

Sameshni Moodley

Based: Johannesburg

Description: Motivational HIV+ Guest Speaker:



Personality and Profession

Sameshni Moodley is an inspirational energetic professional who works with corporates and individuals to create change in the mind, body and spirit through effective education. Diagnosed with HIV, Sameshni thought life as she knew it was over and resorted to substance abuse and binge eating. Yet her positive attitude and healthy lifestyle turned things around and it was then that her brand, Living2Inspire was born.

Her key passion in life has been within the Health and Wellness environment and has been featured on various social media platforms. She inspires her followers with daily motivational messages to make positive changes in their lives through nutrition tips and by including physical activity in their daily routines.

Experience

Sameshni featured in Discovery articles between 2014 and 2018 for her perseverance through her weight loss journey, creating a culture of living healthy with HIV and being an inspiration for it. A video was released by Discovery Health for living a healthy, active life with a chronic condition. Sameshni provided insight and guidance on weight loss and lifestyle changes for a Discovery Vitality article.

Presentations were hosted for an international sports brand at their World AIDS Day event, which included a run for positive change, participated by Sameshni, athletes and employees. Numerous radio interviews held with local radio stations on the impact of living with HIV and the stigma in the community during her reign as a FitFluencer for FIBO Global Fitness Africa.

Achievements

My academic achievements:

- *Health and Fitness Professionals Academy – Certificate in Essentials of Nutrition*
- *People SA - Coaching and Leadership – Certificate in Neuro-Linguistic Programming*
- *University of the Witwatersrand – Certificate in Managing and Leading People*

Sameshni's longest running achievement is her weight loss journey which started in 2005 and over the years she has lost 25kgs. Completed two Warrior obstacles races and Sameshni's love for running began in December 2015 and since then finished numerous 10km, half marathons with her first marathon in November 2017 at the Old Mutual Soweto Marathon. In October 2018, in recognition of the month in which she was first diagnosed, Sameshni undertook to climb Kilimanjaro to raise awareness and funds for women and children living with HIV, celebrating a decade living 'Positively Alive'.

For more information or to book Sameshni Moodley contact:

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