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Meet eight female entrepreneurs making their mark on Hong Kong



Well-behaved women rarely make history

Nicole Slater meets eight inspiring ladies taking on Hong Kong's entrepreneur scene this International Women's Day. Photography by Karin Bremer

COVER STORY



Smita More

Certified Ayurvedic Practitioner, Energy Healer and Yoga therapist

Having started her healing journey nine years ago, Smita More has earned an array of qualifications and titles including Certified Ayurveda Wellness Practitioner, Energy Medicine Healer, Yoga Therapist and Marama Therapist. Using ancient teachings, More provides her clients with holistic methods to nurture, revitalise and rejuvenate the body, mind and spirit. Over the years she has helped hundreds of people recover from a range of mental and physical issues including kidney problems and depression.

With clients based in Hong Kong and around the world, including American and Canada, most of her days are scheduled around different time zones, guiding her clients over Zoom and other online platforms.

Having lived in Hong Kong for over 28 years, More has a deep understanding of the city's work culture from her many locally based clients. "Women are expected to cope with work, socialise and look a certain way. This can be very overwhelming, but unfortunately there is still a

stigma attached to seeking help," says More.

While her industry differs from many others, More has always received a positive response from both men and women throughout her career, but knows others are not so lucky. "I have heard through friends and other women in the corporate world that there is a gender gap. The main comment I've heard is that women have to work twice as hard to be recognized for the same work," she says. While it is difficult not to get frustrated by this, More strongly recommends her clients not to take this personally or let it knock down their own self worth. "Women are leaders and leadership comes from hard work. Believe in yourself, stand your ground and listen to your inner voice." smitamore.com

What advice would you give to the next generation of female leaders?

Be self reliant and independent, get a good education and know that you are just as good as anyone around you.