VISION MANAGEMENT

TIMERA RAMLAL

Bio

Life Coach | Fitness Trainer | Entrepreneur

Timera is a Psych. Hons. Degree graduate from UKZN and Unisa, and studied fitness and NLP (Neuro linguistic programming).With a mission to empower and uplift women and youth via performance (Speaking and Writing), she founded a Women and Youth Empowerment NPO, called Create My Africa -CreatmyAfrica.org. Additionally, Timera owns a Womenâ€™s Fitness and wellness movement called Foreverfitsa and is currently writing her first book set for publication at the end of 2020.

Timera has featured on various TV segments and shows; Mela SABC 3, Soweto TV and Mzanzi Insider and has featured on Womenâ€™s Health as â€˜Fitness influencer to watchâ€™.

Short term goals are to expand the brand Foreverfit SA into a broader community of women that are interested in reinventing themselves mind, body and spirit. This new venture will be called" Create Her". Look out for upcoming empowerment workshops and events that Timera will be hosting nationwide.

Timera stands for Authenticity, Body- Positivity, Self -Love and Maximising the human potential.