PROGRAMME

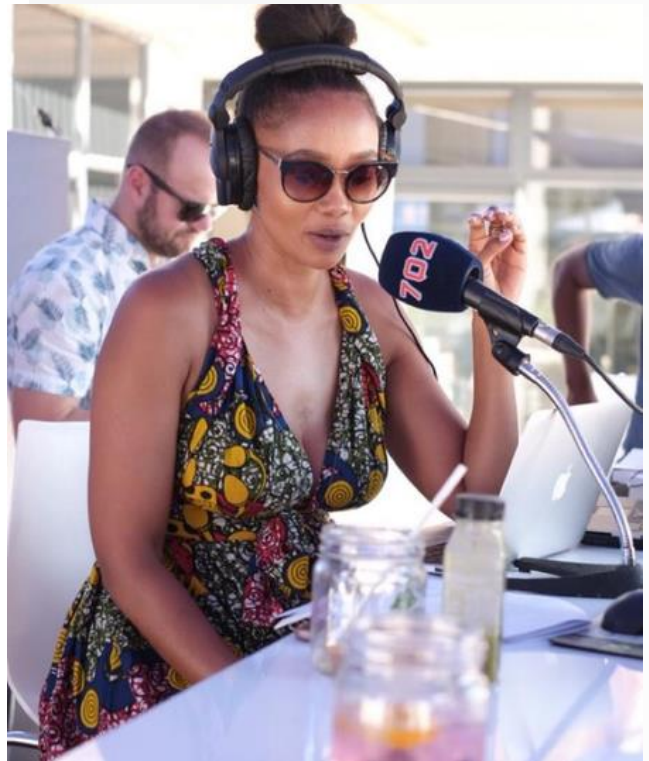
inspiration
inspiration
inspiration
inspiration

