

Good things come to Brent Lindeque

 By Jessica Tennant

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The year is off to a great start for Brent Lindeque, founder of South Africa's *Good Things Guy*, having recently won 'Best South African Blog of the Year' and been named the category winner of 'Social Enterprise and Philanthropy' and the fourth most influential South African in the '100 Most Influential Young South Africans' poll.



Brent Lindeque

Lindeque says this is completely overwhelming but such an incredible honour. "It's moments like these that remind me that I am on the right path. *Good Things Guy* feels like a gift that was given to me to help South Africans see our beautiful country with new eyes and I am thankful for each and every one of our readers!"

The survey, conducted by Avance Media, was launched in 2016 and recognises remarkable contributions made by individuals towards their respective fields which have impacted other young South Africans. It has previously been won by comedian and TV personality Trevor Noah (2016), Ndlozi (2017) and for 2018, Caster Semenya was the first woman to be awarded the coveted title as the 'Most Influential Young South African'.



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Good Things Guy was launched in 2015 to share South Africa's good news and inspirational stories, now reaching over a million readers a month.

"I believe that there is always a good news story to tell and I'm honoured to be recognised as an inspirational South African amongst amazing individuals who have excelled in their fields of business, lifestyle, sport and entertainment. All this in the first quarter of the year! I'm looking forward to sharing many more good things throughout 2019."

Lindeque continues...

■ **Any other career highlights you're particularly proud of?**

The last couple of years have been pretty amazing. I always dreamt of being on radio and Jacaranda giving me that opportunity has just been amazing. Climbing Kilimanjaro was also a massive highlight.

■ **What do you love most about your career and your blog in particular?**

I love the fact that I get to submerge myself in the good things happening in South Africa. There are so many good stories about amazing people from our country doing extraordinary things happening every day!

■ **Tell us about your work experience – how you got to where you are today.**

Before *Good Things Guy* was born, I did something that started everything. What started as a simple idea to try and better one person's day, turned into a global event carried out by millions of people. The 'Rak initiative' (Rak stands for random acts of kindness) was all about giving back and helping those in need.



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It all started when I turned the reckless drinking game 'Neknominations' on its head by using my nomination to instead perform a random act of kindness. By giving a homeless man a R20 meal and using the power of social media to 'pay it forward', my nomination went viral and to date has been featured locally on *Carte Blanche*, *Espresso*, *5FM*, *eNCA*, *News24*, *Radio702* and internationally on *Mashable*, *Huffington Post*, *CNN*, *BBC*, *Sky News* and even *Oprah*!

■ **What are you most looking forward to this year (with regard to your work)?**

I think the TV stuff is exciting... There are so many opportunities to bring good things to life through video and I feel like 2019 is going to be all about the video!



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■ **What's at the top of your to-do list (at work)?**

To wake up early... and focus. I get the most done before the sun rises and I dedicate that time to being as productive as possible!

■ **What are you currently reading/watching/listening to (for work)?**

Ted Talks... any of them and all of them! I love human stories and I believe that every single person has a good story to

tell.

Tell us something about yourself not generally known.

I love baking and making sweet things but I do not have a sweet tooth at all. I think it's more about making things for others.

Find out more about Brent Lindeque on his personal website BrentLindeque.com, visit [Good Things Guy](#), contact him at brent@brentlindeque.com and/or follow him on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#).

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