

CONSCIOUS LEADHERSHIP

Audacious Inside-Out from Boardroom to Living Room

Digital Magazine

Issue 2

Fourth Quarter - 2025/2026

The clarion call of

NATION BUILDERS



conscious™
+ leadhers

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CONSCIOUS LEADHERS INSTITUTE (ESG IN FOCUS)

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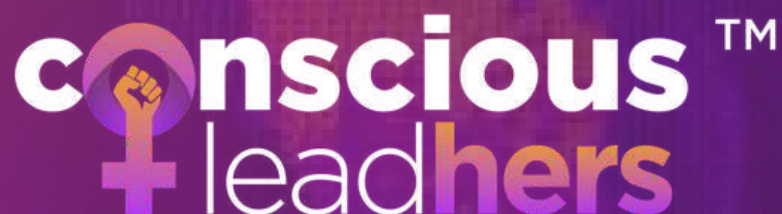
SPECIAL GUESTS

LIFESTYLE

HOT PICKS

STRATEGIC PARTNERS

PARTNER WITH US



MANIFESTO

Here's to the Conscious LeadHER

The one who doesn't settle but leads, lives, and thrives with purpose.

She doesn't ask, **"How can I be great?"** but instead,

"How can I bring greatness to those I lead?"

She isn't driven by *fear, insecurities, or doubt*.

She's motivated. Determined. Courageous. Relentless.

She rises when others fall, standing back up, fierce,
unbroken, with a heart full of fire.

She doesn't just break barriers; she redefines them.

She doesn't blend in, she stands out, proudly authentic.

Her curiosity knows no bounds, restless for better questions, better
answers, better ways.

She collaborates not out of necessity, but from knowing
true greatness is never achieved alone.

She leads from within, sacrificing the ordinary for something
extraordinary.

She chooses abundance over scarcity, integrity over shortcuts, and
courage over comfort.

She's not afraid to fail, seeing failure not as an end but as a spark for —
transformation.

She sees possibilities where others see obstacles
and builds futures instead of waiting for them.

**Here's to the Conscious LeadHERS. They aren't here to play by the
rules**

they're here to rewrite them.

*They're the ones who won't stop, who won't settle, who won't give up
until the world is different, better, because they were in it.*

*Here's to the women who lead, not because they have to, but because
they know they must.*

Here's to the women who make it possible for others to rise.

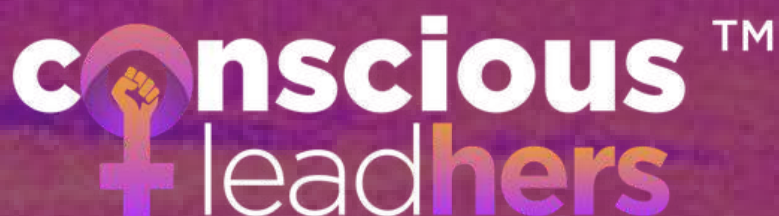
The world needs *her*. And we are *her*.

Carmen Murray

ABOUT US

Conscious LeadHERS is a Women in Leadership Network dedicated to empowering high-potential women who drive impact and show up as an army of critical think**HERs**, solving tomorrow's problems, today.

We embrace the philosophy of “**Audacious Inside Out**”, and strive to live boldly and authentically, from **boardrooms to living rooms**.



2025 YOUTH BOARD



INAM QOMA
Chair



ALEYA BANWARI
Vice Chair



MBALENHLE SIBANDA



DIMPHO MASHILE



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WANDILE NHLAPHO



SENAMILE ZUNGU



MARUMO MASEMOLA



BONGI KUNENE



RONEL SINGARUM

FORWARD

*THE FUTURE DOESN'T HAPPEN TO US.
WE HAPPEN TO THE FUTURE.*

The Clarion Call of Nation Builders

The Doomsday Clock was revealed, 84 seconds before midnight, and the temperature check reveals great concern for the world.

Set by scientists and global risk experts, the clock measures how close humanity is to irreversible disruption, more wars, climate collapse, technological misuse, and the erosion of trust. When the hands move closer to midnight, it is not meant to terrify us, it is meant to wake us.

And today, the message is clear: we are living at the edge of profound change.

For many years, my work has been to help leaders and organisations read the signals on the horizon, to anticipate disruption so they can grow with intention rather than react in panic.

But lately, the world no longer feels like a single trend line. It feels like a thousand tennis balls flying at once. To understand what truly matters now, we must stop skimming the surface and dive deeper, into the roots, the systems, the causes beneath the noise.

What I can tell you with certainty is this: the world as we knew it is not coming back.

And that is not a tragedy, unless we cling to it.

History reminds us that moments like these are not only endings; they are invitations. **They call forth nation builders, conscious leaders, bridge builders, and peacemakers.** They demand courage in boardrooms, compassion in communities, and wisdom in how we choose to participate.



FORWARD

C O N T I N U E D

The alarms are already sounding, in political instability, in fractured workplaces, in the unrest that spills into our timelines and conversations. It would be easy to feel overwhelmed, even paralysed.

But this is precisely why unity matters now more than ever.

There is a dangerous misconception that global instability does not reach us, that being in South Africa somehow places us at a distance from these forces.

It does not.

In an interconnected world, cause and effect travel faster than ever: through supply chains, economies, technology, social unrest, and belief systems. What begins elsewhere will arrive here, not as a headline, but as lived reality.

We long for a step-by-step manual. We want to know when this will be over, and we want it to be soon. But hindsight is a privilege we do not yet have. What we do have is foresight.

And foresight tells us this: we are at the very beginning of a period when everything is up for reimagining. If we sit on the sidelines now, others will write the story for us. But if we lean in, with clarity, care, and courage, we can grieve what we thought would be, without surrendering to despair.

This is the end of one chapter, and the beginning of everything else.

There is joy in the battle, not the joy of destruction, but the joy of meaning, of building what truly matters. This is the moment to lock arms, to listen more deeply, to see more clearly, and to respond with heart and intention.

We must question not only what we build next, but why: are our dreams selfish, or do they serve something greater than ourselves?

We cannot afford passivity. Participation is now a responsibility.

So fasten your seatbelts, not in fear, but in readiness. A new Renaissance is rising. And what we choose to do next will determine whether we merely survive this moment, or help shape a future worthy of those who come after us.

E N D



Carmen Murray

**CARMEN
MURRAY**
communications

**THE CARMEN
MURRAY**
SHOW

conscious
lead**hers**

IMPACT

10 000

CHANGE AGENTS

Conscious LeadHERS currently serves a community of approximately 10,000 people, comprising programme participants, event attendees, and engaged members across its learning and digital platforms.

