

#ChooseToChallenge

Invitation

“When people are determined they can overcome anything”

-Nelson Mandela



International Women's Day, celebrated on 8 March annually, is a global day celebrating the social, economic, cultural and political achievements of women. The theme for the 2021 event focused on CHALLENGES faced by women in society today.

In South Africa, women are celebrated annually on 9 August, commemorating the 1956 march of women to the Pretoria Union Buildings to fight for freedom.

The Institute for Coastal and Marine Research (CMR) &
The Department for Research Support and Management
invite you to attend an online event in celebration of women's month.

18 August 2021 • 09:00-12:30 • Zoom

Register with Tara.vanderWesthuizen@mandela.ac.za by 13:00 on 17 August to receive the link to the event.

EVENT BOOKLET

#ChooseToChallenge

Celebrating Women's Month



CHOOSE TO CHALLENGE

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**The Institute for Coastal and Marine Research (CMR) &
The Department for Research Support and Management**

18 August 2021 • 09:00-12:30 • Zoom

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CMR
Coastal and Marine Research

Introduction

The **Institute for Coastal and Marine Research (CMR)** is a research entity of the Nelson Mandela University, based at the Ocean Sciences Campus. The CMR is a **leading ocean and coastal sciences institute**. The Institute spans across all Nelson Mandela University Faculties, and it includes members from external research entities (both nationally and internationally). The CMR conducts cutting edge research, builds capacity, and advances our understanding of the coastal and marine environment to serve the needs of South Africa, the African continent and beyond, in a sustainable manner. The CMR strives for **excellence in transdisciplinary research and training** related to the coastal and marine environments. This advances scientific knowledge, provides a basis for management strategies that optimise the maintenance of biodiversity and sustainable use of our resources, and contributes to the education of the community at large in all matters pertaining to the ocean and coast. **Professor Lorien Pichegru** is the Acting Director of the CMR.

The **Department for Research Support and Management** supports and facilitates **all aspects of research**. This includes but is not limited to compiling and developing institutional research reports; administrating publication submissions and outputs; assisting with researcher ratings; developing and signing off on project proposals and research contracts; developing research entities, Research Chairs and Institutional Research Themes; and acknowledging research excellence through awards. **Dr Kwezi Mzilikazi** is the Director for Research Support and Management.

We are delighted to host you for an online event in celebration of Women's Month! We hope you enjoy this morning with us!

NELSON MANDELA
UNIVERSITY



CMR
Coastal and Marine Research

International Women's Day is celebrated on 8 March annually. This global day celebrates the **social, economic, cultural and political achievements of women**. The 2021 theme focused on choosing to challenge and call out gender bias and inequality, whilst women's achievements are celebrated. In South Africa, women are celebrated annually on 9 August, commemorating the 1956 march of women to the Pretoria Union Buildings to **fight for freedom**. August is marked as **Women's Month**, and we look forward to building on the **#ChooseToChallenge** theme with our Nelson Mandela University young and emerging researchers, as we reiterate women's importance as individuals and as a collective.

Programme

Time	Item
09:00-09:10	<i>Welcoming Address</i> Lorien Pichegru Acting Director: Institute for Coastal and Marine Research (CMR)
09:10-09:30	<i>The Flexibility Challenge: Leading a Balanced Life</i> Paula Pattrick South African Environmental Observation Network (SAEON)
09:30-09:50	<i>The Communication Challenge: Being Heard</i> Shamiso Banda Marine Apex Predator Research Unit (MAPRU)
09:50-10:10	<i>The Confidence Challenge: Believing in Yourself</i> Tarryn Swartbooi South African Environmental Observation Network (SAEON)
10:10-10:30	<i>The Acknowledgement Challenge: Taking Credit</i> Nomtha Hadi Business School
10:30-10:50	Quiz & Comfort Break
10:50-11:10	<i>The Perfectionist Challenge: Knowing when to Stop</i> Carla Dodd Department of Geosciences
11:10-11:30	<i>The Gender Challenge: Standing out from the Crowd</i> Asisipo Mhlonyane Department of Development Studies
11:30-11:50	<i>The Emotions Challenge: Sensitivity for Success</i> Gwen Penry Institute for Coastal and Marine Research (CMR)
11:50-12:10	<i>The Career Challenge: Professional Development</i> Nina Rivers Department of Development Studies
12:10-12:20	<i>Wrap-Up Discussion</i> Lorien Pichegru Acting Director: Institute for Coastal and Marine Research (CMR)
12:10-12:30	<i>Closing Address</i> Kwezi Mzilikazi Director: Department for Research Support and Management

Introducing Our Speakers

We thank these women for sharing their stories with us:



Dr Paula Pattrick is a Post-Doctoral Research Fellow at SAEON, with research interests in the early life history of coastal fishes and invertebrates. She believes that being optimistic, with a passion for one's career and environment, coupled with a good sense of humour, are important in life. Through her honesty, integrity and strong work ethic she wants to build a character that inspires others.



