

AWARDS AND ACHIEVEMENTS

- 2021 Mental Health Hero
Welum
- 2019 Media Excellence award: Thought Leader
University of Stellenbosch
Media Excellence award: Newsmaker
University of Stellenbosch
Mental Health Hero
Discovery Foundation
- 2018 Community service award (Goldilocks and The Bear Foundation)
South African Society of Psychiatrists
Media Excellence award: Thought Leader
University of Stellenbosch
- 2017 Media Excellence award
South African Society of Psychiatrists
- 2016 USB Director's award
Top MBA Student award
Old Mutual Gold Medal award
University of Stellenbosch Business School, Bellville, South Africa
Business Woman of the Year: finalist
Business Woman Association of South Africa
Excellence in Media Work award
South African Society of Psychiatrists
- 2015 MBA Achievement award: Leadership
MBA Achievement award: International Management
MBA Achievement award: Marketing Management
MBA Achievement award: Operations & Information Management
University of Stellenbosch Business School, Bellville, South Africa
- 2012 Neuroscience poster presentation award (2nd)
Annual academic year day, Faculty of Health Sciences, University of Stellenbosch, South Africa
- 2010 Who's Who in the World
Marquis Publications Board
- 2008 Clinical Research Fellowship
Faculty of Health Sciences, University of Stellenbosch, South Africa
Young Minds in Psychiatry Award
American Psychiatric Association/AstraZeneca, Washington, USA
Neuroscience best "under 35 year" presentation award

**Annual academic year day, Faculty of Health Sciences, University of Stellenbosch,
South Africa**

2007 Novartis medal: best results in FC Psych

Colleges of Medicine of South Africa

2007-2008 Research Fellowship

Medical Research Council of South Africa

Academic Fellowship

Discovery Foundation

Research Award

Harry Crossley Foundation

2006 - 2009 Thuthuka Award

National Research Foundation, South Africa

2005 Neuroscience poster presentation award (best registrar)

**Annual academic year day, Faculty of Health Sciences, University of Stellenbosch,
South Africa**