

CADET Q&A:

Bela Shah



From lawyer to journalist and now presenter, Bela's journey of career change is a motivation to many youths who feel a massive urge to explore another career. She left a highly-coveted job as a media lawyer for ITV and became a journalist and then transitioned into presenting roles on BBC Radio 1, BBC Sport, LBC and talkSPORT. She is now a regular anchor on the renowned Sky Sports News.

Bela will be coached and mentored by PGA Professional **Alice Hiluta** at Royal Mid Surrey, Richmond.

Q. Why did you want to start playing golf?

When I was younger I didn't think it was a women's thing but since working in sport I'm aware the women's game is huge and amazing. I watch the women on the tour and think wow I'd love to try that. I also really want to move my body in a different way and hope that by learning I can inspire other women, young and old, to take up a new challenge.

Q. What sort of a sports person are you?

I was captain of the netball and rounders team and did a lot of swimming when I was younger. Netball was my favourite sport though when I was younger, and I was quite aggressive with it when I played in tournaments. I carried on playing a little as I got older but very much more for the social side.

Q. To get where you got to you have to be disciplined and focused. How disciplined do you think you will be in the golf?

I feel this aspect will be quite similar to what I do with my day job in terms of being focused and disciplined. At the moment, I am solo presenting and things could and will go wrong all the time and not everything will be 100% and A+. I make sure I prep as much as possible in my work, but you can't prepare for a lot of what might happen and it's this same mentality I am going to take into golf. Everything is about doing your best and if things go wrong, just let it go and move on. I'm going to put my all into that moment and if something doesn't go my way to not dwell on it as this can have a knock-on effect with the rest of my performance.

Q. What is the best piece of advice you have ever been given when approaching something new and who gave it to you?

All my best advice has come from Mum, Dad as well but always my Mum. Enjoy it, enjoy every moment, try not to rush ahead to the next thing and miss the moment you're currently in. Enjoy it, do your best and then you'll never regret it, whatever the outcome!

Q. Dream four ball?

I watch golf all the time, I talk about golf at work so I'm going to mix it up! Men and women. Bryson DeChameau, I think it would be interesting to watch him play. Lee Westwood would be very entertaining and Ladies European Tour player Inci Mehmment.