

Jul 5, 2025

Andrew-James Brink-Yes!

Konsultasi

Invited [Nadia du Plessis](#) Milinda.Brink@gmail.com

Attachments [Andrew-James Brink-Yes! Konsultasi](#)

Meeting records [Transcript](#) [File](#)

Summary

Milinda Brink and Nadia du Plessis discussed their personal preferences, potential, superpowers, and the importance of critique and self-expression. They also identified areas for improvement, discussed self-discovery, life purpose, and career fulfillment, exploring various career paths and resources like online resources in South Africa and OPO profiles. The conversation also covered undergraduate programs, top aviation schools in South Africa, and concluded with general positive affirmations about the future.

Details

- **Discussion on Personal Preferences and Traits** Milinda Brink and Nadia du Plessis discussed their preferences, including F1 racing and specific games ([00:00:00](#)). They also touched on personality traits, with Nadia du Plessis noting Milinda Brink's easygoing nature and Milinda Brink affirming a preference for "metal" ([00:12:22](#)).
- **Exploring Potential and Superpowers** Nadia du Plessis and Milinda Brink explored various concepts, including the idea of "potential" and "superpowers". Nadia du Plessis mentioned "Red Bull athletes" as an example of potential and discussed "smack as a superpower" with Milinda Brink ([00:19:30](#)).
- **Critique and Self-Expression** Nadia du Plessis addressed the importance of critique and self-expression, encouraging Milinda Brink to speak up and have

their voice heard ([00:33:35](#)). They emphasized the value of confidence and effective self-expression in daily life and professional settings ([00:40:20](#)).

- **Areas for Improvement** Milinda Brink identified a lack in certain areas, specifically mentioning "self full bar of properties for experience". Nadia du Plessis acknowledged this and discussed the concept of "foreshadowing" in relation to personal growth and development ([00:52:46](#)).
- **Self-Discovery and Life Purpose** Nadia du Plessis and Milinda Brink discussed various aspects of self-discovery and life purpose, often using metaphors and abstract concepts. They touched on identifying one's purpose, whether it's related to conventional practices or more unconventional paths, and the importance of conviction in one's beliefs ([01:04:16](#)) ([01:44:29](#)). Nadia du Plessis emphasized the need to determine one's specific purpose in life and to prioritize it ([01:36:27](#)).
- **Career and Personal Fulfillment** The conversation explored potential career paths and personal fulfillment, with Nadia du Plessis mentioning roles like a clinician, doctor, or a director, and even a pilot in a wildlife reserve ([01:19:07](#)) ([01:49:44](#)). Milinda Brink affirmed the importance of standing by one's convictions in pursuing their desired path ([01:44:29](#)). They both also discussed the significance of identifying what truly helps or doesn't help in one's journey ([01:19:07](#)).
- **Discussion on Career Pathways and Resources** Nadia du Plessis and Milinda Brink discussed various career-related topics, including "Exploring self" for online resources relevant in South Africa, and "OPO profile" for cognitive realistic help adventure related to pilot content ([02:02:47](#)). They also touched upon optometrist and anesthesiologist skills, and education/job training ([02:09:09](#)).
- **Undergraduate Programs and Aviation Schools** Nadia du Plessis highlighted an interdisciplinary undergraduate program in mathematical sciences, encompassing management, economic, mathematical, data, actuarial, financial, industrial management, and accounting sciences. They also mentioned a website for top aviation schools in South Africa for 2025 ([02:13:14](#)).
- **General Discussion and Conclusion** The conversation concluded with discussions on "Career direct" ([02:19:08](#)), and general positive affirmations about the future, with Nadia du Plessis stating, "The world's your oyster" ([02:19:08](#)). Milinda Brink expressed gratitude and they affirmed the beauty of the report ([02:19:08](#)).

Suggested next steps

No suggested next steps were found for this meeting.

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