



**POSITIVELY ALIVE**



## Sameshni Moodley

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**Based: Johannesburg**

**Price: R8, 500.00/motivational talk**

**Description: Motivational HIV+ Guest Speaker:**

### **Personality and Profession**

Sameshni Moodley is a young inspirational, energetic professional currently in the Corporate Insurance Industry. Diagnosed with HIV resorted to substance abuse and binge eating, thought life as I knew it was over. Yet my positive attitude and healthy lifestyle turned things around.

My key passion through my life has been in the Health and Wellness environment and I have been featured on various social media platforms. I inspire my followers with daily motivational messages to make positive changes in their lives, through nutrition tips and by including physical activity in their daily routines.

I guide people through both emotional and physical change by regular motivational messages, quotes, talks and videos.

My commitment to health and wellness was recognised by ICAS during my employment at NMG by being featured in their magazine for launching a health campaign within my company to drive healthy eating and daily exercise which overall increased work productivity and boosted employee morale.

### **Experience**

I have featured in various Discovery articles between 2014 and 2017 for my perseverance through my weight loss journey, creating a culture of living healthy with HIV and being an inspiration for it.

A video was also done by Discovery Health for living a healthy, active life with a chronic condition. I provided insight and guidance on weight loss and lifestyle changes for a Discovery Vitality article.

I wrote a positive story for a video done by Discovery Health for living a healthy, active life with a chronic condition. I provided insight and guidance on weight loss and lifestyle changes for a Discovery Vitality article.

I have presented at an international sports brand for their World AIDS Day event which included a run for positive change, participated by myself, athletes and employees.

I have done a radio interview with a local radio station on the impact of living with HIV and the stigma in the Indian community.

## **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

My longest running achievement is my current weight loss journey which started in 2005. Over the years I have lost 25kgs.

I have completed two Warrior obstacles races. My love for running began in December 2015 and since then I have finished numerous 10km, half marathons with my first marathon in November 2017 at the Old Mutual Soweto Marathon.

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For more information or to book Sameshni Moodley contact:

**Alan Brand**

**Positively Alive** <sup>cc</sup>

**CK2010/002085/23**

6 Ouhout Avenue, Weltevredenpark, 1709

Mobile: +27 (82) 453-0560

E-mail: [albrand@iafrica.com](mailto:albrand@iafrica.com) or [alan.brand@positivelyalive.co.za](mailto:alan.brand@positivelyalive.co.za)

**BEE Exempt - Micro Enterprise Level 4 EME Entity**

Website: [www.positivelyalive.co.za](http://www.positivelyalive.co.za)

Member: South African AIDS Consortium

Visit Alan on his blog site at <http://alanbrandpositivelyalive.blogspot.com/>

Creator of support network for HIV+ Gay, Bisexual and Transgender men in SA  
[www.Positively-Alive.com](http://www.Positively-Alive.com)