Ms Shamiso Banda is a master's candidate with the Marine Apex Predator Research Unit in the Zoology Department at Nelson Mandela University. She is a student of science and life, with a passion for protecting the environment. At the end of it all, she would like to be able to say she helped people be more appreciative, compassionate and protective of nature. She loves being outdoors, superhero movies and live music.



Ms Tarryn Swartboo is a vibrant outdoor adventurer and strives to understand each person she meets. She aspires to let kids and adults know their dreams can be achieved, with a particular passion for science accessibility in developing youth communities. Tarryn believes that all people should know that they are heard, seen and valid. The world can inspire each other to be better and do better.



Ms Nomtha Hadi is an academic professional at the Nelson Mandela University Business School. She is a mother of two and excited about delivering her third baby this year, which is her PhD. It is important to acknowledge that change is inevitable, at times uncomfortable, but a necessary process. She always encourages others to see the potential for positive change in every moment.

Introducing Our Speakers

We thank these women for sharing their stories with us:



Ms Carla Dodd is a first-year PhD (Geosciences) candidate at the Nelson Mandela University, investigating the groundwater dynamics of urban settings in the Eastern Cape of South Africa. She truly believes that small changes collectively make a big difference and wishes to convey this through her research and encourage others that everyone can make a difference and contribute to a thriving sustainable society.



Ms Asisipo Mhlonyane is a PhD candidate. One of the things that is most important to her in life, is growth. With this, she is always looking for opportunities to grow as a person whilst helping others to also grow. She seeks to inspire others to have courage, to step out of their comfort zone, try out new challenges, do what is required even when faced with the possibility of failure or rejection.



Dr Gwen Penry is a marine mammal scientist. Her research has focused on the biology of the South African Bryde's whale population, and more recently, the sustainability of whale watching in South Africa. She values her independence, constantly learns new things and loves spending time in nature. She likes to inspire others by being visible as a woman in science, mentoring, and contributing to her community.



Dr Nina Rivers is a marine anthropologist and graduated with her PhD in Environmental Education from Rhodes University. She is also a sister, a daughter, a granddaughter, a friend, and an outdoor adventurer. Living a balanced life is important to her, although she doesn't always get it right. She wishes to inspire others by sharing her favourite coastal and marine environments with them.

Meet the Hosts



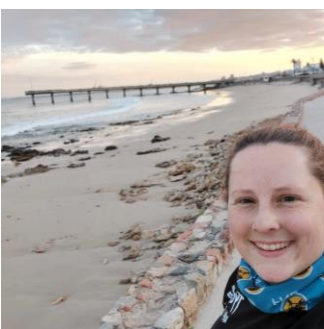
Adjunct Professor Lorien Pichegru is the Acting Director of the Institute for Coastal and Marine Research (CMR). She is a passionate marine conservationist and believes that no fight is too small or too big to be engaged in. She revitalizes herself deep in nature, preferably under the sea, or birding or growing food. She'd like to encourage everyone to contribute, in however ways they find joy in, to alleviate suffering around them.



Dr. Kwezi Mzilikazi is the Director of Research Support and Management. She is a Zoologist, and a mother of five, ranging from 5 to 27 years old. She is passionate about providing an enabling environment for research and researchers to thrive at the University. She would wish to inspire others to follow their paths that are well aligned with their skills, interests, personalities and values.



Mrs. Liza Rishworth is the CMR's Office Manager. Gavin, Gimli and Ra share her home and heart. Cornwall is in her blood, and she loves Celtic music. Ballet keeps her on her toes. She can never have enough books to read nor be surrounded by too many flowers. Liza is embarking on a journey of reflection. She hopes to inspire others to take a deep breath and assess what is most important to them so that the gift of life can be embraced.



Mrs. Hannah Truter is the Project Data and Stakeholder Coordinator for the CMR, focusing on providing research assistance to the Algoa Bay Project. She is an aspiring marine biologist who is passionate about ocean conservation. She loves being outdoors, running with her two dogs, and playing in the ocean (of course!). She wants to inspire others to protect our oceans and make sure that its use is inclusive to all.



Ms. Tara van der Westhuizen is the Project Administrator for the CMR, focusing on project management and administration. She is incredibly passionate about animal welfare and wildlife conservation. Working towards stopping animal suffering and protecting animals in the wild is very important to her. She loves spending time with her fiancé, family, friends, as well as her two Beagles.

Thank you!



Contact Details

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