

Elana Afrika-Bredenkamp – Biography – 2025

Elana Afrika-Bredenkamp is a storyteller at heart, a voice that resonates across the airwaves, and a champion of community. An award-winning radio presenter and the founder of South Africa's award-winning Parent & Baby Brunch podcast, she weaves connections through conversation, bringing wisdom, warmth, and wit to every platform she touches.

Effecting change and uplifting others is woven into her journey. In 2023, she was named a Laureus Sport for Good ambassador for South Africa, standing alongside global changemakers who use sport to transform lives. Her philanthropy extends into the vineyards of the Cape, where, in 2024, proceeds from her shiraz wines went towards the education of an underprivileged student at the South African Sommeliers Association—a commitment to nurturing excellence in the wine industry and opening doors for aspiring sommeliers from disadvantaged backgrounds.

Podcasting is one of her greatest passions, and her voice has become a trusted guide in homes and boardrooms alike. Named Best Podcast Presenter at the South African Podcast Awards in 2024, Elana has spearheaded three influential podcast series. Parent & Baby Brunch, launched in 2016, continues to thrive with over 200,000 unique streams and a loyal following on Apple and Spotify charts. In 2023, she presented Boardroom Besties, a celebration of women in leadership. Then, in 2024, she launched Mind @ Work, a thought-provoking collaboration with JacPod, shedding light on mental health in professional spaces.

A devoted mother, Elana beautifully balances family life with her dynamic career. Between ballet recitals, after-school hockey, and bedtime stories, she hosts one of South Africa's most-loved midmorning radio shows on Jacaranda FM, her voice reaching millions across Gauteng, KwaZulu-Natal, Mpumalanga, Limpopo, North West, and the Free State. Her connection with listeners is intimate, heartfelt, and deeply rooted in the rhythms of the nation.

Her excellence in broadcasting has earned her numerous accolades, including the prestigious 2022 Presidential PRISM Award for Radio Presenter of the Year. A sought-after Master of Ceremonies, keynote speaker, and conference facilitator, Elana is a powerful presence on any stage, captivating audiences with her signature charm and insight.

Beyond the microphone, her storytelling extends to television and film. She has graced screens as a presenter on SABC3's Espresso Show, Supersport, M-Net's The Road to Miss South Africa, kykNET's Parlement Parlement, and Afskaal. As an actress, she has brought characters to life in series such as Fynskrif and Sara Se Geheim, as well as in films like The Fix (USA), Hollywood in My Huis, and Footskating 101.

Her roots remain deeply grounded in Africa, where the rolling vineyards, the pulse of the city, and the wide-open plains inspire her journey. A lover of horse-riding, wine-making, and golf, Elana finds joy in the balance between adventure and stillness.

She shares her life between Johannesburg and Cape Town with her husband and daughters, embracing the beauty of both city lights and coastal serenity.