

23rd World Nursing and Healthcare Conference

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Shéri Brynard

Lettie Fouche School, South Africa

Limitations live only in our minds

With this presentation, an Afrikaans speaking woman of 34 will inform the meeting in English how she grew up as a girl with Down syndrome in South Africa. She will explain how her determination to make the best of her situation helped her to cope with her disability and how she, with the help of her parents, handled the preconceived ideas of the people of her time. She will illustrate how a sense of humor and positive outlook on life helped her to achieve against all odds. She made the words and the philosophy of Nelson Mandela “you are the master of your destiny“, her own life philosophy. She strongly believes one must always be proud of who you are, regardless of what other people may see as deficiencies. Shéri Brynard gives meaning to her life by trying to raise awareness of the abilities of people with Down syndrome in South Africa and abroad. Shéri tries to change negative perceptions about people with Down syndrome and she is an activist to give all people with Down syndrome the same opportunities they would have had, if they were fully abled. She also tries to help the so called normal people in her audiences to focus on the positive things in their own lives. She truly believes that all people have the ability to choose to make the best of their circumstances and she is the living example of that. A true leader inspires others and does not give up hope, ever. This is what Sheri Brynard did.

Biography

Shéri Brynard gives meaning to her life by trying to change people’s perceptions about people with Down syndrome in South Africa and abroad. She also tries to help the so called normal people who listen to her to focus on the positive things in their own lives. The central idea is that anyone has the potential to become a leader in the field where that person can make a difference, if you use every opportunity to the best of your ability. A legacy is cultivated by making the best of your situation, whatever it may be rising above your constraints by striving for excellence and working hard to realise your true potential. A leader inspires others to do the same and does not give up hope, ever. This is what Sheri Brynard did.

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