



COVER STORY



MEET NANTALE MUWONGE,  
MULTI AWARD WINNING  
QUEEN OF PR



**BD: What does success mean to you? Has your definition of it changed over the years and if so, why?**

NM: My definition of success has definitely changed, it used to be having a high-paying job, boss title, prestige and all the things we're kind of taught to chase. I had those things, including the stress that goes with them! But I loved it anyway because I used to have to constantly push and outdo myself in competitive environments to feel as if I was worth anything. I was a typical Type A workaholic!

I probably still would be if I hadn't been in a car accident. I almost lost my right arm (I'm right-handed) trying to keep up that lifestyle, it basically forced me to radically change my outlook on life.

Now, to me, success is being able to enjoy silence without racing thoughts. It's being able to sit in the sunshine and just bask and appreciate the fact that I'm breathing, without the need to "do" something. It's the ability to thrive regardless of the circumstances because just being here at all is a miracle anyway, right?

**BD: What drives you?**

NM: I want to make the world a better place. I want to do everything that I can to ensure that my children, my nieces and nephews, and Black children everywhere don't have to grapple with the oppressive and traumatizing things I had to deal with. My parents made the world better for me, and I want to do the same for those coming after me.

**BD: Where do you think your 'MAGIC' comes from?**

NM: My deep, rich, glorious roots. My absolutely majestic culture. It's filled with magic in every form and I'm simply a manifestation of that. Plus my imagination because when you know that the possibilities are endless, you can dream up anything.

**BD: What is your LIFE-MISSION in one sentence?**

NM: To serve as a reminder that we are love.

**BD: What do you think is often the difference between people who are good at what they do and people who are great at what they do?**

NM: I think people who are great at what they do are driven by something deeper than the tangible, for them the work is almost spiritual. So they aren't afraid to fail, experiment, take risks and explore all the different possibilities as they engage in their craft, because they know it's all poetry and there's magic to discover in the process.



**BD: What has been your biggest learning experience?**

NM: Probably coming back to life after that car accident. It disabled me for a little while and my doctors said I was just going to have to live with that. I fired them. And on the journey to radical recovery, I learned what the body, mind and spirit are truly capable of. Especially with the right support!

**BD: What is one talent or strength of yours, which has been critical to your success?**

NM: My ingenuity, there is no process or problem that I cannot face, so challenges are just a potential learning exercise for me. And I love learning, the rate at which I consume information is probably alarming! But it also means that even if I'm not able to find a solution on my own, I know who to ask or where to go for answers.



**BD: What do you believe are the characteristics, actions, habits and behaviours that you both have and use, that have helped you achieve what you have been able to achieve?**

NM: First of all, being open to the possibility that I can be and do anything (which is what my parents raised me on) has been pivotal to my success. And both of them are brilliant, so I had actual models in my home. That in turn made me trust and believe my abilities, which made exercising them easy. And the more I practiced, the better I became. And then consistent and persistent action, integrating new information as needed, and learning how to enjoy the process as opposed to just the final outcome have also helped me achieve the unimaginable.

**BD: What are the principles and values that you believe are important to live by?**

NM: Ubuntu. I've always practiced it because I was raised on it. But as I got older and truly grasped the power of Ubuntu, it became even more important to me to be an unshakeable connection in the network.

It's incredible what we can achieve when we join forces, and it's also awesome to actually consider what we can face. Burdens aren't as heavy, love is so much deeper, and the sound of collective laughter is just music to the ears.

I live by ubuntu and it's central to everything I do.

**BD: What are you most afraid of right now?**

NM: I'm not afraid of anything. I'm at a point in my life where I'm no longer willing to give energy to that sensation. Whatever comes will come, and I will handle it to the best of my ability.

**BD: How do you ensure you are always feeling energised and performing at your peak?**

NM: I make a point of nourishing my soul in every moment, rather than just when I'm run down or burnt out, which is what I used to do! I used to treat self-care like medication that you only take when you're in pain, but in the process of coming back to life I learned that it's really a mindset and a lifestyle. So if you're always caring it for yourself in this way, you're always at your best and unexpected curve balls don't knock you off your feet.

Also, I move with gratitude always. The fact that my every breath is a miracle because I almost didn't make it is never too far from the front of my mind.

**BD: What resources (people, books, environments, movies, music etc) do you use to keep yourself inspired, informed and growing?**

NM: I stopped recommending the personal development resources that I enjoy to people a long time ago because they're personal to me. Finding things that resonate with your spirit, that affirm you or that reveal truths that speak to you is a beautiful journey that everybody should feel free to go on. And if you can't find them, creating them out of your own experience is a whole other level that's definitely worth exploring.

But one thing that has always been a source of inspiration for me is African culture. The more I uncover, the more I want to learn, the more I want to apply. We have such a rich heritage and it's a privilege to be able to practice it, especially because a lot of our elders were denied this during colonial times.



**BD: As a high performer have you ever had to struggle with happiness and contentment?**

NM: Yes, definitely! It used to be that I was constantly chasing the next thing. I didn't really enjoy or make time to honor my achievements because I'd already moved on. I was just always striving to be better in an absolutely insane way, so there wasn't any space for contentment. I think it might also be because I conflated contentment and complacency. I had to unlearn that, and I had to redefine what contentment meant for me.

**BD: What's one deeply honest thing that most people don't know about you?**

NM: I'm a very optimistic and happy person, it drives some people insane. They can't take how positive I am. But they don't know how close I've been to death and darkness, and how intentional I am with my thoughts as a result. I think most people don't know that happiness is a daily practice that you have to cultivate in every moment.

**BD: Who inspires you and who are your role-models?**

NM: My mother inspires me, she is such an incredibly phenomenal woman. She is deeply kind, probably the wittiest human in existence, and she's a thriving beacon of light in every way. Between the lessons she taught me and just observing her, I've learnt so much about how to be a good steward of life's gifts and blessings. And I've also learnt how to navigate the painful and unexpected with grace.

She's also full of adventure and really lives. I mean, she's even climbed Mount Kilimanjaro! She's just so multifaceted that I never bought into the idea that a woman can be just one thing, because the closest woman to me was everything. I'm eternally grateful for that lesson.

**BD: Would you consider yourself a happy person? If so, how do you cultivate your daily happiness?**

NM: Yes, I definitely consider myself a happy person! I live on the bright side and I love it here. I'm grateful to be here and I enjoy trying to count my blessings as a part of my day! There are too many to count, which is a good problem!

But that gratitude piece really saved me, especially when things went from bad to worse after the car accident. By consistently grounding myself in gratitude, I trained myself out of being swallowed up by darkness.

And at this point it's just a habit that adds an extra layer to joyful moments. Which is a blessing in and of itself to be honest!

**BD: Thank you for your time and for sharing your Wisdom, Inspiration and Know How with us!**