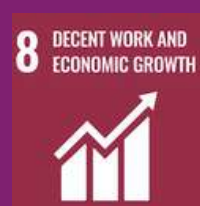
1.7 MILLION

Over the past two years, Conscious LeadHERS has delivered more than 16,000 hours of verified and live educational engagement and generated approximately 1.7 million Potential Engagement Hours through large-scale public education platforms.

PRIMARY SDG'S



SECONDARY SDG'S



THE FUTURE DOESN'T HAPPEN TO US.
WE HAPPEN TO THE FUTURE.

04



ABOUT OUR PODCAST



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CONSCIOUS LEADHERS PODCAST

Hosted by The Carmen Murray Show



ABOUT THE PODCAST

The Conscious LeadHERS podcast, hosted by Carmen Murray, delves into the art of leading audaciously from the inside out. It's a space where we explore how self-mastery, critical thinking, and authentic leadership can drive change, not just within organisations, but within ourselves and society at large.

In each episode, Carmen connects with visionary women, industry leaders, and thought pioneers who are challenging the status quo. These conversations dive deep into systemic issues, how to navigating change, and how we as nation builders, can build a better future.

The podcast spans lifestyle, leadership, business, and spirituality, offering insights into the role of a conscious leader.

REACH OUT FOR PODCAST POP UPS AND SPONSORED SERIES



WHY WE NEED SOLUTIONIST IN THE AGE OF AI

Conscious LeadHERS, in partnership with Edelman Africa and Solid Gold Podcasts, hosted the launch of the Future Fit Networking events, a live podcast and networking experience exploring how Africa can move from pawn to grandmaster in the age of AI, by becoming solutionists.

This event was joined by friends of Conscious LeadHERS:

Mushambi Mutuma : Author, Tech Leader and Keynote Speaker

Bronwyn Williams: Futurist, Economist, Author, and Keynote Speaker

Sharon Pearce: Digital and HR Transformation Specialist, Author and Keynote Speaker

Karena Crerar: CEO Edelman Africa

Carmen Murray: Futurist, Cultural Forecaster and Transformation Strategist



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PERSONAL BRANDING

There has never been a more important time for women to rise,
not just in numbers and solidarity, but in influence.



THE KEYS TO POWER DRESSING



THE KEYS TO POWER DRESSING

Set against the backdrop of **ERRE Fashion**, one of *South Africa's leading luxury fashion houses*, the conversation unpacks how clothing functions as communication, confidence, and soft power, often before a single word is spoken.

The discussion traces the history of power dressing from **ancient civilizations to modern boardrooms, challenging outdated notions that power must look masculine or rigid**. Instead, it reframes power dressing as an expression of authenticity, femininity, presence, and self-awareness. The episode also dives into body inclusivity, personal style, sustainability, and the hidden costs of fast fashion, highlighting how intentional design, ethical production, and knowing who you are, can transform not only how you look, but how you lead.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Carina Louw: Co-Founder of ERRE Fashion and Head Designer
Natasha Juame: Co-Founder of ERRE Fashion and Head Designer



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CARINA LOUW
+ NATASHA JUAME

START THAT PODCAST



THE BEGINNERS GUIDE

Over the years, so many of you have come to me asking,

"How do I start my own podcast?" Well, after being on this journey with Solid Gold for over 8 years, I'm here to share what I've learned. And in this episode, I sit down with Gavin Kennedy, our trusted partner who has been alongside us every step of the way, to share his wisdom. Having walked the walk, we can talk the talk, **helping you get your podcast up and running faster and better.** From the questions you need to ask, to understanding the process, to choosing the best equipment, we'll break it all down. But podcasting isn't just about what you have to say. It's about who you are as a thought leader and stepping fully into that role. If you're ready to start your podcast journey, this is where it begins.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Gavin Kennedy: Founder of Solid Gold Podcast Studios



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GAVIN KENNEDY

BECOME THE BEST PUBLIC SPEAKER



THINKING OF BREAKING INTO PUBLIC SPEAKING?

Join Nikki, an award winning speaker and best-selling author, as she shares decades of wisdom, practical tools, and insider tips from the stage. Whether you're just starting out or looking to sharpen your impact, Nikki offers the kind of real world guidance that only experience can teach. It's your time to speak with power, purpose, and presence.

Take the mic, and let Nikki show you how.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Nikki Bush: Human Potential Expert + Multi Award Winning Speaker
Five times best selling author

NIKKI BUSH



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3 MONTH PERSONAL BRANDING MASTERY PROGRAMME

You are the business of the future.
Let's build you like one.



STARTING 21 MARCH

CHALLENGE

As the **visibility gap for women begins to close** on the surface, a deeper, and more complex threat has emerged beneath it.

Algorithms now determine who is seen, heard, and trusted at scale, and, unfortunately, this is not in favour of women.

In practice, the algorithms are making women more invisible than ever, privileging familiar power structures, dominant narratives, and historically amplified voices.

A major challenge we are facing is that many people now rely on large language models for search, and organisations increasingly use AI driven tools in recruitment.

Multiple studies indicate that women are being filtered out based on age and gender, often irrespective of their qualifications.

One in three women is more likely to lose her job due to AI driven, disruption according to the WEF, which calls for an intervention.

THE FUTURE DOESN'T HAPPEN TO US.
WE HAPPEN TO THE FUTURE.



Why we as **Nation Builders** need to take this seriously?

WATCH NOW



THE FUTURE DOESN'T HAPPEN TO US.
WE HAPPEN TO THE FUTURE.



This is how we will address the Visibility Gap

WATCH NOW



THE FUTURE DOESN'T HAPPEN TO US.
WE HAPPEN TO THE FUTURE.



THE 90 DAYS CEO SIMULATION

Over 30 days, you will run your personal brand like a CEO, building strategy, infrastructure, and market presence so you leave with a visible credible and activated thought leadership platform.

**You are the business of the future.
Let's build you like one.**

**DOWNLOAD
PROSPECTUS**

THE FUTURE DOESN'T HAPPEN TO US.
WE HAPPEN TO THE FUTURE.



bu!t

NOT BORN

In partnership with



Built Not Born, A powerful mini-series brought to you by Clicks Group to fuel your entrepreneurial journey and inspire you to finally start that thing!

The guest form part of the CLICKS
Enterprise and Supplier Development Programme.



bu!t
NOT BORN

MURRAY
SHOW

The real stories behind South African entrepreneurs

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leadHERS

CLICKS+



LOVE KINKS

FROM INFLUENCER TO BUSINESS EMPIRE

In this powerful conversation, Love Kinks founder Sinovuyo Mondliwa sits down with Carmen Murray, Founder of Conscious LeadHERS, to unpack what it really takes to build a successful business in South Africa.

