



# ingrid roberts

Motivational speaker Ingrid Roberts has been dubbed the “Angus Buchan of Maritzburg”. Now she’s spreading her message further, writes **Gaynor Lawson**.

**I**’ve always wanted to be a teacher. But when I married Bruce [Roberts], he was playing cricket professionally for Transvaal and Derbyshire County in the UK, and for the first 10 years of our married life I lived like a gypsy, following the summer. I couldn’t be “employed” officially, so instead I “deployed” myself in ways that I felt could benefit others.

**I started as a health advisor in women’s homes**, working one-on-one and in small groups. Over time, I was invited to speak at bigger conferences, which I love. Being compared to KZN motivational speaker and *Faith Like Potatoes* author Angus Buchan is an honour.

**This year, I’m linking up with women across SA who are positively affecting their communities.** I’ll still be based in Maritzburg, but I’ll be travelling a lot.

**I believe in South Africa.** Having lived in the USA, Canada and the UK, I can honestly say life in South Africa is good.

**I cannot think of a nicer place to raise our sons, Nathan (17) and Liam (13).**

We live on the beautiful south side of town, in Hayfields, where thorn trees grow and blue-headed lizards laze in the sun.

**Maritzburg offers some of the best schools in the country;** it’s big enough to be a city yet small enough to feel like a town. Nowhere is more than 20 minutes’ drive away, and the Berg, the

bush and the beaches are all on our doorstep.

**Everything I do in life is about motivating women.** Women are so amazing, loving and capable, yet quick to doubt themselves. Sisterly affirmations and mentoring are therefore important.

**The biggest challenge for any woman is balance:** being the family lynchpin, giving to – and nurturing – friends and community while still making time for herself.

**I’ve found that women from all walks of life struggle to say no.** We also struggle to let go of “the disease to please” and to base relationships on reciprocity, even though these are the healthy and rewarding ones.

**We’re on such a mission** to put everyone else first that we often forget our own worth. That’s why I have the saying “Think highly of yourself, for the world will take you at your own estimate” up on my wall as a constant reminder.

**I never start a week without** reviewing the past week and planning the next. It takes me 15 minutes on a Sunday evening and has been the single most effective way of staying a step ahead.

**My mantra** is “do what you can from where you are with what you have”, because often the hardest part of doing anything constructive is getting started.

>> [www.ingridroberts.com](http://www.ingridroberts.com)

## my favourites

“ **My favourite coffee shop** is Sue Tarr’s Summerhouse in Winterskloof. I go there to escape the sizzling heat and to enjoy a refreshing cup of Earl Grey with special friends.

**In the city I chill out at** Rosehurst in jacaranda-lined Boom Street. It’s a calm place where I can also tantalise my tastebuds.

**My weekend ideally starts with** great music and awesome people; both are my relaxation. And I love to read a good book or a quality women’s

magazine.

**My favourite Midlands haunt** is Granny Mouse Country House and Spa in Balgowan, the friendliest blend of African and English luxury living combined with a spa, views and great food.

**I also love a Sunday afternoon** spent wandering around the stunning grounds of Rawdons Hotel in Nottingham Road, relaxing under the oak trees and then enjoying a scrummy pub lunch.

“WOMEN ARE SO AMAZING, LOVING AND CAPABLE, YET QUICK TO DOUBT THEMSELVES.”

## on speed dial

**SUE TARR’S SUMMERHOUSE**

033 343 1448

**ROSEHURST**

033 394 1443

**GRANNY MOUSE COUNTRY HOUSE**

**AND SPA** 033 234 4071

**RAWDONS HOTEL**

033 266 6044