

on the money quiz & crossword



This week one lucky entrant can win a copy of Brian Kantor's *Get South Africa Growing*. For a chance to be entered into the draw, complete the online version of this quiz, which will be available on fin24.com/finweek from 24 July. Good luck!

Look for evidence of where you were good at something. You need to convince yourself that you have been good at performing a particular task and that you can do it.

meaningful contributions, says Jatho.

People gain confidence through acknowledgement from others and the environment they find themselves in. Unemployment destroys that.

She advises people to work on their inner confidence. "Think about the things you are naturally good at. Your brain will want to tell you what you are not good at."

Look for evidence of where you were good at something. You need to convince yourself that you have been good at performing a particular task and that you can do it. Think of moments in your life that you were proud of. Even if you were not particularly successful at that moment, remember why it evoked feelings of pride. **Set small goals. Confidence will only be built by setting small goals and achieving them.** Work on your CV one day, prepare for an interview, give yourself pep talks. Celebrate your little wins.

Jatho says once the person feels stronger it might be a good time to reflect on whether they want to go back into a formal workplace.

What now?

Meijer decided that he did not want to return to what he had been doing for the better part of 30 years: "Pursuing a new career can certainly bring a new challenge. It can also bring a new level of satisfaction that will bolster your confidence. The thinking must be: 'I can expect to battle a bit longer because, after all, I am trying something new.'"

He encourages people to consider alternative opportunities before settling on a new direction.

Network, network, network

While exploring, use your networks. You will be surprised at how many people you know, says Meijer.

He explains that you will achieve little by sitting on your couch with your phone in your hand. You have to get out there and talk to people. "Invest in yourself – if you have the opportunity to do additional courses to improve your qualifications, do it."

It is important to be proactive. Trust that there are opportunities everywhere. "Hone your senses to see them and to go after them with a sense of competence, looking forward to the adventure," adds Meijer.

- Why did the 10111 call centre operators go on strike?
- Name the currency of Japan.
- True or false? It recently snowed in the Western Cape.
- Who was Amelia Earhart?
 - A physicist
 - An aviator
 - A nurse
- In which European city was the recent G20 Summit held?
- True or false? Marin Čilić, the male runner-up in this year's Wimbledon tennis tournament, is an American.
- Where is the head office of the property fund Grit located?
 - South Africa
 - Mauritius
 - Germany
- True or false? The new actor playing the titular character in the UK TV series *Doctor Who* is a black person.
- What is a Michelin Star?
 - A star that has fewer than three planets orbiting it
 - An excellence award in the culinary industry
 - A type of luxury car
- True or false? Thokozani Magwaza is the former CEO of Sassa.

CRYPTIC CROSSWORD

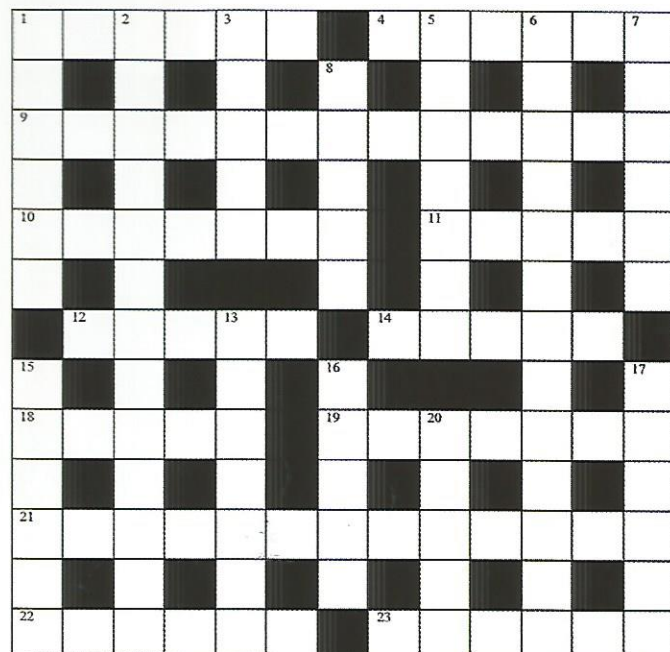
NO 688JD

ACROSS

- Threatening wild man in iron mask (6)
- Mulled over frozen selling price (6)
- Dutch cap? (13)
- Got work at last (7)
- Star trees and their origin (5)
- Had lost, we hear, around the halfway mark (5)
- Mispronounce Early English, getting in a flap (5)
- Second book belonging to lady (5)
- Standard to be expected (7)
- Hedging before the fluctuation in leading currencies (13)
- Sort of rare earth compound (6)
- Extremists in strike action cause extraordinary meeting (6)

DOWN

- Draw back fluid measure (6)
- Father, by all accounts, intended to create a Church system (13)
- Lady caught a luxury car from Liverpool Street initially (6)
- It's worrying if Paul has nothing left to work on (7)
- Against speaking on conflict (13)
- Cancel delegation having summer in France (6)
- It's convenient being within reach and you like it that way (5)
- Rise and shine (7)
- Troop staggers across river in a narcotic state (6)
- Correct – a non-drinker's in charge (5)
- Noble duke is determined to be fair (6)
- Sound example of harmonious state (5)



Solution to Crossword NO 687JD

ACROSS: 1 Generalise; 7 Tar; 8 Nanosecond; 11 Retainer; 12 Home; 14 Fiends; 15 Ashore; 17 Eats; 18 Imminent; 21 Demoralise; 22 She; 23 Institutes