Sino drops straight, practical wisdom for entrepreneurs, from self-funding and sell-out launches to navigating suppliers, protecting your IP, building structure after leaving a 9 to 5, and creating products customers actually want. She shows why entrepreneurship isn't something you're born with, it's built through grit, discipline, and relentless learning.

Carmen Murray: Futurist, Cultural Forecaster and Transformation Strategist

Founder of Carmen Murray Communications and Conscious LeadHERS

Sinovuyo Mondliwa: Internet Personality and Founder of Love Kinks



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SINOVUYO MONDLIWA

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NOT BORN

MURRAY
SHOW

The real stories behind South African entrepreneurs



conscious
leadhers

CLICKS



HOW A SURGEON DISRUPTED THE BEAUTY INDUSTRY

What happens when a specialist surgeon can't find a product that helps his patients' scars heal better, and nothing on the market works for his own eczema and acne?

In this Built Not Born episode, Dr Ashley Naidoo shares how he went from operating theatre to founder of Biome Renew, using African microbiome science, AI skin analysis and patient data to create world-class, affordable cosmeceuticals for South Africans. He and host Carmen Murray unpack the real work behind turning a personal problem into a scalable product: protecting your IP, pricing for a price-sensitive market, navigating Clicks' supplier development journey, learning "foreign" skills like finance and marketing, avoiding burnout, and knowing when to say no to the wrong deal. If you own a business, or planning to start one, this conversation gives you practical advice and important lessons to think of, to build success for yourself, and also how to define what success looks like.

DR ASHLEY NAIDOO



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A FORTIFIED FUTURE:

In times of chaos, the most radical act is not to react, but to build.
To know what is happening in the world,
and to consciously shape what comes next.

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FEELS

FRAMEWORK

DO THIS 10 MINUTES A DAY TO BUILD YOUR FORESIGHT MUSCLE

In this episode, Carmen Murray introduces the F.E.E.L.S framework, a practical way to read beyond headlines, understand emotional undercurrents, and make sense of emerging trends shaping our world. She shows why thinking like a futurist isn't about prediction, but about building critical thinking, context, and agency so we can make better decisions and consciously shape what comes next.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist

Founder of Carmen Murray Communications and Conscious LeadHERS



Carmen Murray

Futurist, Cultural Forecaster & Transformation Strategist
Founder of Conscious LeadHERS | Keynote Speaker

Another
Solid Gold
Podcast

ERRE

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CARMEN MURRAY

THE CAREER LADDER IS DEAD



CAREERS 2027

5 Action to Prepare for your Career

In this episode, Carmen Murray explores why traditional careers are dissolving into networked careers where individuals become brands, businesses, and networks of value creation.

Discover the signals reshaping work as we know, where you are no longer chasing a job title, but architecting your own economic universe powered by skills, community, and AI.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS



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CARMEN MURRAY

GRANDMASTER BEATS CHATGPT AT CHESS



THE HUMAN EDGE MATTERS

A world-class chess grandmaster defeats ChatGPT in a game of chess, and the result is more than symbolic. In this Future Fit Lab episode, we unpack why this moment matters: what it reveals about the limits of artificial intelligence, the enduring power of human intuition and strategic foresight, and why original thinking still outperforms pattern prediction. It is a timely reminder that in an AI accelerated world, human judgment, context, and creativity remain decisive advantages.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS



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CARMEN MURRAY

CAN BRAIN CELLS FIX THE AI ENERGY CRISIS

AI'S NEXT FRONTIER THE FUTURE OF CONSCIOUS TECH

AI is devouring the planet's energy, but what if the solution isn't silicon... its biology? In this episode, Carmen Murray explores organoid intelligence, computers grown from living brain cells that could revolutionize energy efficiency, reshape AI, and redefine what "intelligence" means.

The questions we need to ask is this:

Could this lead to BioTech Capitalism that exploits humanity in the future?

What are the ethical frameworks we need to consider?

Is this the answer to the energy crisis we will face in the coming years?

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist

Founder of Carmen Murray Communications and Conscious LeadHERS



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CARMEN MURRAY

EVERYONE SHOULD KNOW THIS AFRICAN PROVERB

SIGNAL FROM THE FUTURE



AFRICAN WISDOM

An African proverb offers a powerful lesson for our fast accelerating world: speed is easy, but distance requires togetherness.

In this Future Fit Lab clip, we reflect on how relentless acceleration, automation, and optimisation risk leaving our humanity behind, and why slowing down, staying connected, and leading with heart is essential if we want to build a future that truly includes us all.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist

Founder of Carmen Murray Communications and Conscious LeadHERS



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CARMEN MURRAY



STATUS UPDATE

Making sense of what's changing, and what we can do next

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STATE OF GBV

In this episode of The State of GBV, 1st for Women takes us through the sobering reality of gender-based violence (GBV) in South Africa. We are joined by partners from Action Break Silence, who share their insights into the ongoing efforts on the ground to combat this epidemic.

This conversation dives into the alarming statistics of femicide and various forms of abuse faced by women and children, shedding light on the root causes of GBV, including societal expectations, legal barriers, and the lack of support for victims.

Guests featured:

Carmen Murray: Host of Conscious LeadHers Podcast

Bianca de Beer: 1st for Women

Leo Mqulwana: Action Breaks Silence

Pretty Lehong: Action Breaks Silence trainer in Diepsloot



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STATE OF UNEMPLOYMENT IN SOUTH AFRICA



STATE OF UNEMPLOYMENT

Dr. Nik Eberl from the SA Champions Network joins for a critical conversation on the state of unemployment in South Africa, and why it demands urgent collective action. Drawing on insights from the 2010 World Cup era, where collaborative leadership helped create millions of jobs, Dr. Eberl unpacks today's stark reality: over a third of South Africa's workforce is unemployed, with youth unemployment reaching crisis levels.

The discussion reframes unemployment not only as a jobs issue, but as an opportunity challenge. From exporting South African talent into global markets to leveraging the creator economy, global business services, and relationship-based skills, the episode explores how South Africa can "import jobs" by enabling its youth to compete globally.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist

Founder of Carmen Murray Communications and Conscious LeadHERS

Dr. Nik Eberl: SA Champions Network



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DR NIK EBERL

THE STATE OF PR IN AFRICA

The unconventional board experience

STATUS UPDATE



STATE OF PR

In this powerful episode, Carmen Murray hosts a dynamic briefing session with Larry Khumalo-MacArthur (MD, Weber Shandwick Africa), Bridget von Holdt (CEO, Inzalo Consulting), and Karena Crerar (CEO, Edelman Africa) to explore the evolving role of PR across the continent in an era marked by AI disruption, institutional mistrust, and rising civic activism. This episode unpacks PR like never before, going deep into the underbelly of the communications industry and the challenges on the horizon.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Bridget von Holdt – CEO Inzalo Consulting