Azania
Mosaka

PROGRAMME
eve

AZANIA
Mosaka

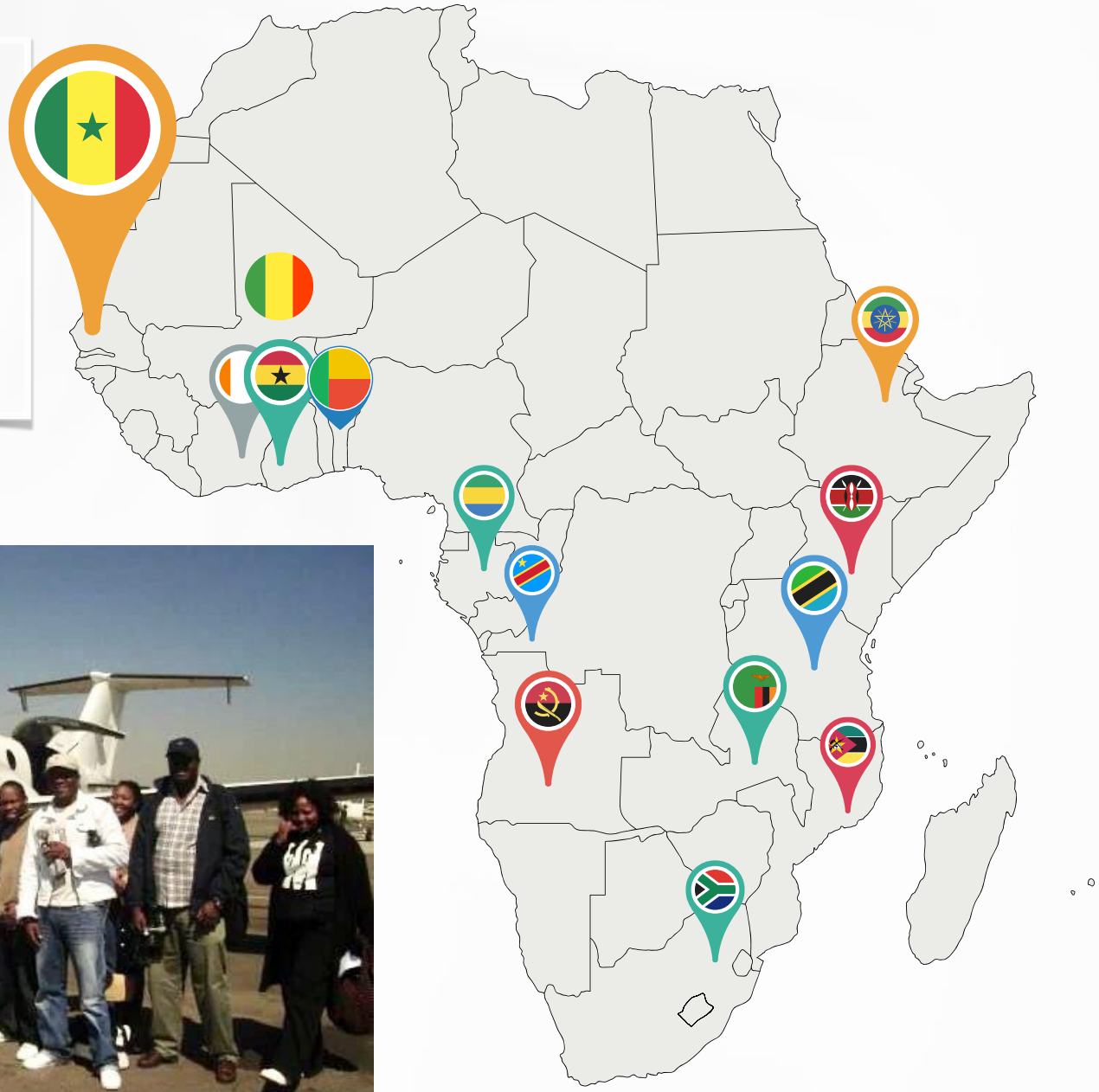
Broadcaster

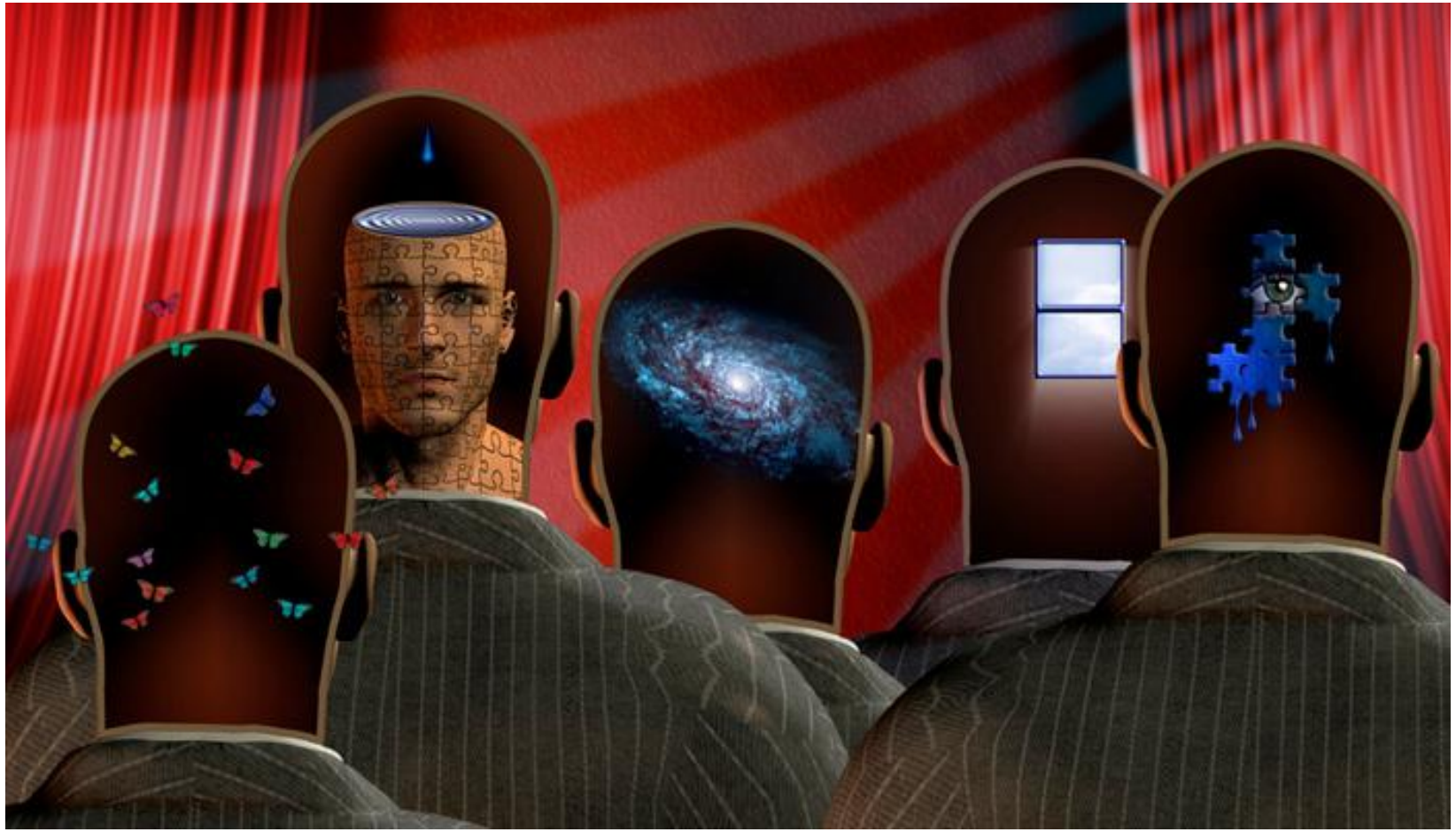


Businesswoman

Philanthropist

METRO FM





Theatre of the mind

Radio

Radio Hustle and Rise

Midnight at the Oasis
00:00-03:00

→

Route 326
15:00-18:00

→

The Sound of Breakfast
06:00- 09:00

→

Total Bliss
09:00-12:00

beyond comfort zone.....

