

Lixesha Series - Kgomotso Mokoena

[TEDxCapeTownWomen](#) will take place on 29 October 2016, under the theme "Lixesha | It is Time". Inspired by Huffington Post's [Sophia project](#), TEDxCTWomen asked some previous speakers to share their thoughts on time, lessons learnt from inter-generational sharing, and what important skills have taken them years to acquire.



Kgomotso Mokoena is a lecturer at the University of Johannesburg and CEO of SpreadLuv, a non-profit organisation which provides career guidance to learners at under-resourced schools. She has worked as a legal researcher for former Justice Kate O'Regan, current Chief Justice Mogoeng Mogoeng and the late former Chief Justice Arthur Chaskalson of the Constitutional Court.

She is a fellow of both Brightest Young Minds and the African Leadership Initiative. She is also the 2014 recipient of the Inyathelo Youth in Philanthropy Award in addition to being named one of Mail and Guardian Top 200 Young People to Watch in 2015. Kgomotso holds a diploma in Social Entrepreneurship from GFI and practiced as an attorney at Cheadle Thompson Haysom Inc in Johannesburg for four years. Kgomotso holds a BA in Political Science and Law, an LLB and an LLM in IP and Media Laws, all from Wits. She has most recently been appointed as a member of the Charities Aid South Africa Board of Directors.

1. What does the concept of time mean to you?

Mokoena: Time is important to me. My faith is intertwined with my idea of time as I believe God is the owner of time and He has sent me here for a purpose and allocated me time to fulfill that purpose. I have no idea how much time I have been allocated so it is important for me to do what I can daily to fulfill my purpose. But in this purpose He has also given me rest which I don't often enough take advantage of. So for me, it is important to utilise my time to fulfill my purpose daily, rest and self-care is critical and so the balance of the two is very important to me.

2. What is the greatest thing you have learnt from a younger or older generation than yourself?

Mokoena: I think when we are young we look at our parents like they can do no wrong and that they have it together. So when they make mistakes, as children, we find it difficult to understand. As you grow up, you realise how easy it is to almost destroy your life through a series of poor choices. You learn a lot from those choices and specifically, hopefully, you learn to forgive yourself....and your parents. So I think the greatest thing I have learned along the way has been understanding the flaws we all have and the mistakes we all make.

3. Tell us about something in your expertise that took you years to learn.

Mokoena: In the career guidance space, it took me a long time to learn that career guidance is great but almost useless without spiritual, mental and emotional guidance. I realised in my own personal and career journey, its all good and well to have qualifications and high paying jobs but if your centre is off balance, the joy that comes from worldly success will be short lived. As a student I thought once I finished studies and got a good job I would feel accomplished and fulfilled but I didn't at all and I didn't understand why for a long time. I took the time to embark on my own very personal spiritual journey and eventually found the courage to change professions AND take a pay cut for the sake of my happiness. Basically focusing on what was happening in my heart helped me to totally reshape my external world.

4. Our TEDxCapeTownWomen theme this year is "Lixesha | It is time". what do you believe is the most pressing issue we as a community/city/country/world need to address at this moment in time?

Mokoena: I think that a new spotlight should be put on psychological and emotional well-being of our people. I think people think this is a "soft" or "flaky" issue but I believe that it is the root of literally all of our challenges. This country comes out of a violent and incredibly painful past. Its emotional and psychological affects still ripple through our families and our communities as a result. Until we take our pain seriously, we will have another set of our social-political challenges for many years to come.

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