Larry Khumalo-MacArthur – Weber Shandwick Africa

Karena Crerar – Edelman Africa



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BRIDGET, KARENA, LARRY

THE STATE OF WOMEN IN STEM (AFRICA)



In this powerful edition of Status Update, host Carmen Murray, founder of Conscious LeadHERS, dives into the urgent state of women in STEM across Africa. This is not just about diversity, it's about innovation, infrastructure, and the future of the continent.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist

Founder of Carmen Murray Communications and Conscious LeadHERS

Njari Samushonga - CEO of WeThinkCode

Rakeshnie Ramoutar-Prieschl - Director of Internationalisation and Strategic Partnerships at the University of Pretoria



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LEADHERS IN THE SPOTLIGHT

AUDACIOUS WOMEN SHARING THEIR STORIES



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♀ **leaders**



INSIDE

THE ROOM

lessons from women in politics



HEALTH DIPLOMAT LWAZI MANZI ON POLITICAL WILL

What happens when women step into the room where power, policy, and pressure collide?

In this exclusive IN THE ROOM interview, Conscious LeadHERS Founder Carmen Murray sits down with Dr. Lwazi Manzi, Health Diplomat to the Presidency of South Africa, for a rare, unfiltered conversation on politics, diplomacy, power, and purpose. From behind-the-scenes moments during COVID-19 and global vaccine negotiations, to the future of AI, African innovation, and political literacy, this episode challenges everything we think we know about leadership. It asks the uncomfortable questions: Are you already a politician if you call yourself a change agent? What does diplomacy really require?

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Lwazi Manzi: Health Diplomat to the Presidency & Head of Secretariat of the PMNCH
Head of Secretariat of the AU Championship on Pandemic Prevention, Preparedness and Response



conscious leadHERS | Dr. Lwazi Manzi
Health Diplomat for the Presidency of the Republic of SA

ERRE Another Solid Gold Podcast

LWAZI MANZI

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PYJAMA PARTY

COME HAVE FUN



THE NAUGHTY FUN AT MIDNIGHT

PYJAMA PARTY WITH THE GIRLS

In this fun, light-hearted Pyjama Party episode, Carmen Murray and her guests laugh, confess, and gently unpack “emotional budgets”, exploring friendships, boundaries, and who really deserves access to your energy. Beneath the humour and sisterhood, the message is clear: protect your peace, invest in reciprocal relationships, and stop overspending on people who don’t clap when you win.

Carmen Murray, Dr Sane Ngidi, Bridget von Holdt and Kovini Moodley go TITLE FREE



[Watch](#)

WHY WOMEN STILL STRUGGLE TO REACH THE TOP



WHY WOMEN STRUGGLE TO REACH THE TOP

In this episode of the Conscious LeadHERS Podcast, Carmen Murray sits down with global women's empowerment advocate Jingjin Liu to explore how power truly works for women. From negotiating at home to navigating the boardroom, they unpack ambition, the emotional tax on women of color, the myth of kumbaya sisterhood, and why personal branding is not ego, it's influence.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Jinjin Liu: Top LinkedIn Voice for Women Empowerment
Co-Founder of The Elevate Group | Board Member



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JINJIN LIU

WOMEN FACE FEAR DIFFERENTLY



WOMEN'S SUPER POWERS

In this eye-opening episode, we dive deep into the Tend-and-Befriend response with psychiatrist Dr. Cherith Herold (MBBCh, DMH, FC Psych, MMed), exploring how women experience fear differently from men.

What You'll Learn:

- ✓ **Tend and Befriend vs. Fight or Flight** : Why women respond to fear through connection and protection rather than aggression.
- ✓ **The Science Behind Female Resilience**: How oxytocin and oestrogen shape our responses to stress, mental health, and social bonds.
- ✓ **The Power of Gossip**: Is it truly harmful, or is it an evolutionary tool for protection?

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Founder of Carmen Murray Communications and Conscious LeadHERS

Dr. Cherith Herold



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CHERITH HEROLD

MOTHER WOUNDS IN THE BOARDROOM



HOW EARLY NURTURE SHAPES LEADERSHIP PATTERNS

In this episode Puseletso Modimogale unpack the mother wound, how early emotional imprints, from abandonment to over-criticism, silently shape the way we show up in boardrooms and in life.

These hidden narratives influence trust, delegation, visibility, and self-worth, and how conscious healing allows leaders to step into authentic power, transform self-sabotage, and break generational cycles. This is a conversation for anyone ready to understand themselves more deeply and lead with greater courage, clarity, and compassion.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Puseletso Modimogale: Executive Coach, Author and Keynote Speaker
Leadership and Personal Development Specialist



[Listen](#)

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KNOW YOUR POWER



KNOW YOUR POWER

This episode explores the nature of power, how it is exercised upon us, how we exercise it on others (intentionally or unintentionally), and most importantly, how we can reclaim our own power.

The discussion, led by Carmen Murray and Taz Singh, delves into different aspects of power dynamics in personal, professional, and societal contexts. We are also joined by a guest, Dr Pranell Naicker, as she shares her story, and we discuss life more in-depth.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Taz Singh: Globally Recognised Medium and Coach



[Listen](#)

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CARMEN AND TAZ

WE DON'T NEED ANOTHER MANDELA



IT'S UP TO US

This episode reframes global turmoil as a moment of reckoning, a call to conscious responsibility. It challenges the idea that the future is something we merely inherit and asserts that it is something we actively shape through our choices, values, and actions. In the spirit of ubuntu, we are being asked to step into collective accountability. Just as Madiba showed what moral leadership looks like at a national level, each of us is now called to practice that leadership in the spheres where we have influence.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS



[Watch](#)

CARMEN MURRAY

THE UNINTENDED CONSEQUENCE OF SUSTAINABILITY



SUSTAINABILITY DECODED

Stop asking if people believe in climate change—start asking if they understand it. In this bold and enlightening episode, Carmen Murray sits down with powerhouse developmental economist Kalnisha Singh to unpack the uncomfortable truths and unseen layers of the sustainability movement. Together, they explore how well-meaning initiatives can have unintended consequences, how greenwashing has quietly crept into our systems, how marketing campaigns often drive perception rather than real impact, and why corporate compliance doesn't always equal transformation. Kalnisha pulls no punches.