.....before terror

.....Growth

"If you want something you have never had, you must be willing to do something you have never done."

THE HIGHS OF
Media Work

Social Anxiety

Drip-feed of negative news

Job Insecurity

THE LOWS OF
Media Work

Public Scrutiny

High risk of burnout

Social Media

Harassment and Bullying

Tweet

DiHybrid
@SizzleTrev

Her Mother Defending Her Coz They Both Hoes, You defend what you are!!

ZAlebs @Zalebs · 12 Dec
Replying to @Zalebs
Most successful artist of 2017

ZAlebs
@Zalebs

Most Memorable Twitter Moment of 2017
12:20 PM · Dec 12, 2017

8% Sam and Mandy
10% Papiso the Scammer
37% Thick Leeyonce @ SAFW
45% Shamiso's Migos ordeal

802 votes · Final results

Shameless. @Shamiso_ · 6h
I like offset :(peeped his phone and he's texting Cardi

Préciëúx @Prexious_BD
touch is a move Shamiso. Tlalefa 😂 twitter.com/shamiso_/statu...

6 3

Shameless. @Shamiso_ · 6h
GUYS QUAVO ASKED ME TO JOIN HIM. I DIED. I STILL LOVE OFFSET THOUGH. HE'S TEXTING CARDI THOUGH. I SAW

4 45 31

Replying to @Azania_
I'm disappointed by how she posted about the experience. I've always warned her about the dangers of social media.

17 359 297

Azania @Azania_ · Oct 22
Replying to @Azania_
She loves this group so much that I gave her money for her and her flat m
to buy tickets for the show.

19 277 225

Azania @Azania_ · Oct 22
Replying to @Azania_
My sweetie loves Migos and was excited to watch them perform live. I kno
what it's like to be young & crush on your favourite artists.

15 328 289

Azania @Azania_ · Oct 22
Replying to @Azania_
But after seeing what has transpired this morning, I am compelled to give
view.

9 286 207

Oct 22
ry careful to let my daughter fight her own battles and

LordPrettyFlacko
@Zane_Da_Phoenix

Shamiso was called to be stocko sa Migos. Same way she is Called to be stocko sa Cassper. Sa Speedta. We call Shamiso. She must not piss me

Tweet

VOOV: thickleeyonce
@ThickLeeyonce

Y'all, leave Azania and her child alone maaaan!!!

1:34 PM · 22 Oct 17

27 Retweets **65** Likes

TRIGGER WARNING

began. By 8 A. M. their left flank had been completely checked without the necessity of a counter attack.

An hour later the Negro unit was ordered to move to the left, where the fighting was still at its height, and a counter thrust by our side appeared advisable. The companies were obliged to make their way southward under shellfire almost as severe as the preparatory bombardment they had just undergone. They marched in little widely separated groups, creeping along four almost parallel roads.

"As I watched them hiking along with shells cutting capers wherever one looked," the Lieutenant Colonel confided, "I was willing to have the war end right then and there. Well, they got through and into the

the dreaded epidemic. He had store bed room. I took this one House, Cogbill and Robin "camped" in the parlor. They blankets and pillows for the p fose. Mr. Cole had room for the by doubling up but they preferr this arrangement. I had purchase kerosene from my good friend George W. Eanes, who has been en gaged in the grocery business for many years. He is a staunch friend and admirer of The Planet and its editor.

FUNERAL OF MRS.

Noted for Her Work Colored Ha

The funeral of M Louise Pindell, wife of rge Trotter, editor of was held yesterday at her home; 97 Sawyer chester. The Rev. W Clane rector of St. Episcopal Church of C ducted the service wi pal ritual. "Crossing "Fear Ye Not, O Isra jah" were sung by H tenor. The gray casket with a profusion of tributes

for Eli Cooley until she married June 27, 1899, in the where she died Octob at the age of 46 years.

