

Ghee-Ann Rademan, 23, from the Northern Suburbs, Cape Town, Western Cape holds a Bachelor of Arts Degree in Industrial Psychology from Stellenbosch University (2024) and registered as a Mental Health Professional before launching her own online counselling platform for young girls and adult women.

She entered Miss SA because of the power of this platform which she wants to use to amplify her voice to reach more women in the country and play an active role in teaching women about their minds so they may find healing and empowerment within.

"Each woman's advocacy, what she stands for, is the most important part of a beauty pageant. To shine, women need empathy and a spirit of generosity."

Inclusivity and true representation are critical elements needed on the Miss SA platform. Ghee-Ann says: "Not only does inclusivity reflect the beauty of our people but also the strength and unity that shines through our diversity."

The Top 10 finalist grew up in a "very loud and warm-hearted" family. Her father, Johan, who works for the Department of Sea fisheries in Cape Town, instilled in her the values of innovation and environmental responsibility. "My mother Sonja runs a small hair salon from our home. From her I get the value of life-long learning and generosity. I have two siblings, Caro, the middle child who's intelligent, beautiful and studying data science and a younger brother in matric this year."

Ghee-Ann says she uses her skills, knowledge and voice to raise awareness about mental health, supporting survivors of Gender Based Violence (GBV) and advocating for education and wellness programs.

"I strive to empower the mind and have worked closely with survivors of GBV, helping them find physical and emotional safety. Through my online counselling platform, Ann Cura Counselling, I provide support, resources and guidance for individuals navigating academic struggles, mental health challenges and trauma."

She says she wants to make mental health care more accessible to people in her community, and the broader South Africa, empowering individuals by helping them understand their minds – something she believes is the foundation of a healthy and healed society.

She says she is awed by how South Africans embrace each other's culture, food and perspectives and defines success as a sense of purpose and joy that goes beyond goals, titles and status – something achievable every day.

Young people's biggest challenge today is finding their own truth among all the noise. Ghee-Ann says: "This world is loud and young people are left with having to find their own truth. It's a challenge – we need to support them on their journey."

To girls and young women she says: "You are born in this country and into this generation at this exciting time. There is something magical that only you can bring. Chase your dreams."

Ghee-Ann says she would use the Miss SA platform to meet with and connect with South Africans from all walks of life. "By engaging directly, I want to show that true unity is built through authentic connection."

In her ideal world, the Top 10 finalist would launch a national healing initiative that focuses on mental health that empowers women to heal after trauma.

"It is my belief that hope sustains action and action will bring change in South Africa. I will use this platform to voice what South African's are saying on the ground and get them involved by being a part of the solution to the challenges that we all face."

Fact File: Ghee-Ann

1. When the Springboks won the world cup in 2019, she was so excited she jumped and broke her small toe on the side of a couch.
2. As a child she was a tomboy, scraping knees and getting her hands dirty.
3. She's excellent as braaing "a really good choppie".
4. When she was 15, she tried to be a YouTuber.
5. In primary school, asked how to make a sustainable compost bin, she used an actual bin with rotten vegetables which did not impress her teachers.
6. She likes that she is kind and can connect with anyone.
7. She would change her poor athletic ability if she could.
8. Her female role models she lists as Rachel Kolisie, resilient while balancing beauty and boldness and Oprah Winfrey, a survivor of abuse who uses her platform to uplift women globally.
9. She would lunch with former Miss SA Basetsane Kumalo - businesswoman, philanthropist and change maker "with great fashion choices".
10. In her spare time she enjoys coffee with friends.
11. Enjoys going for coffee with friends.

SHORT-FIRE QUESTIONS

1. Reading: The Body Keeps The Score by Bessel Van Der Kolk.
2. Listening to: Will Linley and Booshle G.
3. Favourite TV show: Friends.
4. Favourite meal: Lasagna.
5. Guilty pleasure: Ice Cream.
6. Idea of perfect happiness: Peace everywhere, for everyone.
7. Greatest fear: Losing a loved one.
8. Greatest extravagance: Too many cappuccinos.
9. Happiest: At my Ouma's house eating her cookies and biltong.
10. Talent most wanted: To sing like Adel.
11. Most treasured possession: A necklace inherited from my deceased Oupa.
12. Most valued quality in friends: Kindness.

Motto: Here to love and to serve.