From the wisdom deficit in African leadership to the dehumanisation embedded in business systems, from the extraction economy to the need for introspection and cultural restoration—this conversation will challenge everything you think you know about sustainability.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Kalnisha Singh: Development Economist, Founder of KG Strategies



[WATCH](#)

KALNISHA SINGH

CITIZENS PERSPECTIVES



CITIZEN PERSPECTIVE

How a WhatsApp voice note turned into a crash course on economics, consumerism, and sustainability.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist

Founder of Carmen Murray Communications and Conscious LeadHERS

Kalnisha Singh: Development Economist

Founder of Our Common Future



[Listen](#)



PITCH LIKE A PRO

How to own the room, negotiate your value and win tenders

Few people truly understand what happens behind closed doors when deals are decided. In this episode, negotiation powerhouse Dheshnee Naidoo reveals the unwritten rules of pitching, pricing, and positioning yourself at the table, where outcomes are shaped long before numbers are discussed. From emotional intelligence in high-stakes deal rooms to answering tender questions in ways that actually convert, this conversation is a blueprint for winning business without compromising who you are.

Carmen Murray: Futurist, Cultural Forecaster and Transformation Strategist

Founder of Carmen Murray Communications and Conscious LeadHERS

Dheshnee Naidoo: Win Works Executive - nFold

Executive of Bid Delivery



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WOMEN'S GUIDE TO MEDICAL AID



WOMEN'S GUIDE TO MEDICAL AID

Women drive 80% of medical aid purchasing decisions. In this powerful and candid conversation with Denelle Morais, Marketing and Communications Manager at Bestmed Medical Scheme, we unpack the evolving landscape of women's healthcare and what every woman needs to know before signing on the dotted line.

From menopause to mental health, postpartum realities to heart disease (the silent killer of women), and the rising importance of fertility benefit, this episode goes beyond brochures and benefits tables. We explore how to shop smart for a medical aid. If you've ever wondered whether your plan is designed for how women actually live, age, work, and heal—this is the conversation you didn't know you needed.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Denelle Morais: Marketing and Communications Manager - BestMed



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DENELLE MORAIS

THIS EPISODE IS CENSORED



TRENDS AND RISKS THE EMERGENCY LIGHTS

2025 has been one of the most disruptive political performances we've witnessed in a long time. The lines between government and business have blurred, with corporations becoming more political, more powerful—and perhaps, too powerful. For years, governments have borrowed from the corporate playbook, and now we're at an inflection point. What's on the horizon? What are the risks? And what does it all mean for economies, industries, and everyday citizens? This podcast is not for the myopic.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Geci Karuri-Sebina: Associate Professor at University of the Witwatersrand (Wits School of Governance)
Director of the Southern African Node of the Millennium Project

Bronwyn Williams, Futurist, Economist, and Partner at Flux Trends



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[WATCH](#)

GECI KARURI-SEBINA
+ BRONWYN WILLIAMS



THE CREATIVE REVIVAL

In this episode of The Conscious LeadHERS Podcast, I sit down with the inspiring Khensi Nobanda for a powerful heart-to-heart on creativity, leadership, and living out loud, unapologetically.

She unpacks her non-negotiables, the true essence of allyship, and how marketing can be a force for good. For Khensi, sustainability isn't a CSI initiative; it's a movement for change.

This is a call to action. A reminder that creativity is our growth agent, the human algorithm that can change the world.

We do have what it takes to drive a sustainable future.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist

Connected Marketer, Founder of Carmen Murray Communications and Conscious LeadHERS

Khensi Nobanda: Group Executive Marketing and Corporate Affairs



[Listen](#)

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RISK ROULETTE IN THE CORPORATE JUNGLE



NAVIGATING RISK

In the wild world of corporate life, every decision is a gamble. Are you betting on the right moves, or walking straight into a risk trap? From workplace bullying and corporate politics to ethical leadership and crisis management, this episode unpacks the high-stakes game of risk in business.

Join Carmen Murray and Kovini Moodley, award-winning risk manager and founder of Boss Babe South Africa, as they dive into the hidden risks companies ignore, the consequences of bad bets, and how to navigate the corporate jungle.

Carmen Murray: Futurist, Cultural Forecaster and Transformation Strategist

Founder of Carmen Murray Communications and Conscious LeadHERS

Kovini Moodley: Award winning Risk Management Professional and Founder of Bossbabes of South Africa

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WHAT BOARDS FACE IN THE AI AGE



CYBER RESILIENCE, SOVEREIGNTY & GEOPOLITICS

Cyberattacks are no longer a 'what if, they're a 'when.' In today's fast-paced digital world, every business is a tech business, no matter the industry. And if you're serving on a board, the stakes are even higher, your role in navigating cybersecurity, data privacy, and governance can make or break your organisation's future.

Carmen Murray: Futurist, Cultural Forecaster and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Busisiwe Mathe: Independent Non-Executive Director to leading brands in SA



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BUSISIWE MATHE

THE SECRET TO CHANGE IS AUDACIOUS INFLUENCE



TRANSFORMATION IS TRANSACTIONAL

In this episode, they discuss the difference between visibility and long-term influence, the role of relationships in leadership, and how leaders think strategically about impact over time. The conversation offers practical insights for professionals working across business, non-profits, and community initiatives who are interested in leadership, influence, and purposeful work.

Carmen Murray: Futurist, Cultural Forecaster, and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Katie Mohamed: Change Catalyst, CEO of BrandFusion and Author



KATIE MOHAMED

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Thank you to women in our
community who
Teach, Learn, and Build Together



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FREE 2 HOUR WORKSHOP
Power in Your Purse: How to use your Buying Power to Shape the World

by **Khanyisa Phika**
Economist
Vice Chairperson ABSIP Women in Focus

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Win Strategy - Proposal
How to plan your win strategy including writing your unique value proposition

by **Dheshnee Naidoo**
Head of Bid Management

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Unlocking Balance : It's Not About Time Management
How to shift the focus to capacity and energy management

by **Liz Pretorius**
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A Workshop for Working Moms: Empower Yourself, Elevate your Career

by **Mariska Burger**
Founder of MDP Marketing
Marketing Engineer and Fractional CMO

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Neuroscience and NLP Techniques

by **Vanessa Haripersad**
Founder and CEO
Transformation Leadership and Life Coach
Country Chair - Ishkama Global Change CIC
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HOW TO DO RESEARCH FOR YOUR THOUGHT LEADERSHIP

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Oretatle Mogoal
Market Research and Insights Analyst
Shopper Insights Lead and Consumer Analyst for Research

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Inspirational and Authentic Leadership through the Ontological Lens

by **Yolanda Arendse**
Ontological Coach for Business & Life Coaching
Founder of The Gentle Life
Author of "Gentle: A Healing Journey in No Particular Order"

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REINVENT YOUR CAREER
A Simulation Workshop to Build YOU for Tomorrow

by **Carmen Murray**
Founder of **conscious leadHERS**
Founder of **Carmen Murray Communications**
Future Readiness Expert + Educator

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CONSCIOUS LEADERS INSTITUTE

HER PANEL
Final Evaluation

Guest Judge

Date: 09 December 2025
Time: 09h00 - 11h00
Venue: Virtual
Exclusive to Personal Branding Mastery Programme Delegates.