yishai

THE HARM OF
Media Work

Precarious work

+

Exposure to trauma

+

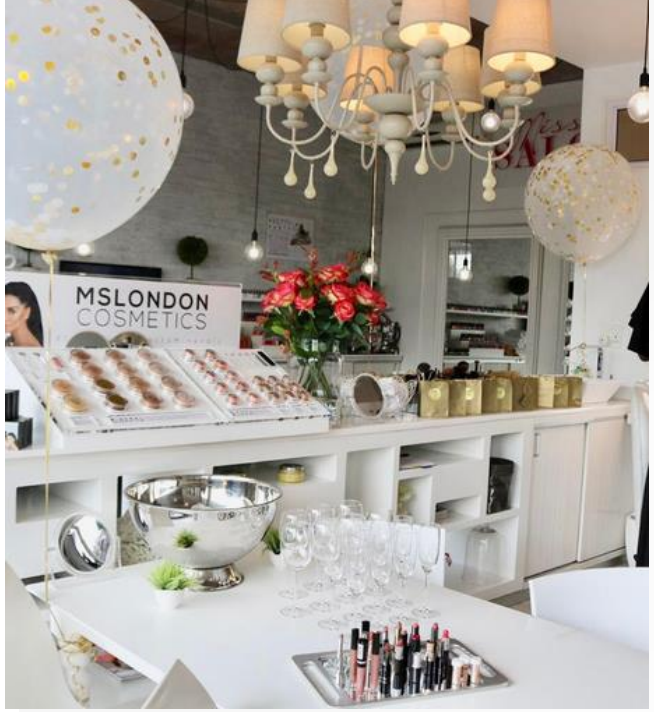
Public scrutiny

+

Lack of organisational support

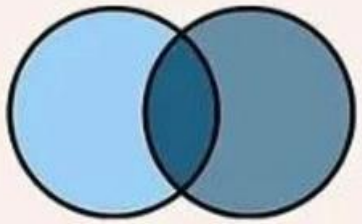
=

Risk of PTSD, burnout, anxiety and depression

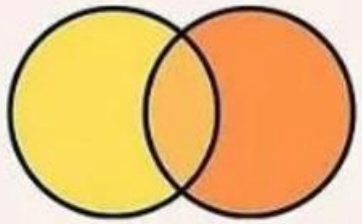

MSLONDON
COSMETICS

SALON

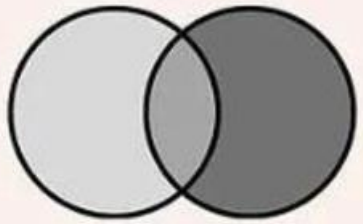
IT IS POSSIBLE TO BE...



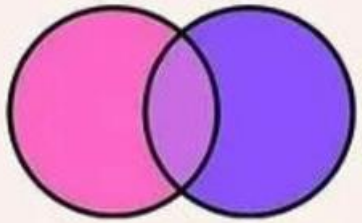
Capable & Lost



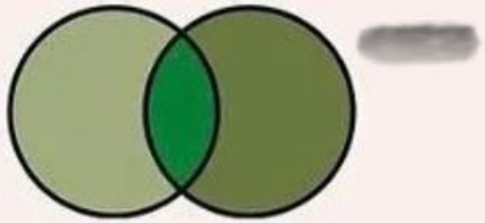
Smiling & Struggling



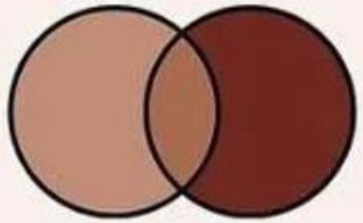
Kind & Set boundaries



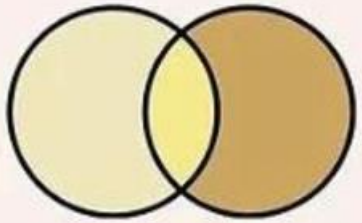
Vulnerable & Powerful



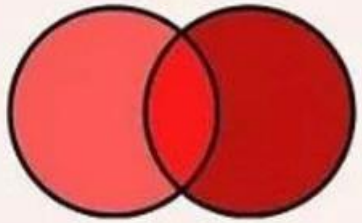
Successful & Traumatized



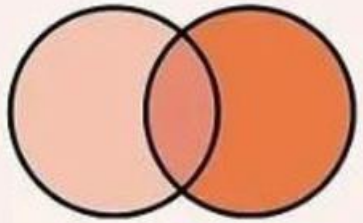
Extravert & Alone



Valuable & Flawed



Introvert & Reaching out



Loving & Questioning

GOOGBYE TO

Grind Culture

THE POWER OF KNOWING WHEN TO WALK AWAY....

What if it turns out better than you imagined.

KEYS TO Longevity

Dont let the noise become your voice

Think of your career as a portfolio

Geek out on your discipline

Manage your resources

Stay curious

Guard your wellbeing

Breathe

Hiking

Yoga