSYCHO.SOCIAL**

# BIO ( Physical need)

- Why is THAT person in business?
- Why this business?
- The physical effect should this not succeed?
- How long have they been doing this?
- Why do this this way?

# Psycho ( Psychological)

- What is the internal conversation?
- Where and what are the pain points?
- Self esteem?
- What's the dream? ( Journey to self discovery)
- How will I know when I've reached my goal?


# Social

- Who is my champion?
- Where is my tribe?
- Who will clap for me?
- Who will tell my story when I'm battle worn?

# The Fixer

BEGIN • COMMIT • CONQUER

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A rectangular chalkboard with a dark surface and a light-colored wooden frame is centered in the image. The words "Thank" and "You" are written in white, serif font, one above the other. The chalkboard is placed on a wooden surface. In the top right corner, there are green leaves. In the bottom left corner, there is a small orange object.

Thank  
You