BRIDGET VON HOLDT
Executive Director Health Consulting
PRISM Lifetime Achievement Award and the PRISA President's Award

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THE FUTURE DOESN'T HAPPEN TO US.
WE HAPPEN TO THE FUTURE.



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by Deborah Hartung
Leadership and Culture Changemaker
Culture Transformation and Engagement

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Unmasking workplace toxicity: Breaking Barriers and Setting Boundaries

by Czar Shenna Motsuenyane
Founder of Mind Your Power
Co-Founder of MondayMatters SA
Co-Founder of Sons to Men Foundation

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Self Leadership as a Conduit to Personal Mastery
Your playbook for 2025 and beyond.

by Lerato Phelane
Founder: Life Changing Lerato Services

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by Shannon Mary
NeuroEmotional Coach

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The Hormone Wake-Up Call: How to reclaim your power during Perimenopause

by Sonja McGillicuddy
Founder of Soul Space Body
Holistic Health & Hormone Coach

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THE POWER OF ACADEMIC THOUGHT LEADERSHIP
How to get a white paper published

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Dr Beate Stiehler-Mulder
Adjunct Professor UBI Business School
Associate Member of the Herley Africa Centre for Emerging Market Consumer Studies

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FREE 2 HOUR WORKSHOP
Managing Stress for Peak Performance
Harassing the Latest Neuroscience to Learn to Excel, Even Under Pressure

by Elle Williams
Publisher of the Digital Platform *Eleanor.Africa*

Date: 04 February 2025
Time: 12h00 - 14h00
Venue: Virtual
Limited Capacity

in partnership



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FREE 2 HOUR WORKSHOP
DEI Disruption: Spot the risks, challenges and opportunities on the horizon
What does this mean for South Africa
Research Insights Revealed

by Carmen Murray
Founder of Conscious LeadHERS
Founder of Carmen Murray Communications
Leading Netnographer in Africa

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THE FUTURE DOESN'T HAPPEN TO US.
WE HAPPEN TO THE FUTURE.





Bronwyn Williams



Mbalenhle Sibanda

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UNMASKING GENERATIONS

Unmasking Generations brought together the Conscious LeadHERS Youth Board and renowned futurist Bronwyn Williams for a timely and deeply insightful conversation on how generational shifts are reshaping business, culture, economics, and society. Hosted by the Conscious LeadHERS Youth Board, Wandile Nhlapho, Dimpho Mashile, and Mbale Sibanda, the discussion unpacked the defining characteristics of Baby Boomers, Generation X, Millennials, Generation Z, and the emerging Generation Alpha. Bronwyn Williams offered a nuanced perspective on why generations are shaped not by stereotypes, but by the social, political, economic, and technological contexts they are born into.

Wandile Nhlapho: Conscious LeadHERS Youth Board

Dimpho Mashile: Conscious LeadHERS Youth Board

Mbale Sibanda: Conscious LeadHERS Youth Board

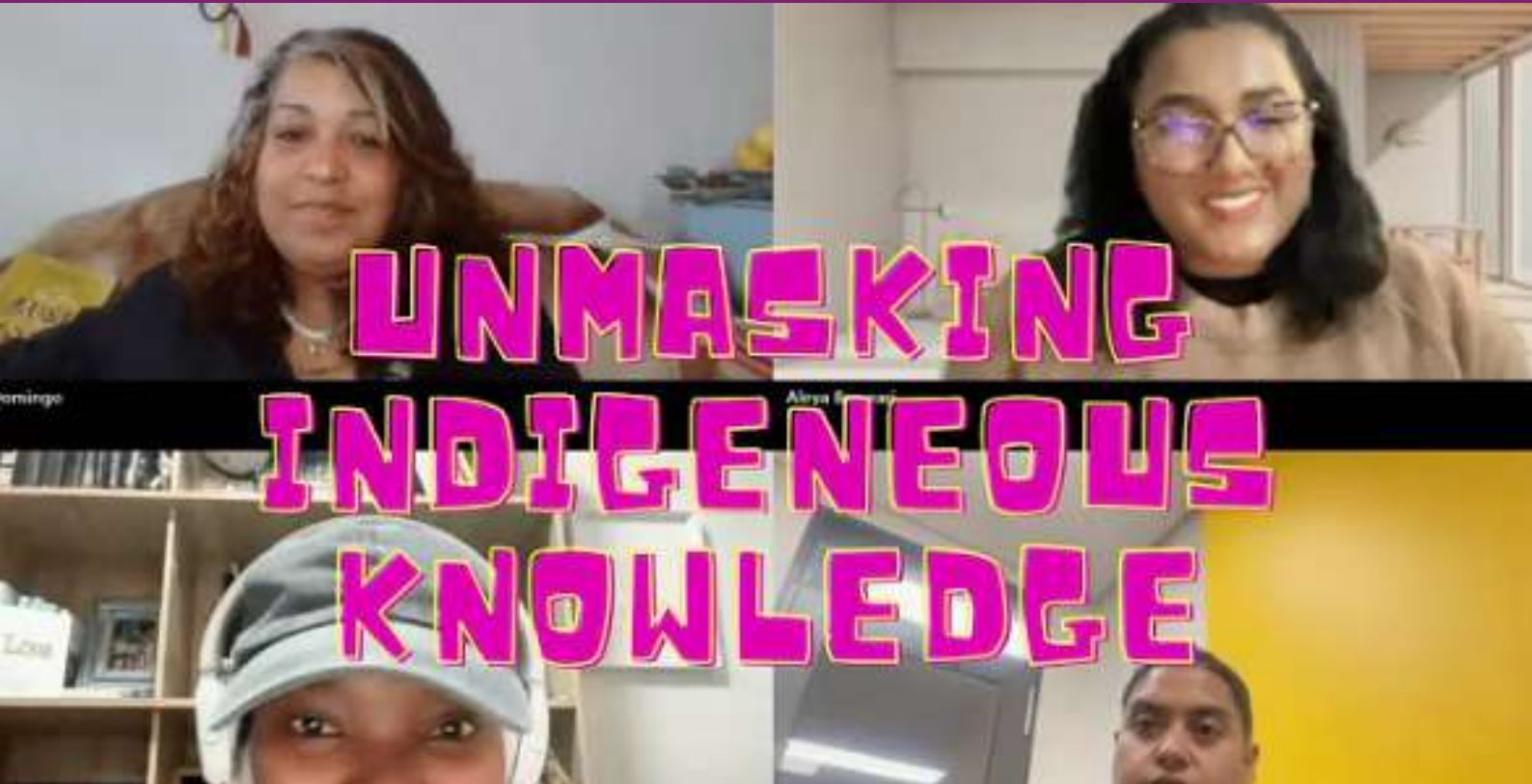
Bronwyn Williams: Futurist, Economist, Author



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CL YOUTH BOARD



INDIGENEOUS KNOWLEDGE

Hosted by the 2025 Conscious LeadHERS Youth Board and moderated by Vice Chair Aleya Banwari, this conversation opened powerfully with the reclamation of Indigenous Knowledge as vibrant, living wisdom rather than a relic of the past. The timeless rhythm of traditional practices, highlighting that “food journeys are different based on seasons” and communities are deeply “dependent on location.” They illustrated this vividly, describing women who “forage mussels at the right time of the season and pickle them in the old ways.”

