



## **MC Introduction**

Carina Bruwer is an internationally renowned musician, founder of the award-winning instrumental group Sterling EQ, and a successful entrepreneur who has built a number of thriving businesses in the entertainment industry. Beyond the stage, she makes waves in the ocean as one of the Africa's most accomplished open water swimmers, with record-breaking solo crossings of the English Channel, False Bay, the Gibraltar Straits, the Bonifacio Straits, and many more daring feats spanning 10 to 40 kilometres.

Recognised by the World Open Water Swimming Association as one of the 50 most "daring, courageous and audacious" swimmers globally, Carina founded Swim For Hope in 2014 to raise funds and awareness for South African charities. To date, the initiative has generated close to R1 million, along with millions in media value.

Known for boldly going where most do not - in the ocean, in business, and in life - Carina inspires audiences worldwide with her stories of courage, resilience, and transformation. Today, she brings us her journey of Swimming Against the Current. Please welcome, Carina Bruwer