They further reminded everyone that colonial legacies persist deliberately: “Colonisation was intentional, and maintaining these structures is intentional.” She urged us to rethink success, stating clearly, “Our measure of success should not be our proximity to whiteness,” but rather our connection to ancestral traditions and community-centered practices.

Aleya Banwari: Vice Chair - 2025 Conscious LeadHERS Youth Board

Delicia Govender: Founder Push Local Ventures

Shihaam Domingo: Founder of the Domino Effect



[Watch](#)

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STATE OF TRUST

The State of Trust, a reflective dialogue examining trust as the defining currency of the 21st century. Drawing on insights from the Edelman Trust Barometer, this conversation explores how trust is built, eroded, and restored across business, leadership, institutions, and society.

Together with leading voices from communications, sustainability, governance, and business transformation, we unpack why trust can no longer be treated as a metric or performance exercise, but must be lived through authenticity, transparency, accountability, and consistent action.

In an age shaped by misinformation, AI, polarisation, and rapid change, this session offers timely perspectives on what it truly takes to lead and stay human in uncertain times.

Carmen Murray (PGDip): Futurist, Cultural Forecaster and Transformation Strategist

Karena Crerar: CEO of Edelman Africa

Shameelah Soobramoney: CEO of NBI

Buhle Hanise: National Head of Business Restructuring BDO SA



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WORLD HAPPINESS REPORT 2025

STATE OF HAPPINESS

Together, these forces interrogated how happiness is showing up (or being suppressed) in professional spaces, the hidden blockers holding us back, and why emotional wellbeing can no longer be treated as a 'nice-to-have.' The conversation offered bold insights, honest reflections, and actionable strategies for leaders, brands, and individuals looking to cultivate joy, purpose, and true belonging in a rapidly changing world.

Carmen Murray (PGDip): Futurist, Cultural Forecaster and Transformation Strategist
Dharshni Padayachee CA(SA) MPhil : DEI Champion & Executive Leader
Shaleenah Marie: Learning & Development Trailblazer
Christyl Potgieter: Tech Leader & Impact Strategist



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SPECIAL GUEST

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CREATIVE VALUES FOR A MODERN LEADER



THE ROI OF CREATIVITY

In this episode, Carmen Murray sits down with **Barry van Zyl, MBA Lead at Henley Business School Africa and former long-time drummer for Johnny Clegg**, to explore how creativity can be measured, cultivated, and scaled inside organisations.

Barry shares how his journey from global stages as a musician to shaping future business leaders has given him a unique perspective on the rhythms of creativity and innovation. Together, we unpack:

- **Return on Invested Creativity (ROIC):** how organisations can measure and multiply the ROI of creativity.
- **From Rhythm to Business:** lessons from music and performance that fuel innovation in companies.
- **The Myth of Creativity:** everyone can create, creativity is not reserved for artists.
- **Innovation as Reassembly:** most breakthroughs come from recombining what already exists.
- **Chaos as Catalyst:** why leaders must lean into uncertainty to unlock growth.
- **Collective Creativity:** how teams, like choirs, can sync and harmonise at a deeper level. gain the knowledge and courage needed to navigate the turbulent waters of sustainability.



BARRY VAN ZYL

[Watch](#)

AI, AFRICA & THE POWER OF HUMAN POTENTIAL



BECOME AN ADAPTABLE FORCE

In this episode, I sit down with tech thought leader and author Mushambi Mutuma to explore one of my deepest passions, AI and Human Potential. We unpack how we, as humans, must evolve, build intentional relationships with AI, and learn to dance with it as an army of critical thinkers. If you're breathing, this is an episode you need to hear.

Carmen Murray: Futurist, Cultural Forecaster and Transformation Strategist
Founder of Carmen Murray Communications and Conscious LeadHERS

Mushambi Mutuma: Author, Keynote Speaker and Tech Leader

MUSHAMBI MUTUMA



[LISTEN](#)



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MEN FEEL TOO

Men Feel Too is a powerful and necessary conversation with **Coogan Pillay, Dylan Price, and David Joshua** that unpacks the silent battles men face with mental health, emotional expression, and societal expectations of masculinity.

In this deeply vulnerable dialogue, the guests explore personal *stories of trauma, fatherhood, generational pain, and the pressure to “man up” in a world that rarely makes space for male vulnerability.*

From breaking the cycle of emotional suppression to rediscovering inner peace, each guest shares their own turning point, when being strong meant learning to feel. This interview holds up a mirror to modern masculinity and asks: What if true strength lies in softness?



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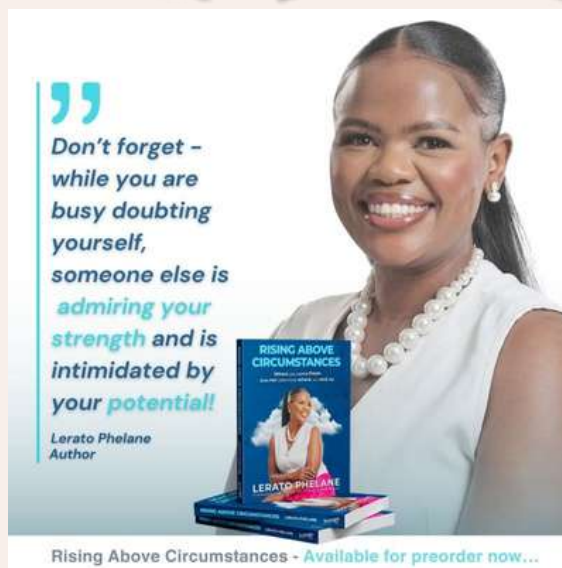
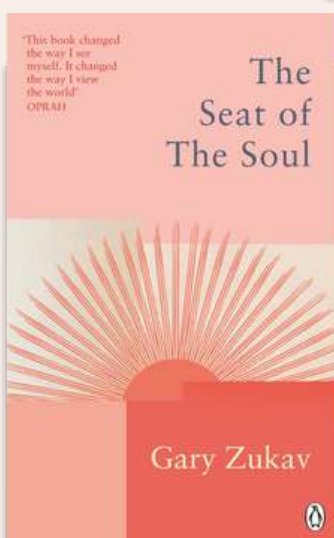
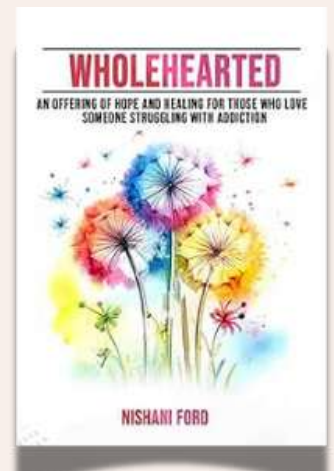
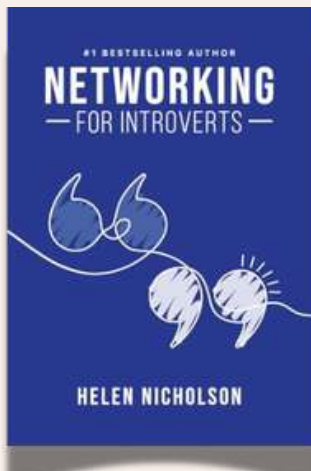
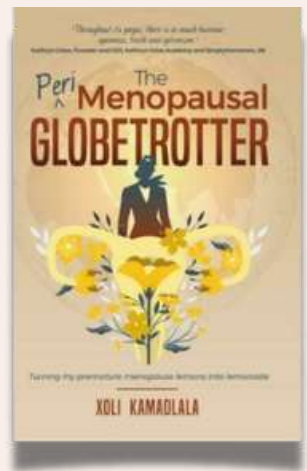
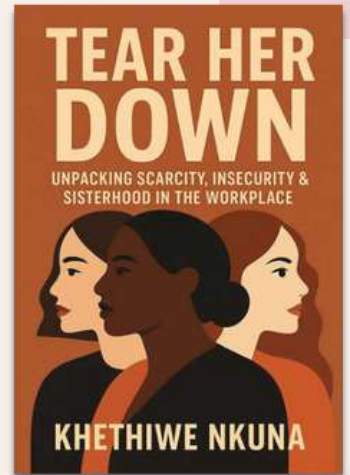
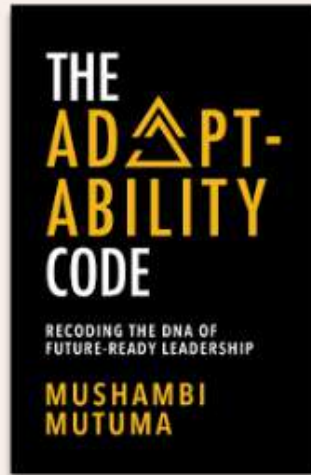
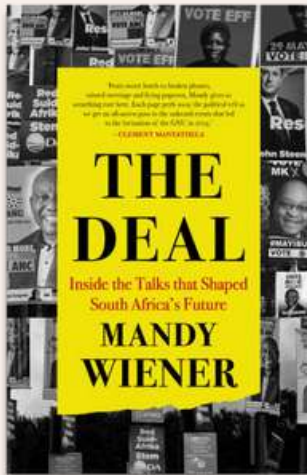


HOT PICKS

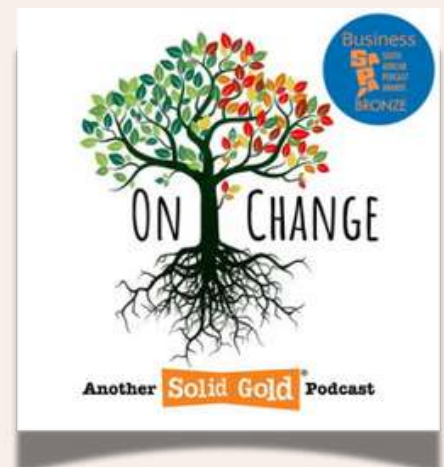
Best Podcasts and Books by our
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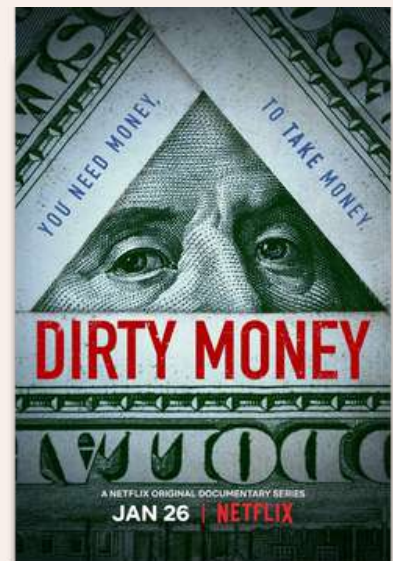
WHAT TO READ



WHAT TO LISTEN TO



WHAT TO WATCH



THANK YOU TO OUR STRATEGIC PARTNERS

To our incredible partners, we just want to take a moment to say thank you. Your support has meant everything to us. You've stood by us, championing the work we're doing at Conscious LeadHERS—helping us inspire, educate, and share stories that truly matter while encouraging women to lead boldly and authentically.

It's not just about what you've given; it's about how deeply aligned you are with our vision and values. Your genuine commitment to making a real difference in women's lives has been nothing short of inspiring, and we are so grateful to have you on this journey with us.

We couldn't have achieved what we've built here without you. Everything we've created together is proof of the power of shared purpose and passion. As we look to 2025, we're filled with excitement and hope for what's to come. With your continued partnership, we're ready to reach new heights and make an even greater impact.

Here's to everything we've accomplished together and all the incredible things ahead!

Carmen Murray



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BECOME A STRATEGIC PARTNER

WOMEN IN LEADERSHIP

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2026 OPPORTUNITIES

COCREATING HER OPPORTUNITIES

We are calling on strategic partners to join us in achieving our ambitious goals of empowering women to lead audaciously, from the boardroom to the living room. At Conscious LeadHERS, we are not just inspiring leadership; we are creating safe spaces where women can thrive in all aspects of their lives.

From mothers navigating their dual roles to business owners building empires, from ceiling-crushers breaking barriers to board members shaping industries—women continue to face inequalities that challenge their growth and potential. Together, we can offer the support, resources, and community they need to overcome these obstacles and flourish.

Your partnership will help us build a future where women are celebrated, supported, and equipped to reach their full potential. Let's work together to create a world where every woman has the opportunity to lead boldly and authentically, no matter the challenges she faces.

Contact Carmen Murray.

A close-up photograph of a person's hands forming a heart shape. The person's face is visible in the background, slightly out of focus, with a gentle smile. The overall image has a soft, warm, pinkish-purple tint.

THANK YOU

Join our Community

<https://linktr.ee/CarmenMurray>